

Hi All

Wednesday the 17th of February was **Random Act of Kindness day**. Whilst the date has passed, the opportunity to express kindness never expires. Read a very heartwarming blog from Ian Findlay, Chief Officer at 'Paths for All', who talks about what it means to be kind to ourselves, to nature and to others as part of their new 'Walking with Nature' Campaign.

#Movementforthesoul- Thank you to Diane (walk Leader), Michelle and Barry for sharing information from their walks.

Your efforts are greatly appreciated! Please see full details attached. Also, check out the Walking and Heritage Trails that exist throughout Glasgow for a bit of inspiration!

Please see below this week's updates.

Paths for All's New 'Walking with Nature' Campaign

Sign up to Paths for All's 6 week Walking with Nature Campaign which aims to encourage everyone to take a daily walk, connect with their surroundings and do small things to improve their local environment.

This Week's focus is 'kindness' and Ian Findlay, the Chief Officer, has written a thought provoking blog;

'I've been incredibly lucky in that I've walked with nature all my life and feel deep down that it's at the core of my own health and wellbeing and my deep passion and sense of responsibility for nature.

Unfortunately, I see a growing disconnect between ourselves and the rest of nature, which I believe is at the root of many of the global challenges we face, for example, climate change, biodiversity loss, and yes, even pandemics such as Covid-19. I believe that reconnecting with nature is fundamental to tackling these challenges. We need to reconnect at every level, from the local to the global. However, this reconnection has to start with us as individuals.

To read the full blog and access helpful link please [click here](#)

Movement for the Soul

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

Diane, Barry and Michelle shared their walk this week – please see attached.

Heather has signed up to the 'Walking with Nature' campaign so will heading out to see if she can spot signs of Spring. Please join in and send us photos of the nature and wildlife you come across on your wanders.

Alternatively, check out the Walking and Heritage Trails that 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.

For full details please click here <https://www.glasgow.gov.uk/heritagetrails>

Glasgow's Parks & Greenspaces

It is hard to find a comprehensive list of all of Glasgow's Parks and Greenspaces. However, the link below provides a full list of parks, gardens and greenspace- some outwith Glasgow and may have a cost but most of them are within Glasgow and are free. We are all big kids at heart! How many have you been to? Heather reckons she has been to 63 of them!

<https://www.whatsonglasgow.co.uk/attractions/gardens-and-parks/>

A new Park and Nature Area Coming to Toryglen!

Sixteen hectares of derelict and vacant land in Toryglen is to be turned into community parkland. The £3.3million Malls Mire project — on land surrounding Prospecthill Circus — will include play areas, a wetland area and a network of paths for walkers and cyclists. Facilities will include an outdoor gym, two play areas, open recreational space and a bike pump track.

A nature reserve area, set within the Malls Mire woods, will include an art trail and spaces for outdoor events, learning and performances. To read the full article — please [click here](#)

National Heart Month- British Red Cross

Explore the Red Cross' Heart Hub and discover what the difference is between a **heart attack** and a **cardiac arrest**, find first aid tips on how to deal with an emergency situation and read our case studies about people that have used their first aid training to save someone in real life.

Heart attack or cardiac arrest?

Would you know which was which in a first aid emergency? People often get confused about what the difference is between a heart attack and a cardiac arrest and it is vital that you can recognise the signs symptoms and act accordingly.

Why not put your first aid skills to the test and take the heart quiz now!

<https://rctdigitalteam.typeform.com/to/xv1mqcB4>

For more information and great hints and tips on this topic please [click here](#)

The Thrive Guide to Staying Focused, Even When We're Not Feeling It

It starts with acknowledging that pandemic fatigue is real.

So much has changed — and yet so much... hasn't. Yes, people are getting vaccinated, but it's going to take time. For many people, spending the holidays at home, where they've been cooped up for nearly a year now, means that whatever break they had is already receding in the rear view mirror.

While we can't control the forces that have so completely disrupted our lives, we can take

steps to maintain our mental resilience and help ourselves be productive, even as we eagerly and anxiously wait for that light at the end of the tunnel to get closer.

To read the full article which includes 7 ways to stay engaged even when we're just not feeling it- Please [click here](#)

Here are 2 of the 7:

Take it one day at a time- *Don't focus on the whole month or even the whole week*

Be intentional about self-care- *When we're sleep deprived, everything seems worse. We're not just less able to focus, we're also much more reactive emotionally*

Thought for the day!

“Be the reason someone believes in the goodness of people”

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

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