

Hi All

We hope you are well!

## **VOLUNTEERS' WEEK 2021- 1<sup>st</sup> – 7<sup>th</sup> June**

Volunteer week, give us an opportunity for us to say a MASSIVE thank you to our wonderful volunteers for all they do. Every year we do our best to show our appreciation for the work our volunteers do.

This year has been very different, we have not been able to organise events or training, and in many cases not been able to see our volunteers face to face. However, during what was an uncertain time for everyone, we had a team full of people who kept the people of Glasgow walking, kept moral high and maintained a sense of normality, when normal seemed an unachievable outcome. As always they have gone above and beyond to offer support in their community, and we are truly GRATEFUL. THANK YOU!!

Please see this week's updates!

### **New Walk at Springburn Park**

Walking can help lift your mood and make you feel happier. Join us today on one of our free Health Walks and get healthier having fun!

Interested? You'll receive a warm welcome!

Meet at Broomfield Road entrance on Fridays at 11am (starting 4th June)

### **One in five people in the UK always or often feel lonely (British Red Cross).**

*Do you know anyone who is feeling lonely? Loneliness is common, especially at the moment due to the pandemic, but there is a real stigma attached to talking about it. For the upcoming loneliness week, we are encouraging people to talk about loneliness. There are many ways that adult learners can get involved:*

- Loneliness hub - Read our online resources and watch videos.
- Loneliness workshops - Share your experiences and learn from others in our zoom and telephone workshops.
- Tea, learn & connect - An opportunity to have a light-hearted chat with others and learn something new.

For full details please [click here](#)

### **UEFA EURO 2020 GLASGOW FAN ZONE CONFIRMED**

Following Steve Clarke's UEFA EURO 2020 Scotland squad announcement last week and confirmation last month that approximately 12,000 spectators will be able to attend the four matches at Hampden Park, there was more good news for football fans today with the confirmation that plans for a Fan Zone in Glasgow will go ahead for this flagship event.

The UEFA EURO 2020 Local Organising Structure (LOS) Glasgow is pleased to announce that a Fan Zone will be created at Glasgow Green. Open for the 31 days of the tournament from 11 June to 11 July 2021, it will accommodate up to 6,000 people per day, split between two sessions. All sessions in the Fan Zone will be ticketed.

This will include a multi-use sports pitch where community groups which have been part of the UEFA EURO 2020 Glasgow 'Play Your Game' football programme across the city will be part of the celebrations. The pitch and other sport activations will also provide opportunities for spectators to take part in a range of sports, offering something for everyone.

For full details please follow link: <https://euro2020.scottishfa.co.uk/uefa-euro-2020/news/posts/2021/may/uefa-euro-2020-glasgow-fan-zone-confirmed/>

### **'My doctor prescribed rambling for lockdown anxiety'**

***An Edinburgh widower who was struggling with mental health issues due to the isolation of lockdown has walked 2,000 miles in a year after his doctor prescribed that he join the Ramblers. Jim Snodgrass, 84, from South Queensferry, said he was expecting to receive medication for his anxiety. But instead all he was given was the Ramblers' phone number.***

*Dr Victor Jack said he recognised that Jim needed "social connection" not pills. Jim, whose wife Sheila died six years ago, said he broke down during the first Covid lockdown in March 2020.*

*The grandfather-of-two said: "I was not feeling good as I was bothered with my nerves so I called the doctor and that's when I burst into tears on the phone to the receptionist.*

*"She was so nice to me and got the doctor to call me. "I was surprised when he didn't give me any pills and instead gave me the number for the Ramblers."*

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

### **How to Get a Great Workout with Brisk Walking**

*Hint: You already have everything you need to do this workout right now.*

*A brisk walk is one of the easiest and most effective cardio workouts. And, best of all, you likely already have everything you need to get started. The key to getting a great workout with brisk walking is to maintain a pace that gives your heart and lungs a challenging workout, but not so hard that you run out of steam too quickly.*

*What's considered brisk walking? The term "brisk walking" is somewhat vague. Is it a little faster than your normal pace? Is it a lot faster?*

*To help firm up exactly what it means, there are several ways to measure your pace to make sure you're in the "brisk" zone. Let's take a closer look at three options for gauging whether you're walking at the right pace.*

*Target heart rate- One way to determine if you're walking fast enough is to measure your heart rate.*

*The talk test A third way Trusted Source of figuring out your walking pace doesn't require any math. Instead, to measure your pace, you start talking while you're walking:*

*Steps per minute- Another way to measure your pace is to count your steps. A study published in the British Journal of Sports Medicine suggests that if you can walk at least 100 steps per minute, you're walking fast enough to reap substantial fitness benefits.*

To read the full article, which explains in details how to get the most out of your walk- please [click here](#)

## Culzean By The Sea

To celebrate Scotland's Year of Coasts & Waters Culzean Castle have created a fantastical trail of willow sculptures depicting creatures, real and mythical, of the sea and water!

From a magical mermaid, a seahorse and a terrifying kraken, there are 15 creatures to find located throughout the country park.

Pick up a trail map on your visit and find out a fun fact about these creatures.

Everyone who completes the trail will receive a sea creature sticker and will be entered into a prize draw to be in with the chance of winning exciting prizes.

For full details please click here: <https://www.whatsonglasgow.co.uk/event/094284-culzean-by-the-sea/>

## Thought for the day!



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

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