

Hi Everyone

We hope you are keeping well!

Many of you have been asking about timescales for restarting health walks. Paths for All have just released some guidance on this and we are working with them and Glasgow Life to get plans in place to pilot a few walks when Phase 3 of lockdown easing is announced, dependent on official Government guidelines. We are acutely aware of the negative impact social isolation is having for many people and the role Health Walks play to combat this and help improve people's health and wellbeing.

We understand it's going to be challenging with lots to think about and changes to be made. While we have corporate guidance on how we make this possible, we would love to hear your feedback; be it ideas, concerns or just anything you feel will be useful for us to know. You can e-mail or call and chat, whatever is easiest.

A number of volunteers have expressed an interest in being involved with pilot walks so we will aim to involve them in this pilot phase. If you would like to be part of this let us know! We must also emphasise that we are aware each individual's situation is different and there is absolutely no pressure from us for volunteers to return. This must be a personal choice when the time is right for you. Volunteer and walker safety is paramount and will be at the forefront of all decisions made.

We will keep you posted! Meantime, please see this week's updates below;

3 Main reasons for being active

Dr William Bird explores the 3 main reasons for being active and how this helps your physical and mental well-being. He then looks at what impact this might have on your immune system and the importance of this as we begin to come out of lockdown. [#PhysicalActivity](#) [#Coronavirus](#) [#Covid19](#)

<https://youtu.be/OjwALX9hM4E>

Men's Health Week

*This is a time to bring **awareness** to **health** issues that affect **men** disproportionately and focuses on getting **men** to become aware of problems they may have or could develop, and gain the courage to do something about it.* For more information and advice- please click here: <https://www.menshealthforum.org.uk/mhw>

How do we encourage frail older adults to be physically active?

Physiotherapy lecturer and researcher, Chee-Wee Tan, is joined by guest Professor Dawn Skelton in this video interview on older adults, frailty and the impact of COVID / lockdown. <https://www.youtube.com/watch?v=1ylnI31-rkE>

Mental Health Awareness for Sport and Physical Activity Online Course

Usually £18 but free until 31 August 2020. Gain the confidence to be able to support people experiencing mental health problems, and help them to thrive inside and outside of your sessions.

<https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>

SafeFit

SafeFit is a free remote service for anyone in the UK with suspicion of or confirmed diagnosis of cancer. It has been developed in partnership with Macmillan Cancer Support, University Hospital Southampton, CanRehab Trust et al. Helen Harrison (one of our previous vitality instructors) along with other Cancer Exercise Specialists have volunteered to support people in the UK. If you would like more information click on the link below:

<https://www.macmillan.org.uk/.../get-he.../physical-help/safefit>

Ted talk of the week

The surprising science of happiness | Dan Gilbert

Dan Gilbert, author of *Stumbling on Happiness*, challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

https://youtu.be/4q1dgn_C0AU

Recommended Reads for the Week

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

The Man Who Didn't Call- Rosie Walsh

The Man Who Didn't Call by Rosie Walsh is the perfect novel for anyone who's ever waited for a phone call that didn't come. Imagine you meet a man, spend seven glorious days together, and fall in love. And it's mutual: you've never been so certain of anything.

See them run- Marion Todd

In a famous Scottish town, someone is bent on murder – but why?

On the night of a wedding celebration, one guest meets a grisly end when he's killed in a hit-and-run. A card bearing the number '5' has been placed on the victim's chest. **DI Clare Mackay**, who recently moved from Glasgow to join the St Andrews force, leads the investigation.

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

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