

Hi All

We hope you have had a good week!

Please see below this week's updates.

### **Health & Themed Walks Restarting**

Following on from the Scottish Government announcement in Parliament this week, as of Friday 12<sup>th</sup> March, adults can take part in outdoor non-contact sport and organised group exercise in groups of up to 15 people.

<https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/>

We're delighted to say that this means that Health Walks can resume. Physical distancing measures still need to be implemented and the groups need to be 15 people or less including Walk Leaders. No indoor gathering is allowed.

Whilst we are desperate to get things back up and running, as always, the safety of everyone involved is paramount. We want to manage this in a way that makes the transition from lockdown to meeting in groups safe for all involved. The walks will return on a phased approach basis. Please also note that numbers are even more limited than before with a max of 15 in a group (previously it was 30). We will try and accommodate as many people as possible. Unfortunately we are unable to welcome new walkers at this time.

We will be in touch to let you know if your walk is restarting. However, if you have any queries please drop us an email.

### **Themed Walks Programme**

Please see attached March/April Themed Walks Programme.

If emailing or calling to book spaces please tell us the names, telephone numbers 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.

### **#Movement for the Soul**

We want to thank everyone who took part in the #movementforthesoul campaign this week.

Please see Bernie's walk that also includes some inspired paintings, and a picture attached of William and John- "walking in Botanic Gardens after we got our vaccine jag". We have also attached an interesting leaflet that captures the fascinating history of the Park - <https://www.glasgowbotanicgardens.com/the-gardens/history/>

Next week will be the last week of the campaign with Barry heading to explore the Necropolis. Please send in details of any walks you have been doing to help inspire others.

### **What Artwork Would You Like to See on the Canal?**

Glaswegians are being asked what kind of artwork they want to see on the site of a new landmark canal bridge that is under construction in the area. The £12million Stockingfield

Bridge at the Forth & Clyde Canal will link the communities of Maryhill, Gilshochill and Ruchill in the city for the first time since the waterway opened back in 1790.

The artworks will be located in and around the bridge to help celebrate the new bridge and the linking up of the communities. More info at

<https://www.glasgowlive.co.uk/news/glasgow-news/north-glasgow-locals-invited-decide-20079155>

### **Contract Awarded for River Clyde's First Opening Road Bridge**

A new road bridge connecting Renfrew to Clydebank and Yoker is the centrepiece of a major infrastructure project to transform the Clyde waterfront. The 184m (600ft) swing bridge will accommodate vehicles, cyclists and pedestrians. It will also open horizontally for passing ships.

To read the full article please click here: <https://www.bbc.co.uk/news/uk-scotland-scotland-business-56295177>

### **Glasgow Museums #ChooseToChallenge Podcast**

The theme of this year's International Women's Day was #ChooseToChallenge. Join Fiona Hayes, museums Social History Curator and Sue John from Glasgow Women's Library as they tell the powerful story of Janet Barrowman, an activist and Glaswegian Suffragette.

<https://soundcloud.com/glasgowmuseums/season-2-episode-4-smashing-women-janet-barrowman>

### **6 Positive Shifts in Behavior That Will Change Your Entire Life**

***Mental resilience practices have the power to change your life, if you invite them in wholeheartedly. Whether you're addressing pandemic fatigue or another high-stress time in your life, these practices can shorten and possibly end the cycles of overwhelm and burnout.***

To get started even just try the first on the list *"Be Compassionate: Do Not Criticize"*

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

### **Thought for the Day**



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

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