

Hi All

We hope this email finds you well.

We hope your week has been filled with all the things you missed in the previous months.

Please see this week's updates!

Walking Publics/Walking Arts: walking, wellbeing and community during COVID-19

Glasgow Life is a partner in a new research project, led by the University of Glasgow, *Walking Publics/Walking Arts: walking, wellbeing and community during COVID-19*. The project is exploring people's experiences of walking during COVID-19, and the potential of the arts to sustain, encourage and more equitably support people to walk well. The research team is inviting people to contribute through a short survey, which will take approximately 15 minutes to complete. This can be accessed here <https://forms.office.com/r/ujjZ2f8kcb>

More information about the project can be found at www.walkcreate.org
Please see a couple of other news items linked below.

<https://glasgowwestend.todaynews.co.uk/2021/04/21/news/walk/>
<https://www.deadlinenews.co.uk/2021/04/21/the-benefits-of-walking-in-a-pandemic-explored-in-research-project-scottish-news/>

Take advantage of the great outdoors to help Clear Your Head this Spring

The Scottish Government has launched the Spring phase of its Clear Your Head mental health and wellbeing campaign.

With Covid-19 restrictions set to ease further during April and May, the campaign is filled with useful resources, ideas and practical support aimed at helping people to combat loneliness and isolation and to stay connected or reconnect with family and friends, nature and their wider community as the brighter spring days begin.

You can watch the Clear Your Head TV advert [here](#) and find tips and advice on the campaign website [here](#). You can also find resources for families and ideas for entertaining children outdoors on Parent Club Scotland's website [here](#).

#LoveGlasgow campaign encourages locals and visitors to return to the city centre as restrictions ease



A new campaign inviting Glaswegians and visitors to support and reconnect with businesses and attractions in and around the city centre will launch on Monday (26 April).

Coinciding with the easing of Covid-19 restrictions, the **#LoveGlasgow** campaign, led by Glasgow Life's Marketing team, will remind people that it's safe to return and enjoy the things we have all missed during lockdown; from our fantastic shops, restaurants and bars to the city centre's many outdoor and creative spaces, including walking trails, parks, gardens, museums and galleries.

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

Please see [promotional video](#) on our People Make Glasgow channels from Monday and the campaign will receive air time on TV and local radio in the coming weeks.

Leaving It All Behind “In praise of Walking”

In this wonderful article, the writer explores how Covid has shone a light on walking. An activity that has been enjoyed for centuries, is now right back on the map.



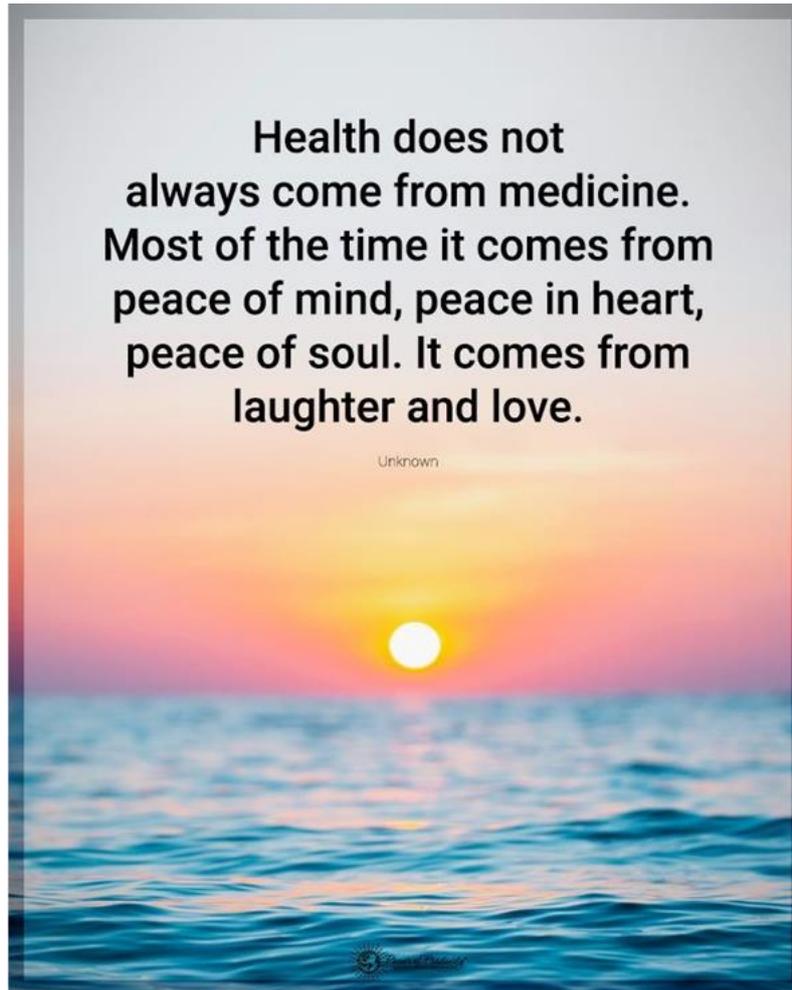
“Walking is so powerful is because your inner world quiets and the world around you opens up. You give your mind a chance to reflect, integrate, and ruminate—and often find that the problems that once had you stuck do so no longer”.

“We leave something behind when we go for a walk. Maybe it’s our mind we leave, or our worries, or our identity? Something lays to rest where we were. And where we’re heading brings with it new surprises, novel wonders, and familiar places to rediscover”.

“My only wish is that we all could walk a mile in each other's shoes”.

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

Thought for the day!



Heather, Michelle & Barry
The Good Move walking Team

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