

Hi All

Well, we have some more good news to share!! As well as being able to pilot some walks and restarting the themed walks - we also have the go ahead to meet volunteers IN PERSON for a walk! As with everything, we understand everyone's circumstances are different but if you feel like a walk and a catch up please get in touch, we would be delighted to hear from you.

Please see below this week's updates.

Themed Walks are Back

Please find attached the long awaited Themed Walks Programme for September! These will be one hour walks and Creagh will do it twice in one day so we can accommodate more walkers. We are limiting bookings to 2 per person but you can go on the waiting list for the other ones.

Although the First Minister announced on Thursday that larger groups can meet outside, we plan to keep numbers to 5 walkers per walk for the first few to see how it goes. If Creagh finds the numbers easy to manage, we will consider increasing the number on a walk. So, it would be worth putting your name on the waiting list if you are interested.

As always booking is essential. Please email us here or call 07554 459402.

Humans of the Walk - Paths for All Exhibition

Last year it toured the country, this year it has gone online. Paths for All collected powerful personal accounts and images showing the life-changing ways walking helped many cope with the pressures of lockdown. <https://www.pathsforall.org.uk/whats-on/gallery-details/humans-of-the-walk-lockdown>

Paths for All are also keen to hear your stories, so why not share your lockdown walking story and maybe win some prizes!! <https://www.pathsforall.org.uk/news/news-post/win-200-worth-of-walking-goodies>

Free weekly CBT sessions with the Wise Group

The Wise Group are running free weekly Cognitive Behaviour Therapy (CBT) sessions to help people experiencing depression, anxiety, anger, loss or abuse as a result of the pandemic.

Re-Connect CBT is a series of short group therapy sessions to help you cope during the COVID-19 pandemic and beyond. You must be 18 years or over to join the one hour sessions that are delivered in groups of up to 12 people..

You will work with a counsellor who will guide you through a set of tools to help you deal with difficult situations you may be facing during the pandemic.

Chartered Society of Physiotherapy- Covid-19: The Road to Recovery

There is much we are still learning about Covid-19, one thing we know for certain, is that the road to recovery isn't always straightforward. This short

animation .<https://www.youtube.com/watch?v=3sURTAaxmc8> illustrates what physiotherapists say many patients can expect when recovering from Covid-19.

Don't feel worried or discouraged if it takes a while to get your energy and fitness back. Find more expert advice and resources to help you on your road to recovery: <https://www.csp.org.uk/recovery>

Small Ways to Practice Self-Compassion Right Now

Instead of judging yourself for feeling less productive or for being an imperfect parent, it's important to accept that you're doing your best to manage your stress.

Adjusting to our [new normal](#) means keeping up with constantly shifting expectations. We are being asked to go above and beyond in a lot of ways right now, so instead of judging ourselves by impossible [standards](#) when it comes to [parenting](#), [work productivity](#), or anything else, focusing on self-compassion is critical for our health and well-being. To read full article please click here: <https://bit.ly/2CWWqnW>

Ted Talk of the week

The Doctor Of The Future: Dr Mark Rowe

Prescribing Lifestyle As Medicine- Lessons from Healthcare including the 'pill for every ill' & possibilities for healthcare in the future, learning from adversity & overcoming burnout & the importance of self-care. <https://bit.ly/3jcgMCR>

Recommended Read of the week!

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

After the End- Claire Mackintosh

Powerful, uplifting and full of hope, AFTER THE END is the most moving book you'll read this year - from number one bestseller Clare Mackintosh

Max and Pip are the strongest couple you know. Only now they're facing the most important decision of their lives - and they don't agree. With the consequences of an impossible choice threatening to devastate them both, nothing will ever be the same again.

But anything can happen after the end . . .

Best Wishes

Heather, Michelle & Barry

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