

Hi Everyone

We hope you are keep well!

We are almost at the end of Volunteer Week 2020 and just to say a massive thank you to you all again.

If you missed the National Volunteers Week 'thank you' videos on facebook, you can view them on Glasgow Life's Volunteering Webpage. As well as personal thanks from the Lord Provost, Philip Braat, and Glasgow Life's Chief executive Bridget McConnell, there is one from all the staff - you might recognise a few faces!!

<https://www.glasgowlife.org.uk/volunteer-with-us/national-volunteers-week-2020>

Joyful June 2020

Unfortunately our e-mail will not allow us to include images but we thought the calendar for June 2020 has some wonderful daily actions, helping to look for what's good, even in difficult times.

<https://www.actionforhappiness.org/calendars>

Extra Space on City Streets

Glasgow city centre is set to benefit from 25km of extra space for physical distancing to help combat the spread of COVID-19.

Supported by £3.5m funding from Scottish Government and administered by [Sustrans Scotland](#), the council's [Spaces for People](#) programme will see city centre footways widened to ease movement while the COVID-19 restrictions remain in place. These temporary measures are intended to support economic recovery by creating safe public spaces for businesses and their customers but also to promote active travel in the longer term. Full detail at <https://www.glasgow.gov.uk/article/25936/City-Centre-to-Benefit-from-25km-of-Extra-Space-for-Physical-Distancing>

Meet the famous Hollywood heart-throb who went to a Bishopbriggs school

WANT to know which Hollywood heart-throb went to school in Glasgow? Or what teachers really thought about parents in 1872 in Baillieston?

The answers lie in a fascinating collection of school records held by Glasgow City Archives at the Mitchell Library.

Archivist Lynsey Green explains: "Education was made compulsory for children aged between five and 13 in 1872, and most of our records date from after this period. Prior to 1873 there are very few school records in our collections, with some exceptions such as the Glasgow School for the Deaf and Mossbank Industrial School."

<https://www.glasgowtimes.co.uk/news/18488947.meet-hollywood-heart-throb-went-glasgow-school/>

9 Powerful Life Lessons from 100 Year Olds

Watching videos of centenarians, you start to see a theme – they all seem content. That might be shocking to younger people, especially anyone who fears old age. Perhaps we fear missing out on opportunities in life, and worry that we'll find ourselves too old to do things we enjoy or maybe we're just so stuck in the moment that we fail to see the light at the end of the tunnel. We set out to discover the secrets to life and interviewing people 100 years of age and older. What they share may surprise you!

<https://thriveglobal.com/stories/powerful-life-lessons-from-100-year-olds/>

Ted talk of the week

How to believe in yourself: Jim Cathcart

Jim Cathcart thought he would never make a difference. An average student from a working class family with no athletic or special skills, he expected an unremarkable existence. But one radio message in 1972 changed the direction of his life & authored his belief in his potential. Today, he's a Hall of Fame Speaker, and has authored 16 books. While changing himself, Jim also discovered how to help others believe in themselves, too.

To watch the full video click here: <https://youtu.be/-ki9-0aPwHs>

Recommended reads for the week

Whose turn for the stairs: Robert Douglas

This is an utterly charming story about twelve families and their tightly knit street in 1950s Maryhill. Following the end of the war, the close rebuilds its ties and the strong sense of community and friendly neighbourhood bonds are soon back in place. Yet it is all not perfect in their world: the families have to deal with poverty, religious bigotry, racism, heartbreak, lies, violence and death. In Robert Douglas's first novel, he recreates a time and place particular to Glasgow but to which everyone will relate.

Braving the wilderness: Brene Brown

'True belonging doesn't require us to change who we are. It requires us to be who we are.' Social scientist Brené Brown, PhD, LMSW has sparked a global conversation about the experiences that bring meaning to our lives – experiences of courage, vulnerability, love, belonging, shame and empathy. With her trademark mix of research, storytelling and honesty, Brown will again change the cultural conversation while mapping out a clear path to true belonging.

The Beekeeper of Aleppo: Christy Lefteri

What will you find from his story?

Nuri is a beekeeper; his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo - until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape.

Moving, powerful, compassionate and beautifully written, *The Beekeeper of Aleppo* is a testament to the triumph of the human spirit. Told with deceptive simplicity, it is the kind of book that reminds us of the power of storytelling.

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

IF YOU NO LONGER WISH TO RECEIVE THIS EMAIL PLEASE REPLY TO THIS MESSAGE AND WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

www.goodmoveglasgow.com

www.facebook.com/goodmoveglasgow