

Hi Everyone

We hope you are keeping well!

It's National Carer's Week and we want to take a moment to highlight the importance of caring for yourself while caring for others. We know due to the current situation, many vital services have been cut, leaving people with reduced, or in some cases, no support. This can have a huge impact on stress levels and well-being. If you, or anyone you know, is struggling please see links to support available.

For information and support services please visit:

Glasgow City Council Carer team <https://www.glasgow.gov.uk/carers>

SAMH <https://www.samh.org.uk/about-mental-health/being-there-for-someone/as-a-carer>

Age Uk <https://www.ageuk.org.uk/services/in-your-area/carers-support/>

Vitality Step in class

As with our health walks, we have sadly been unable to deliver Good Move Vitality classes since lockdown commenced. However, good news! On Monday 15th June at 2pm we have an instructor delivering a weekly LIVE Step In Circuit class which you can do from your own homes. The link to access the LIVE classes is <http://www.myglasgow.club/live> . Otherwise you can view it directly through the Glasgow Club Facebook page!

For those who don't know, Vitality classes have been specially designed to be safe for people living with a range of medical conditions. The Step In Circuit class level is suitable for those with independent mobility but may have some difficulty doing daily activities. Taking part in the class regularly will help you improve strength, co-ordination, fitness and flexibility.

If you miss (or want to repeat) a class it will be available on-demand in the home workout section of the website soon afterwards - <https://myglasgow.club/customer>.

#BikeWeekUK

For beginners' tips, ideas to help your kids get started and information on safe cycling routes around the city, the Glasgow Club app and website has lots of useful information: <https://myglasgow.club/customer/index.php/cycling>

From practical tips to real life stories and beautiful places to ride your bike, @TheBHF's cycling section has everything for those who want to take to two wheels. <https://soamp.li/dhtK>.

Glasgow Life Volunteer Survey

Glasgow Life is keen to hear what's going well and where we need to take action to improve your Glasgow Life volunteer experience. It should only take 5 or 10 minutes <https://surveys.glasgowlife.org.uk/s/VolunteerImpacySurvey2020/> . Everybody who completes it will be entered into a prize draw with the **chance of winning a £50 shopping voucher**. The closing date is the **17th June 2020**. If you prefer to complete the survey over the phone, you can call and speak to a member of staff on 0141 287 2809.

Coffee versus cardio: Can exercise offer the same mental boost as caffeine?

An interesting study around caffeine and exercise, but please note the special attention to walking. (Not that we need convincing)

Your alarm goes off and it's time to start another day. What's your first step? Perhaps making a cup of coffee? You may want to consider a brisk walk instead. The question then remains: what could provide similar benefits to caffeine without the side-effects? The answer may lie in aerobic exercise.

https://thriveglobal.com/stories/coffee-versus-cardio-exercise-mental-boost/?utm_content=bufferd25ad&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

Health Check UK Live

Dr Xand van Tulleken and Michelle Ackerley guide take viewers through the challenge of keeping mentally and physically healthy while quarantined at home due to coronavirus. With Angela Rippon.

<https://www.bbc.co.uk/iplayer/episodes/m000gyxn/healthcheck-uk-live>

'Move it or Lose it'

Move it or lose it has launched a new campaign: Stand Up for the NHS, which encourages older people to stay active through sit-to-stand exercises. *"In these times of lockdown it's all too easy to spend the day watching TV and comfort eating, but the more time we spend being sedentary the worse this is for our health. By doing the simple sit to stand test every day you will ensure that you don't lose muscle and will also help your immune system"* (Professor Janet Lord, University of Birmingham)

For full details please click here: <https://www.moveitorloseit.co.uk/stand-up-for-the-nhs/>

Open University Free courses online

The open university are offering free online courses.

You can choose an OpenLearn course from a wide range of subjects. Some are based on Open University course materials. Others are written specifically for OpenLearn. To browse through courses and learn more please click here:

<https://www.open.edu/openlearn/free-courses/full-catalogue>

Are you feeling overwhelmed?

If you or anyone you know is struggling to manage emotions and experiencing stress just now, this is a great bitesized lunchtime session. Learn how stress affects us and hear about tools and tips on how to help reduce and manage stress.

Wednesday 17th of June- 12.15- 13.30pm. For full details and booking please see link below. There's limited space so book early:

<https://www.eventbrite.co.uk/e/free-bitesized-stress-management-training-tickets-106917651574>.

Ted talk of the week

Compassion and Kinship: Father Gregory Boyle

Father Gregory Boyle, founder and executive director of Homeboy Industries, is an acknowledged expert on gangs, intervention and re-entry and today serves on the U.S. Attorney General's Defending Childhood Task Force.

To address the escalating problems of gang-involved youth, he and the community developed an elementary school, day care program and sought legitimate employment for young people. Homeboy Industries, now located in the heart of downtown Los Angeles, is recognized as a national and international model for youth seeking to move beyond gangs and achieve a life of hope.

To watch the full video click here: <https://youtu.be/ipR0kWt1Fkc>

Recommended Reads for the Week

Remember, you can download books for free from Glasgow Libraries <https://www.glasgowlife.org.uk/libraries/online-library>

Night Song on the Last Tram: Robert Douglas

This is a wonderfully colourful and deeply poignant memoir of growing up in a 'single end' - one room in a Glasgow tenement - during and immediately after the Second World War. Although young Robert Douglas's life was blighted by the cruel if sporadic presence of his father, it was equally blessed by the love of his mother, Janet. While the story of their life together is in some ways very sad, it is also filled with humorous and happy memories. "Night Song of The Last Tram" is a superb evocation of childhood and of a Glasgow of trams and tenements that has long since disappeared.

The Notebook: Nicholas Sparks

How far can love endure?

Noah Calhoun has just returned from World War Two. Attempting to escape the ghosts of battle, he tries to concentrate on restoring an old plantation home to its former glory. And yet he is haunted by images of the beautiful girl he met there fourteen years before, a girl who captured his heart like no other.

But when these distant memories begin to slide into reality, the passion that had lain still is ignited once more. Though so much is in their way, the miraculous force of their love refuses to fade.

Silverlings Playbook: Mathew Quick

Pat Peoples knows that life doesn't always go according to plan, but he's determined to get his back on track. After a stint in a psychiatric hospital, Pat is staying with his parents and trying to live according to his new philosophy: get fit, be nice and always look for the silver lining. Most importantly, Pat is determined to be reconciled with his wife Nikki.

Pat's parents just want to protect him so he can get back on his feet, but when Pat befriends the mysterious Tiffany, the secrets they've been keeping from him threaten to come out . . .

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

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www.goodmoveglasgow.com

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