

Hi All

We hope this e-mail finds you well.

A very warm welcome back to everyone 😊. As you know we have been out of office during lockdown and only returned last week - Michelle on Mondays, Heather on Wednesdays and Barry on Fridays. So, we have full access to our emails and files again and can resume with our monthly updates.

We know many of you have remained in contact via our temporary mail.com address but, for everyone who didn't, we hope this e-mail finds you healthy and well!

Just to give a summary, we have been working from home during lockdown and all walks were stopped. We have now started a phased approach to get the walks back up and running, but it's a very slow and careful approach.

Health Walks are still permitted with a maximum of 30 participants. The Scottish Government have confirmed that Health Walks are covered by the 'Personal training/Coaching' and 'Outdoor Sports' guidance and that this guidance remains unchanged by this week's announcement around purely social gatherings.

To date we have piloted 5 walks with a small number of existing walkers, and so far so good (although a work in progress). It was a steep learning curve and, going on feedback from leaders and walkers, we now have a model for moving forward. We hope to gradually restart the other walks over the next month or so. Note that we are limited in the number of walkers we can have in a group so might not be able to take everyone. We are also not currently in a position to welcome new walkers and, moving forward, are looking to implement a booking system.

Please contact us directly to get an update on the walk/s you attended or if you have any questions.

Please note the update looks slightly different to before as we don't have as many activities to promote but hopefully something of interest below.

Please see below this month's updates.

Action for Happiness - Optimistic October 2020

Life is far from perfect, but there are lots of reasons for optimism. Setting positive goals for the future gives our lives a sense of direction and purpose. And although we face many challenges there are also lots of reasons to stay hopeful. By consciously choosing our priorities we can overcome issues, make progress and focus on what really matters.

Please see link the full calender here: <https://www.actionforhappiness.org/optimistic-october>

Themed Walks October 2020

Please see attached next Month's Themed Walks Programme. Note a member of staff can only monitor the inbox and phonenumber on Monday's, Wednesday's and Friday's, so we may not get back to you immediately.

If emailing to book spaces please tell us the names, tel nos and email addresses of all those you wish to book spaces for along with the dates and times of the walks you are interested in.

Protect Scotland App

We understand not everyone has a smart phone but, if you do, we strongly recommend downloading this new app. The Protect Scotland app from NHS Scotland's Test and Protect is a free, mobile phone app designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns. The app will alert you if you have been in close contact with another app user who user who tests positive for coronavirus. And if you test positive. It can help determining contacts that you may have otherwise missed while keeping your information private and anonymous.

Going outside is beneficial - maybe even essential for human health

Being outside can improve memory, fight depression, and lower blood pressure. However many people spend workdays indoors under fluorescent lights in front of computers, then return home to bask in the glow of television screens.

But research suggests it's important to make time to get outdoors as well, since doing so is beneficial — maybe essential — for human health. Psychologists and health researchers are finding more and more science-backed reasons we should go outside and enjoy the natural world.

To read the full article please [click here](#)

Paths for all e-news

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>[https](https://www.pathsforall.org.uk/news?category=0&month=8&year=2020)

Listen to Paths for All's 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/>

The Virtual Glasgow Mela

Glasgow Mela is back for 2020 – virtually! Let the Mela bring music, colour and vibrancy to you at home!

They'll be broadcasting on glasgowmela.com from 20 - 30 September, every day between 6pm and 8pm,

so tune in! For full details visit <https://www.whatsonglasgow.co.uk/event/090304-the-virtual-glasgow-mela/>

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 second hand and annual literary festival. This year it's festival is going online so we can all join in!

<https://www.wigtownbookfestival.com/>

Best Wishes

Heather, Michelle & Barry

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