

Hi Everyone

We hope you are well!

It has been lovely catching up with volunteers this week for National Volunteers' Week! Thank you and great to see you all. The Lord Provost of Glasgow also gives his gratitude to volunteers across the city "At the start of [#NationalVolunteerWeek](#), I wish to thank all volunteers for their selflessness, kindness and generous volunteering efforts over the past year and more. [#ThankYou](#) [#VolunteersWeek2021](#) [#VolunteersWeekScot](#)

To view the video please [click here](#)

Please see this week's updates!

### **Glasgow Health Walk Online Network Event, Thursday 17<sup>th</sup> June, 10am – 11.30am**

In partnership with Paths for All, the Good Move Walking Team is hosting a network event for Glasgow organisations who deliver health walks across the city. Join us to hear about the national walking picture, share your successes and challenges and also tell us what future support you would find useful. See attached more info - we'd love to see!

Paths for All' enews June 2021

<https://www.pathsforall.org.uk/news>

### **Seven amazing things you might not know about walking**

*During lockdown, with a lot of our favourite things to do not allowed, there was one thing that the entire nation started to do in droves: walking.*

And, as it turns out, it's not just good for getting you out of the house and escaping the people you were locked down with! We spoke to Dr William Bird MBE, a GP and huge walking advocate, to find out some interesting facts about walking, and what it does to our bodies.

Here are just a few of the reported benefits:

- It improves our immune system
- It helps calm internal inflammation which in turn helps with... pretty much everything
- It helps improve mental health

To read the full article with all benefits fully explained- please [click here](#)

### **New Bridge spanning River Clyde between Govan and Partick approved**

A new cable-stayed swing bridge, for cyclists and pedestrians, connecting Water Row with Pointhouse Quay, near the Riverside Museum, has been approved. Great news for Health Walk groups!

With a 115m long deck and a rotating centre span of 68m, it has been described as "one of the longest opening footbridges in Europe". The application was submitted by the council's neighbourhoods and sustainability team in September last year and approved by city planners this week.

For more details please [click here](#)

## **Prevention is the best means of tackling dementia**

Research has concluded that a healthy lifestyle can help reduce dementia risk by 40%.

Professor Clive Ballard, Executive Dean and Pro-Vice Chancellor of the College of Medicine and Health, was part of the Lancet Commission collaboration which reached this conclusion based on mathematical modelling of what we know about key risk factors to determine the attributable risk. He said: "Forty per cent is staggering. If we could get the targeting and public messaging right, and deliver cost-effective public health interventions which can change behaviours and improve health, we could make a substantial difference to the number of people developing dementia

Exeter's work has concluded that a healthy lifestyle can reduce dementia risk, regardless of genetic predisposition to dementia. David Llewellyn, Professor of Clinical Epidemiology and Digital Health, who co-led the research, said: *"It's a really significant finding that indicates that you may be able to substantially reduce your dementia risk by living a healthy lifestyle, even if your genetics might indicate a high dementia risk."*

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

## **New £1m Fund for community based mental health and wellbeing support.**

Corra Foundation has announced a £1m Henry Duncan Grants fund for community based mental health and wellbeing support.

The fund has three strands including a new strand for Black, Asian and Minority Ethnic Communities:

- Organisation Grants – open to charities with an annual income up to £500,000 and a core focus on supporting people of any age who experience mental ill health. A maximum of £8,000 per year granted up to five years.
- Black, Asian and Minority Ethnic Grants – open to Black, Asian and Minority Ethnic led charities with annual income up to £500,000, delivering projects that support people of any age who experience mental ill health. A maximum £8,000 per year up to three years.
- Micro grants – One off grants of a maximum of £1,000. Open to small charities and voluntary groups with an annual income up for £50,000 supporting communities experiencing disadvantage to improve mental health and wellbeing by reducing isolation and loneliness.

To read more about the grant and application process please [click here](#)

## **How to Get Ahead of Stress Before It Overwhelms You**

*When you feel overextended, arming yourself with a few useful tools can help.*

*"Stress is inevitable, but cumulative stress is avoidable." And since we all have days where our to-do list is a mile long and we feel completely in over our heads, it's important to arm ourselves with tools to get ahead of the stress before it becomes cumulative and leads to burnout.*

*We asked our Thrive community to share with us the small ways they get ahead of stress before it overwhelms them. Which of these strategies will you try?*

*Plan your day the night before, Try the 3-3-5 breathing exercise or Focus on the solution, not the problem*

To read the full article with great hints and tips, and a full explanation of each- please [click here](#)

## Thought for the day!



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

IF YOU NO LONGER WISH TO RECEIVE THIS EMAIL PLEASE REPLY TO THIS MESSAGE AND WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

[www.goodmoveglasgow.com](http://www.goodmoveglasgow.com)

[www.facebook.com/goodmoveglasgow](https://www.facebook.com/goodmoveglasgow)