

Hi All

We hope this e-mail finds you well.

Well week 1 of the pilot walks went very well and a great response all round. A massive 'THANK YOU' to all the volunteer leaders and also the walkers who braved some rather unseasonal weather! It was so lovely to be back and see everyone again. So far so good. Still lots to think about but we are moving in the right direction. Our next hurdles are to sort out a booking system for all the walks to manage numbers and overcome some of the Test and Protect admin challenges we have encountered. We'll get there!

Please see below this week's updates.

Self- Care September

"You can't pour from an empty cup"

***Self-care isn't selfish, it's essential.** No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.*

To see the full calendar please click here: <https://www.actionforhappiness.org/self-care-september>

Paths for all e-news 1st September 2020

Please see latest news from paths for all, including the extension of the free bike hire in Glasgow. Free bike hire extended in Glasgow thanks to SCSPA Glasgow-wide free cycle hire offer has been extended until next spring thanks to our Smarter Choices, Smarter Places programme. For all the news please click here: <https://www.pathsforall.org.uk/news?category=0&month=8&year=2020>

Listen to our latest podcast

Plug into our latest 'Voices of the Walk' episode to hear first-hand accounts about how walking brought solace and comfort to people facing challenges during lockdown.

Podcasts <https://www.pathsforall.org.uk/podcasts>

Clear your Head Scotland

If getting active has helped you cope with all that is going on, keep going as you'll continue to benefit. Making time to do one thing, however big or small, can help clear your head and boost your mental health. Find tips <https://clearyourhead.scot/>

Take a walk and enjoy nature once again

The National Trust for Scotland has produced a free Walkers' Pack full of suggested walks around their properties, spotters' guides and hints to get the most out of your

walk. For full details please click here: <https://www.nts.org.uk/campaigns/stride-out-for-scotland>

6 Ways To Boost Your “Inner Zen” Right Now

Carefully choosing your thoughts and words can do wonders during this trying time. During this time when so much of our everyday life has been disrupted, it can be helpful (if not essential!) to explore how we can stay calm and find creative ways to connect with others.

The truth is, while you can't control the outside world, you can control your internal world and choose how you think about your current circumstances. From choosing your thoughts, to taking a deep breath, there are lots of helpful hints and tips in this article. For full details please click here: https://thriveglobal.com/stories/how-to-boost-inner-zen-calm-peace-coronavirus/?utm_content=buffer79076&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

Ted Talk of the week

Every kid needs a champion | Rita Pierson

Rita Pierson, a teacher for 40 years, once heard a colleague say, "They don't pay me to like the kids." Her response: "Kids don't learn from people they don't like." A rousing call to educators to believe in their students and actually connect with them on a real, human, personal level.

<https://youtu.be/SFnMTHhKdkw>

Recommended Read of the week!

Scottish Bothy Walks: Scotland's 28 Best Bothy Adventures

If you love a bothy visit (who doesn't) or if you like the idea of one, this is the book for you. A follow up to the Scottish Bothy Bible, this time Geoff Allan details routes to and around 28 of his favourite of these basic wilderness huts. Ranging from day walks to multi-day ones, each route is fully mapped out and rated in difficulty alongside Allan's detailed descriptions of the incredible mountains, wildlife, geography and history that you'll find along the way.

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

Best Wishes

Heather, Michelle & Barry

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