

Hi Everyone

We hope you are keeping well!

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### GLASGOW INTERNATIONAL GOES ONLINE

*This month we should have been celebrating the start of Glasgow International (Gi), Scotland's biennial festival of contemporary visual art. The festival was due to take place from 23 April until 10 May and bring a host of artists and exhibitions to venues across the city. But as with so many other major events, it has been postponed until 2021 in the wake of the coronavirus pandemic.*

*In the last week the Gi team have published an exclusive Digital Programme, marking the original dates of the 2020 festival, and including an audio introduction by Festival Director Richard Parry.*

*We hope you'll be able to join the event virtually. The full programme is freely accessible now until 10 May at [www.glasgowinternational.org](http://www.glasgowinternational.org)*

### Two key things you can do today to help

Blog by GP Dr William Bird MBE, saying that going for a brisk walk every day for 20 - 30 minutes is one of the things you can do now to reduce your risk of Coronavirus. To read more please click on link below: <https://www.beatthebug.me/blog/two-things-you-can-do/>

### 2.6 challenge video

The good move and wider Glasgow life team were out on force at the weekend having fun and doing their bit for charity. To see the full video click here: <https://bit.ly/2KS4WF7> (I'm sure you will recognise some familiar faces!)

### Promoting mental health through arts

*At this current time, perhaps more than ever, our mission to improve mental health and wellbeing through the creative arts feels both vital and urgent. We are taking several steps to ensure that we, to the best of our ability continue support those who need our services most. We have managed to secure some funding to continue a portion of our workshops online. We are actively seeking further funding to ensure that we can continue these workshops and develop new ones. Please click here to find out more: <http://www.theatrenemo.org/>*

### Silver Lining at Local Level THANK YOU :)

Thank you so much to everyone who completed the answers. Please see answers from walkers under recommended reads-both very honest, inspiring and uplifting 😊 Keep an eye out for more silver lining answers in coming weeks. It's not too late to send yours, we'd love to hear from you

### **Pauline (Health Walker)**

- **What/who has been your silver lining?**

A new feeling of closeness, albeit by phone, with my family down south. Son sounds genuinely happy to hear I'm fine, which how I hope it continues ...

Receiving lovely calls from Michelle and Heather.

You are Wonderful!

- **What is the one thing that kept your spirits up?**

Listening to music and reading.

Watching some TV and just looking out at the beautiful weather we've been lucky enough to have during lockdown, so far.

- **What is your biggest challenge?**

1) Loss of freedom!

Nowhere to 'Just Go'!

2) Getting out of bed at a reasonable hour. I know I get more done, am more active whenever do that, but late to bed and to rise is the lockdown reality ...

- **What advice can you give that you believe can help others during the remainder of lockdown?**

Try to focus on the positives

It won't be easy but, hopefully, it will be worth it.

It's not about you ... it's about \*Everyone\*.

This too shall pass

- **Have you learnt anything about yourself that you didn't already know?**

I'm 'naturally lazy'.

Kind of knew it already but, after 9+ weeks of self isolating, there's no escaping the truth!

P.

### **Margaret (themed walk participant) Silver Lining**

- **What/who has been your silver lining?**

Growing veg and flowers in allotment. Sowing seeds. Go every day. Look forward to eating my veg and seeing my seedlings flower.

- **What is the one thing that kept your spirits up?**

Sticking to a routine. Getting up early and going to bed not too late. Baking banana bread and boxty. Daily exercise walking to allotment and gardening.

- **What is your biggest challenge?**

Freedom to go where I want to go. Spending time with friends on Iona. Going to the shops. Not seeing friends.

- **What advice can you give that you believe can help others during the remainder of lockdown?**

This too, shall pass. It's only temporary and we're all working together to help NHS and save lives. Keep to a set routine. When you feel down, do something nice for yourself. It can be as simple as washing your hair.

- **Have you learnt anything about yourself that you didn't already know?** I am very resourceful and can make do. I managed to cut my own hair!

Keep well

Kind regards

Margaret x

### **British Gymnastic Foundation's Love to Move Session**

The programme is chair-based and helps to improve memory, balance, flexibility and co-ordination. Its quite good fun, the leader is nice and friendly!

<https://britishgymnasticsfoundation.org/take-part-love-move-online/>

### **Ted talk of the week**

#### **What causes wellness- Sir Harry Burns**

As the former Chief Medical Officer (CMO) for Scotland, the Scottish Government's Principal Medical Adviser and Head of the Scottish Medical Civil Service, Sir Harry is dedicated to improving people's health and social well-being. How can meaning and purpose contribute to one's wellbeing? <https://youtu.be/yEh3JG74C6s><https://youtu.be/yEh3J>

## Meaningful May Calendar




# ACTION CALENDAR: MEANINGFUL MAY 2020




| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY   |
|---|--|---|---|--|--|--|
| <p><b>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</b></p>  |  |   |   | <p>1 Take a minute to remember what really matters to you and why</p>    | <p>2 Do something meaningful for someone you really care about</p>   | <p>3 Reconnect with nature today, even if you're stuck indoors</p>         |
| <p>4 Focus on what you can do rather than what you can't do</p>   | <p>5 Send friends a photo of a time you all enjoyed together</p>         | <p>6 Take a step towards one of your life goals, however small</p>      | <p>7 Let someone you love know how much they mean to you</p>                  | <p>8 Set yourself a kindness mission. Give your time to help others</p>  | <p>9 Look out for positive news and reasons to be cheerful today</p> | <p>10 Tell someone about why your favourite music means a lot to you</p>   |
| <p>11 What are your most important values? Use them today</p>   | <p>12 Be grateful for the little things, even in difficult times</p>     | <p>13 Today do something to care for the natural world</p>              | <p>14 Show your gratitude to people who are helping to make things better</p> | <p>15 Find out about the values and traditions of another culture</p>    | <p>16 Look around you and notice five things you find meaningful</p> | <p>17 Take a positive action to help in your local community</p>           |
| <p>18 Hand-write a note to someone you love and send them a photo of it</p>   | <p>19 Find a way to craft what you are doing to give it more meaning</p> | <p>20 Reflect on what makes you feel really valued and appreciated</p>  | <p>21 Share photos of 3 things you find meaningful or memorable</p>           | <p>22 Ask a loved one or colleague what matters most to them and why</p> | <p>23 Share an inspiring quote with others to give them a boost</p>  | <p>24 Do something special today and revisit it in your memory tonight</p> |
| <p>25 Give your time to help a project or charity you care about</p>  | <p>26 Recall three things you've done that you are really proud of</p>   | <p>27 Today link your decisions and choices to your purpose in life</p> | <p>28 Tell someone about an event in your life that was really meaningful</p> | <p>29 Think about how your actions make a difference for others</p>      | <p>30 Find three good reasons to be hopeful about the future</p>     | <p>31 Look up at the sky. Remember we are all part of something bigger</p> |

**ACTION FOR HAPPINESS**







www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

[www.goodmoveglasgow.com](http://www.goodmoveglasgow.com)

[www.facebook.com/goodmoveglasgow](https://www.facebook.com/goodmoveglasgow)