

Hi All

We hope this e-mail finds you well.

Just to let you know as of next week Heather, Michelle and Barry will be back in the office. We will be there every Monday, Wednesday and Friday and will access to all Glasgow Life files.

After today you will receive the round up via walking@glasgowlife.org.uk We will also go back to sending monthly updates to walkers via the walking e-mail.

Thank you all very much for your patience and understanding over the past few months. Everything back on track now.

Please see below this week's updates.

Creative Ways to Get More Out of Your Daily Walks

From calling an old friend to listening to a great podcast, here are little ways to make the most out of your routine strolls.

Breaking up the day with a [walk](#) can be amazing for our physical and mental well-being, focus and [creativity](#). A simple walk can serve as a stress reliever, a workout, or a chance to give our brains a much-needed reset in the middle of an anxious time. We've been making an effort to get in our steps since we've been spending more time at home during COVID, and getting creative about our walking time has been a serious game-changer.

To read the full article please click here: <https://thriveglobal.com/stories/how-to-get-more-from-walks-creative-well-being-tips/>

Wigtown Book Festival

Wigtown is a traditional market town, set in the beautiful countryside of Dumfries & Galloway, south-west Scotland. It is also [Scotland's National Book Town](#), a designation that reflects its dozen or so secondhand [bookshops](#) and annual literary festival. This year it's festival is going online so we can all join in! <https://www.wigtownbookfestival.com/>

Scottish Government Coronavirus Update

Yesterday the Scottish Government announced that the country shall remain in phase 3 lockdown. Furthermore, new restrictions will be implemented to further reduce transmission of the virus including the number of people who can meet socially indoors or outdoors being reduced to a maximum of 6 people from no more than 2 household.

However, *'The changes to meeting socially do not apply to services or activities that are already exempt from these restrictions and have been permitted to open subject to their own guidance such as organised sport.'*

The health walks come under this banner so we can carry on with our health walk pilots but will continue to walk in smaller pods and follow government guidelines. We also appreciate the difficulty of maintaining a 2m distance from other walkers, but please try to do so and be mindful of other people's space. We also understand it is a voluntary activity and we are all

adults who can manage our space etc, but if at any point you do not feel safe be in your role as a leader or as a walker- please get in touch and we can look at other options to maximise the safety of all involved.

Read the full Scottish Government update at <https://bit.ly/2FqdAeA>

Ted Talk of the week

The best way to help is often just to listen | Sophie Andrews

A 24-hour helpline in the UK known as Samaritans helped Sophie Andrews become a survivor of abuse rather than a victim. Now she's paying the favour back as the founder of The Silver Line, a helpline that supports lonely and isolated older people. In a powerful, personal talk, she shares why the simple act of listening (instead of giving advice) is often the best way to help someone in need.

https://youtu.be/u1_dYypojbE

Recommended Read of the week!

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

The Salt Path-Raynor Winn

Just days after Raynor learns that Moth, her husband of 32 years, is terminally ill, their home is taken away and they lose their livelihood. With nothing left and little time, they make the brave and impulsive decision to walk the 630 miles of the sea-swept South West Coast Path, from Somerset to Dorset, via Devon and Cornwall.

Carrying only the essentials for survival on their backs, they live wild in the ancient, weathered landscape of cliffs, sea and sky. Yet through every step, every encounter and every test along the way, their walk becomes a remarkable journey.

The Salt Path is an honest and life-affirming true story of coming to terms with grief and the healing power of the natural world. Ultimately, it is a portrayal of home, and how it can be lost, rebuilt and rediscovered in the most unexpected ways.

Best Wishes

Heather, Michelle & Barry

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