

Hi All

The weather has taken a drizzly downturn this week after a glorious weekend. However, it's still important to get out for a daily walk if you can. Read about Michelle's walk around Kelvingrove this week and walk leader Kathleen's around Cross Park

Barry will tell us about his walk next week. Also, check out the Clyde Bridges information below for a bit of inspiration! Please tell us what you have been up to.

Please see below this week's updates.

Movement for the Soul

We have received a few requests for local walks and ideas. We know many of you are doing your own thing, or meeting with one other household- which is great. However if it's safe and you are well enough to do so, we would love you to join our #movementforthesoul campaign- where you can share with us anything exciting from your weekly walk; be it your route, nature, a wonderful view, something you never noticed, a podcast you listened to. With everything shared we will create a collage and add to it every week.

We had a few people join in this week – please see attached the walks with some photos. If you are free **Join Barry on Tuesday at 11am for a virtual walk-** anywhere of your choice. Barry's heading out in the East End this week and will share the route, photos, podcast and anything exciting from the walk in next week's roundup. **Are you in?**

Alternatively the Glasgow Clyde bridges might be of interest. *The oldest surviving Clyde Bridges were built in the 1850's. By then Britain had become the workshop of the world. In 1851 Britain smelted 2.5 million tons of iron; five times as much as the USA and ten times as much as Germany. In 1851 British steam engines could produce 1.2 million horsepower; more than the rest of Europe put together. Britain owned half of the world's ocean-going ships and contained half of the world's railway mileage.*

To find out more including full access to the leaflet please click here:

<https://www.scotways.com/images/pdf/GlasgowsClydeBridgesLeaflet.pdf>

Could you be a COP26 volunteer – apply now

Applications have opened for the volunteer programme for the 26th United Nations Climate Change Conference (COP26). Taking place at the Scottish Event Campus (SEC) from 1-12 November, the international summit is expected to bring together the largest gathering of heads of state ever hosted in the UK, alongside climate experts and campaigners, to agree coordinated action to tackle the climate emergency.



Glasgow City Council is looking for a team of around 1,000 volunteers to support the staging of this globally significant event and provide a warm Glasgow welcome to all visitors. A variety of volunteer roles will be available, including providing information on the conference and the venues, supporting delegates staying in and travelling around the city and promoting

the best of what Glasgow and Scotland has to offer. Anyone interested in volunteering at COP26 can submit an application at www.ukcop26.org/volunteer until Wednesday 31 March.

Snowdrop ID & History ZOOM Session, Monday 8th Feb, 1.30pm

Our friends at Castlemilk Woodland Park are hosting a Snowdrop ID and history ZOOM session as part of their Photo and Wildlife Walks Programme. Learn all about these delicate but hardy plants, where they originated from and their history as well as what they are used for today.

If you would like to join the ZOOM session or need support to do so please contact community woodland officer stuartwhittaker@cassiltoun.org.uk or phone 07904322138

14 Small Mood Boosters to Try When You're Feeling Stuck

These little habits will help you switch gears the next time you're caught in a negative headspace.

Staying optimistic among uncertainty can come down to the little habits that make up our day, which could include acts of self-compassion, a ritual to stay connected to loved ones, or building in small bursts of time to recharge between meetings or when we're feeling stressed. When we feel stuck or down, it's important to have some mood boosting habits ready to give us a burst of energy or joy.

We asked our Thrive community to share the little things that instantly boost their mood when they're feeling stuck in a negative headspace. From 'listening to a song you love' to 'lighting a candle' which of these will you try? (Note number 5 is going for a walk)

https://thriveglobal.com/stories/small-tips-boost-your-mood-feeling-stuck-positive-habits/?utm_source=Newsletter_General&utm_medium=Thrive

Scottish Book Trust

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<https://www.scottishbooktrust.com/about>

Thought for the day!

QUICK TIPS ON HOW TO RELAX



Try active relaxation

Relaxation doesn't have to mean sitting still – gentle exercise can help you relax too. Take yourself out for a walk and listen to your favourite podcast and get in the zone.



Focus on your breathing

The 4-7-8 breathing technique, also known as "relaxing breath," involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.



Do a tech check

Technology can be great for helping you feel connected, but if you're using it a lot then it can contribute to making you feel busy and stressed. Try putting down your devices for a few hours and see how you feel after.



Listen to music

Music can relax you, connect you to your emotions and distract you from worrying thoughts. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day.



Take a break

Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.



Get creative

Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind.



Heather, Michelle & Barry
The Good Move walking Team

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