

Hello All!

We hope you are well.

We said last week that we hope to pilot health walks when Phase 3 of the easing of Lockdown is announced. We have started the ball rolling and are awaiting a decision from Glasgow Life as to when we can commence the official planning process to restart the walks.

Many thanks to everyone who has been in touch to express their interest in getting involved, it's great there is so much enthusiasm! We are keen to take things slowly though and get it right from the start. So, please bear with us!

Concerns that you have raised are the leaders' new responsibilities, numbers of walkers and lack of toilets. We will provide more information shortly and our aim is to work one to one with volunteers to ensure everyone is confident and staff will be on hand in the beginning to support at the walks. As stressed last week, we will follow all government guidance with leader and walker safety being our priority.

Please see below this week's updates;

### **Glasgow Life's Response to Covid 19**

Since lockdown began, Glasgow Life has received hundreds of enquiries about which of their venues and facilities will be reopening and when. This has only continued to increase in recent weeks as we move through the Scottish Government's phased approach to easing lockdown restrictions. Please see the link below with more information along with a list of Frequently Asked Questions for each service area.

<https://www.glasgowlife.org.uk/coronavirus-covid-19-latest-information>

### **The Slow Ways Network**

The brainchild of geographer and explorer Dan Raven-Ellison, and supported by Ordnance Survey, the Slow Ways Network aims to get people walking between locations they might otherwise drive or take public transport to – via existing off-road paths and bridleways – and to promote slower types of travel.

"Historically, footpaths were created for walking to work, visiting relatives or trading, but many routes have been forgotten. We want to reimagine them for use today," Raven-Ellison said. "People walk for fun, of course, but we're also interested in the idea of functional walks – walking to visit people often takes less time than you'd think."

During lockdown, a team of 700 volunteers have plotted 7,000 routes, which collectively stretch for over 60,000 miles, with an average of 7.5 miles in England and Wales and 12 miles in Scotland. Routes are currently being checked before 10,000 volunteers will test walk them from late summer.

Once finished, the Slow Ways network will be published online, with a searchable database freely available via Ordnance Survey. People will be able to choose segments between towns and cities or daisy-chain routes for long-distance journeys.

For more info visit

<https://www.theguardian.com/travel/2020/jun/13/how-the-slow-ways-network-could-change-walking-in-britain>

### **Research into the Effect Social Distancing has on Wellbeing**

Researchers at Stirling University are undertaking a study to examine the Covid-19 social distancing effects on social engagement, loneliness, wellbeing and physical activity for Scotland-based older adults. They are inviting anyone aged 60+ to complete an online survey to assist their research. For more info and to get involved visit

<https://stirling.onlinesurveys.ac.uk/impact-of-covid-19-final>

## **Mood Boosting Books**

Mood Boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are recommended by readers and reading groups around the country. For more details visit

<https://libcat.csghlasgow.org/web/arena/mood-boosting-books>

## **Keep healthy and stay safe**

### **Best Wishes**

**Heather, Michelle & Barry**

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