

Hi Everyone!

We hope you are well.

Happy World Friendship Day to everyone 😊

It's been proven that friendships are good for your mental health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and offer a sense of belonging. We miss all our walking friends and hope to see you all soon! We are working hard to welcome you back to the walks as soon as we can.

Whatever you have planned over the weekend we hope it includes catching up with friends, family or people who are important to you; be it in person, over the phone and via skype. We wish you a wonderful weekend. To read more about the history behind world friendship day please click here:

<https://www.un.org/en/observances/friendship-day>

Please note we don't have the hyperlink facility- to access links to articles please copy and paste link into google search bar. We know some of you have had bother with this.

Please see below this week's updates...

### **The importance of Nature to Scotland**

Lockdown in Scotland saw an increase in the number of people visiting the outdoors to enjoy nature and stay healthy.

*The results of the first comprehensive, independent survey of our relationship with nature during lockdown, demonstrate that more Scots, concerned about their wellbeing, are turning to nature as they recover from the pandemic. To grow that enthusiasm SNH has today launched a campaign, Make Space for Nature.*

To read the full article please click here: <https://www.nature.scot/more-people-spending-time-outdoors-new-survey-reveals-importance-nature-scotlands-recovery-covid-19>

### **Updated Physical Activity Key Message from Public Health Scotland**

Key messaging from Public Health Scotland on Physical Activity during the phases of Covid-19 as of 13th July 2020.

It is recognised that there is an immediate need to provide credible, up to date information and advice around physical activity to support the Scottish public during the coronavirus pandemic (COVID-19). To see all updates please click on link: [COVID-19: Physical Activity Key Messages - Physical Activity Health Alliance](#)

## **Small but Effective Ways to Boost Your Mental Health Right Now**

The coronavirus pandemic has worsened our existing mental health crisis, but these tips will help you stay resilient and take care of your mental well-being during this challenging time. To read the full article please click here:

[https://thriveglobal.com/stories/tips-to-improve-mental-health-awareness-stress-anxiety/?utm\\_content=buffer6dbec&utm\\_medium=Thrive&utm\\_source=LinkedIn&utm\\_campaign=Buffer](https://thriveglobal.com/stories/tips-to-improve-mental-health-awareness-stress-anxiety/?utm_content=buffer6dbec&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer)

## **Age Scotland Helpline**

**The Age Scotland helpline is a free, confidential phone service for older people, their carers and families in Scotland.**

**Our team provides information, friendship and advice.**

The helpline is free to call and is available Monday - Friday 9-5pm, tel: 0800 12 44 222. At the moment, we are really encouraging anyone who thinks they may be entitled to Pension Credit – or isn't sure – to contact the Helpline and ask for a benefits check. Again, it's free, and being on Pension Credit opens doors to so many other benefits (in addition, from 1 August only those on Pension Credit will be able to claim the free TV licence for over 75s) so it's increasingly important that people who are eligible come forward and claim. Statistics show that around 40% of people who could receive it don't do so, so we're trying to ensure as many people know about it as possible.

## **Ted Talk of the week**

### **Do schools kill creativity? | Sir Ken Robinson**

Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than undermines) creativity.

<https://youtu.be/iG9CE55wbtY>

## **Recommended read of the week!**

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

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

### **Little Women -Louisa May Alcott**

**'I'm not afraid of storms, for I'm learning how to sail my ship.'**

Meg, Jo, Amy and Beth - four "little women" enduring hardships and enjoying adventures in Civil War New England The charming story of the March sisters, *Little Women* has been adored by generations. Readers have rooted for Laurie in his pursuit of Jo's hand, cried over little Beth's death, and dreamed of travelling through Europe with old Aunt March and Amy.

**Best Wishes**

**Heather, Michelle & Barry**

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