

Hi All

We hope this email finds you well.

Thank you to Margaret for sharing details of her favourite local walk. Please see details attached. Heather will tell us about her walk next week. Also, check out the Glasgow Heritage walks below for a bit of inspiration! As always, please tell us what you have been up to.

Please see below this week's updates.

Movement for the Soul

We would love you to join our #movementforthesoul campaign- where you can share with us anything exciting from your weekly walk.

Margaret shared her walk this week – please see attached.

Next week Heather is going HIGH! So, think of the highest point near you and choose a clear, dry day (Wednesday looks good!) to visit and enjoy the view. Take a pic and send it in!
Are you in?

Alternatively the Heritage Trails might be of interest. Walking and Heritage Trails exist throughout Glasgow. They are a great way of exploring the city, and finding out a little more about some of the sites and monuments along the way. Below you will find a selection of these trails. Each trail contains a location map and historic details. <https://www.glasgow.gov.uk/heritagetrails>

Good Move Walker Survey Report

We carried out our annual Walker Survey in January and were delighted with the response. As 2020 was a very unusual year, we took a different tack and were interested to discover how the regular email contact and walks (when they restarted) helped people to cope with the Coronavirus pandemic.

From the results it is clear that walkers highly value the Health and Themed walks and are very grateful to the walk leaders who take the time to lead them. Those that have not yet returned very much look forward to getting back. Please see attached the report.

'February - As the Seasons Turn' Podcast

Kathleen (walk Leader) sent us this lovely 20 minute podcast, a monthly guide to what to look out for in nature during the month ahead - from the sky above to the land below.

<https://soundcloud.com/ffern-asthesesonturns/february?ref=clipboard&p=i&c=0>

Glasgow Life Update

Following this week's Scottish Government announcement that the current Covid-19 restrictions will remain in place until at least the end of this month, Glasgow Life have updated their Coronavirus webpage.

The majority of Glasgow Life's venues and services must stay closed until March. Some

venues have remained open throughout the pandemic for activity which is permitted by the Government, including essential childcare and emergency food distribution. Additionally, some outdoor sport facilities which offer activities that comply with the revised guidelines will stay open, as will some venues which accommodate professional and elite sport clubs and organisations.

A number of Glasgow Life venues are also being used by NHS Greater Glasgow and Clyde as part of the nationwide Covid-19 vaccination and testing programme.

Full details can be found at

<https://www.glasgowlife.org.uk/coronavirus-covid-19-latest-information>

National Heart Month- February 2021

This National Heart Month the British Heart Foundation is encouraging everyone to do at least one thing to improve their heart health.

'Small changes can make a big difference to your heart health'

Barbara Kobson, a Senior Nurse Cardiac said: "*While some people have adopted healthier habits during lockdown, many others have found themselves concerned about their long term physical and mental health. National Heart Month is the perfect opportunity to make small changes to your lifestyle that could help make a big difference to your heart health. Small changes, such as moving more, cutting down on alcohol, and eating a more balanced diet can have a big impact*".

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

World Cancer Day- 4th of Feb

Yesterday was [World Cancer Day](#), an international day to raise awareness of cancer and to encourage its prevention, detection, and treatment.

The Macmillan @ Glasgow Libraries team has been working from home throughout the Covid-19 pandemic providing physical, financial and emotional support over the phone and by email to anyone who is affected by cancer. You can now book a call with them for free cancer support and information.

Mondays & Tuesdays -Book a call at 1pm or 2.30pm

Wednesday & Thursdays- Book a call at 10am or 11.30am

For full support, information or to book a call with Macmillan @ Glasgow Libraries call **0141 287 2903** or email macmillan@glasgowlife.org.uk. You can also join the conversation on [Facebook](#) and [Twitter](#) and read more about the support that's available at www.glasgowlife.org.uk/macmillan.

Thought for the day!



ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

 "The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

 "The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

[www.actionforhappiness.org](#)

Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](#)

Happier · Kinder · Together

**Heather, Michelle & Barry
The Good Move walking Team**

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