

Hi All

We hope this email finds you well.

Another great week for walking- and even better with some sunshine ☺. We are sending the update ahead of schedule as we are off Friday and Monday.

Wishing you all a wonderful holiday weekend ☺

Please see below this week's updates.

Active April 2021

April 2021: Daily actions to help you *stay active and give your mind & body a boost*



For full details please follow link: <https://www.actionforhappiness.org/calendars>

Paths for All enews March 2021

Please see March updates from 'Paths for All' lots of great articles, including the 'Sit less Move More' study. Please see details below.

Sit less and move more-If you are 60 or over and regularly sit for more than three hours a day, then the Sit Less Move More programme could be the perfect opportunity for you.

Being active and sitting less is even more important since Covid-19 restrictions have been limiting your activity over the past 12 months. We have an exciting opportunity for you to

take part in a new home-based programme to help you be more physically active and sit less.

The programme, which has been developed by a team at the University of Glasgow, lasts 10 weeks and includes one-to-one telephone sessions with a trained guide, walking and light exercises to improve your strength and balance. You will also take part in three research phone calls over six months.

If you would like to find out more about the project, please click [here](#) to contact the Sit Less Move More team.

Or call our Freephone number 0800 389 2129.
Please do get in touch – we would love to hear from you.

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

A New Hope

Interactive floral installation, A New Hope, will take place at Govan & Linthouse Parish Church over the Easter Bank Holiday Weekend!

Our arched entrance way facing Govan Cross will be transformed into an explosion of colour and flowers providing passers by an opportunity to stop, enjoy, reflect and respond to their feelings about the past year.

People will be invited to leave a personal response within the installation, sharing what they may have found hard about living with the implications of Covid-19. They can also take away a flower to reflect on the new hope that comes with a vaccine and the rest of the year to come.

This display is completely outdoors and social distancing measures will be in place as per current Scottish Government guidelines.

<https://www.whatsonglasgow.co.uk/event/093572-a-new-hope/>

How Good Deeds Improve Our Health and Well-being

A new study reveals the scientific benefits of helping others.

Previous studies have suggested that people who engage in helping others are happier and have better mental and physical health than those who don't spend as much time helping others. During hard times such as the pandemic, a body of research suggests that helping gestures assuage worry and concern. Often during emergencies and crises, people start performing acts of kindness at random. Helping others through a crisis by performing good deeds can make you feel in control—even give you bursts of euphoria called “the helper's high” from dopamine and endorphin squirts released in the brain.

The obvious benefit when you reach out to help someone else is that you get a break from your own worries for a while. Contributing, giving, volunteering, donating and performing kind acts, no matter how small or brief, connect you to other people (and animals) in a deeply meaningful, humane way.

To read the full article- Please follow link: https://thriveglobal.com/stories/new-study-shows-the-benefits-of-doing-good-deeds/?utm_source=Newsletter_General&utm_medium=Thrive

Thought for the Day

Please see video attached

Moral of the story

“Maybe we should all grab that purple hat much earlier in life- You are perfect as you are. Go out Enjoy your life today”!

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

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