

Hi All

We hope this email finds you well and you are enjoying the sunshine! We have had a lot of enquires from people wishing to join/rejoin a health walks. Due to current restrictions the Good Move Health Walks we have managed to restart are full but hopefully we can welcome more walkers soon.

Meantime please see below other walking opportunities with our May/June Themed Walks programme and new health walks from Queens Cross Housing Association

### **May/June Themed Walks Programme**

Please see attached our May/June Themed Walks Programme. Note that booking is essential.

### **Queens Cross Housing Association Health Walks**

Our friends at Queens Cross HA are inviting people to join their new health walks

- Wednesday Walk & Talk, 11am – 1pm Meet: outside QPHA offices, 45 Firhill Road
- Thursday Walk & Talk, noon – 2pm Meet: The Courtyard Pantry Westercommon Road

For more info and to book email [socialregeneration@gcha.org](mailto:socialregeneration@gcha.org) or call 0808 143 2002

### **Glasgow Life update**

In line with the Scottish Government's [timetable for easing Covid-19 restrictions](#) Glasgow Life has outlined the dates they expect to reopen more than 90 of the city's much-loved public buildings and services. Visitor numbers will be restricted at all Glasgow Life venues due to social distancing, and for some venues advance booking will be required. Full details at <https://www.glasgowlife.org.uk/coronavirus-covid-19-latest-information>

### **Aye Write Festival Goes Online**

Glasgow's annual book festival will make its online debut this May. Join them for the usual rich and inspiring line up, exploring everything from Politics and Music to Crime and Thriller from 14 - 23 May 2021. <https://www.glasgowlife.org.uk/arts-music-and-cultural-venues/aye-write>

### **Voices of the Walk Podcast**

Paths for All's podcast series interviews walking champions across the country. Their most recent podcasts explores the benefits of connecting Nature <https://www.pathsforall.org.uk/podcasts>

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

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