


Hi Everyone

We hope you are keep well!

The 1st - 7th of June is National Volunteer Week and we want to thank our fabulous volunteers for their outstanding support and all that they do!

We simply wouldn't have the successful Health Walk Programme that we do without their enthusiasm, kindness and dedication. Thank you from the bottom of our Good Move hearts. 

Across Glasgow Life, 700 volunteers gave over 45,000 hours of their time during 2019/20 through a range of volunteering opportunities from large, high profile events such as Celtic Connections and the Aye Write Festival to the delivery of regular, weekly activities such as Digipals and the Health Walks. All these help to enrich the lives of those living in our city.

THANK YOU to all who have supported us throughout the years, we are proud to celebrate you this #VolunteersWeekScot THANK YOU from all at Glasgow Life.

We are so disappointed that we can't celebrate in our usual style, but keep an eye on our facebook page, where we will be doing everything we can to show our gratitude for all that you do. We hope to have a volunteer celebration event as soon as we are able.

Lockdown walking: How to roam Scotland without going far from home

THE hills, the high places, the clifftops and the long, sandy beaches – these are what many of us are longing for. This is National Walking Month, a celebration of how satisfying it is to put one foot in front of the other. So it's a good thing that it's one of the things that most of us can still do, even before restrictions are lifted – as long as we stick to the local. To read the full article please click here: <https://www.heraldscotland.com/news/18465030.lockdown-walking-roam-scotland-without-going-far-home/>

Space to Move

Sustrans have developed an online map of active-travel-friendly changes to streets made across the UK by local authorities. From streets closed to vehicles, to footpaths made wider, the website gives a great update on all that's been done. To read more please click here: <https://www.sustrans.org.uk/space-to-move/>

Glasgow City Council has also been awarded a £3.5m grant from Sustrans to temporarily create wider footways and more cycle lanes to ensure social distancing and support active travel across the city. More details to follow.

Scots more likely to walk during lockdown

A YouGov survey revealed that 61% of Scots were walking more now than they did before the pandemic measures, the highest of any of the countries and regions analysed.

Ian Findlay CBE, chief officer at Paths for All said: "Walking has never held such importance to our physical – and in particular – our mental health, so it is great to see walking becoming even more popular. "Just a 30-minute daily walk is one of the best ways to look after our

physical and mental health and, as it's something we can do from our own front door, it fits in perfectly with the permitted reasons to leave our homes."

Robert Nesbitt, SAMH head of physical activity and sport, said: "We know that participating in physical activity can improve confidence, self-esteem, and mood; but it can be difficult for people to be active in the current circumstances."

To read the full article please click here: <https://bit.ly/3eydBtg>

How To Practice Mindfulness Throughout Your Workday

Whilst this article focuses on mindfulness throughout the workday, the hints and tips work for all settings.

People talk a lot about "mindfulness," but it's easy to lose track of why it's so important. Remember, mindfulness is focusing on the present moment without casting judgment or expectation, which is a powerful way to reduce stress.

Simple things like turning off notifications can be a good start. To read the full article please click here: <https://bit.ly/2XaNKSO>

As mentioned above paths for all have Mind to Walk- which is freely available online on all popular podcast players or on the [Paths for All website](#).

Ted talk of the week

Mars brain, Venus brain: John Gray

An all-time bestselling author of 17 books sold in 45 languages, including Men Are from Mars, Women Are from Venus, John Gray is arguably the world's foremost expert on relationships. Gray's focus is helping men and women understand, respect and appreciate their differences in both personal and professional relationships.

To watch the full video click here: <https://youtu.be/xuM7ZS7nodk>

Recommended reads for the week

The Cottage at Hope Cove: A wonderfully uplifting holiday romance (Hannah Ellis)

Lizzie Beaumont has it all: a great career, a wealthy fiancé, and the wedding of her dreams just months away. But when her fiancé puts work before her again, she sets off for a week in the picturesque town of Hope Cove. She's hoping for time away from the chaos to find herself.

Instead, she finds Max.

This is Going to Hurt: Secret Diaries of a Junior Doctor (Adam Kay)

Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you.

Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay's *This is Going to Hurt* provides a no-holds-barred account of his time on the NHS front

line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward.

Don't Believe Your Brain!: Your 9 Step Guide From Trauma To Triumph (Michael Byrne)

Michael is a survivor of multiple life traumas including a survivor of The Clutha Disaster in Glasgow in 2013 killing 10 people. As a result of these, and other life events Michael ultimately had a Mental Health breakdown in 2017.

Michael's book called 'DON'T BELIEVE YOUR BRAIN!' Takes the reader on a journey through Michael's incredible life and also includes a 9 Step Programme that will help the reader to overcome many of the challenges associated with poor mental health based on Michael's Lived Experience.

The confidence to overcome... which means you never have to feel like no one will understand ever again.... and much, MUCH More!

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

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