

Hi Everyone!

We hope you are well.

As you know we are working behind the scenes to get things going. One of the identified tasks to be completed before we can return is the GOLD Corona Virus Awareness course. Since not everyone can access GOLD online- the volunteer team at Glasgow Life have created a PDF version (Please see attached).

We know that the road back will be unique to each person, so absolutely no pressure- but if you are well and looking to return as soon as we get the go ahead- can you please read through the document and send an e-mail or text to confirm when you have completed it. This course is mandatory for everyone wishing to return. If you have any trouble accessing the document, please us know and we will post it out.

Please see below this week's updates...

Glasgow is open

Glasgow is open! Get ready to shop, eat and enjoy the city again. Your favourite places are safe and ready to welcome you. A lovely video capturing some great sights across the city.

<https://youtu.be/ynR3LfjDAaQ>

Paths for all e-news- 'Step through our Scottish Summer'

Check out the latest news from paths for all, including top 10 walking tips and the new guidance from public health.: Walking (or dancing) in the rain, becoming a tourist in your own town, or walking to the ultimate picnic spot. [Read our top ten walking tips](#) to embrace the Scottish summer.

[New 'walking, wheeling and cycling' guidance](#) from Public Health Scotland, Transport Scotland and active travel charities to help us stay safe as we begin to head out more.

<https://www.stepcount.org.uk/blog/top-ten-summer-walking-tips>

New Strength and Balance Class

New Strength and balance class every Thursday at 2pm. This is a chair based exercise class aimed at clients who are struggling to stay active and have limited mobility. This class is a fantastic opportunity for people to continue to be active within their home.

All you need to do is log on to Glasgow Club website and scroll down to live online classes section on a Thursday just before 2pm or alternatively log on via Glasgow Club facebook page.

If you know of anyone you feel would benefit but can't access classes online, please let us know as the vitality team can send out support packs.

Please feel free to share!

Thoughts on Turning 70

We all know what matters in life — so why do we wait to act on it

Arianna Huffington is the founder of The Huffington Post, the founder and CEO of Thrive Global, and the author of 15 books, including, most recently, Thrive and The Sleep Revolution. She shares her thoughts on turning 70.

As I read back through half a century of notes, I'm struck by four things. First, by how early I knew what really mattered in life. Second, how bad I was at acting on that knowledge. Third, how draining and depleting all my worries and fears were. And fourth, how little those worries and fears turned out to matter. To read the full article please click here:

<https://bit.ly/2CM2sYc>

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.

<https://youtu.be/-ki9-oaPwHs>

Recommended read of the week!

Remember, you can download books for free from Glasgow Libraries -

<https://www.glasgowlife.org.uk/libraries/online-library>

And the Mountains Echoed- Khaled Hosseini

And the Mountains Echoed is a deeply moving new novel about how we love, how we take care of one another and how the choices we make resonate through history. A multi-generational family story revolving around brothers and sisters, it explores the ways in which they love, wound, betray, honour and sacrifice for each other.

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

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