

Hi Everyone

We hope this email finds you well.

A big THANK YOU to everyone who attended the Glasgow Networking Event. A wonderful opportunity to bring everyone together and showcase a shared vision 'Get Scotland walking. Everyone. Everyday. Everywhere' It was great to see representation from so many organisations; a great opportunity to discuss what's working well, the challenges people face and the support available from 'Paths for All' and the team at Good Move Glasgow. Please see presentation and group photo attached.

If you are interested in hearing more, please get in touch. We are looking to host a networking walk in July and we would love to see you there. For more information on all things walking, or to book a place for the event please contact the team at walking@glasgowlife.org.uk.

Please see this week's updates!

Loneliness Awareness Week (14th-18th of June)

This week is Loneliness Awareness Week (14th -18th June), a reminder to reinforce the importance of social connections and to change the way we think of loneliness; instead of considering loneliness as a condition, we should see it as something we all experience. Loneliness impacts our mental and physical wellbeing; and is something that can affect any one of us at any point in our lives. Health walks are a wonderful way to help people feel less lonely, more connected and make new friends.

If you or anyone you know is struggling with loneliness please check out 'Life Link' who can offer a wide range of local support, including group sessions and one-to-one counselling: <https://www.lifelink.org.uk/>

Alliance Links Practitioner Podcast

As part of the Alliance Online Conference last week, The Alliance Links Gorbals Social Saunter walking group made a podcast that is now available to listen to here: [Make Links Podcast #4 Gorbals Social Saunter](#).

It features two of the Link Workers/Walk Leaders, one walker and the Project Officer from Sacro's Garden Project who has been helping some of the group with a growing project. It's a lovely listen!

Please also see poster attached, if anyone interested in joining the walk.

Men's Health Week 14th-20th of June The 'CAN DO' Challenge

We've come a long way in the last few years to break the stigma, especially with men's mental health, but there's a long way to go. For any man struggling, please remember that speaking is the strong option.
Every day, a different way

The five ways are:

- **Connect** - connect with other people (eg. call an old friend you haven't since before lockdown) #connectmonday
- **(Be) Active** - move your body (eg. go for a run/walk/swim/dance/etc) #activetuesday
- **Notice** - take notice of the environment around you (eg. turn off your phone for an hour) #noticewednesday
- **Discover** - learn something new (eg. read a book you haven't read before) #discoverthursday
- **Offer (or give)** - do something for someone else (eg. volunteer for a local communitgroup) #offerfriday

If you or anyone you know is struggling please click here for hints, tips and support available:
<https://www.menshealthforum.org.uk/mhw>

Dr William Bird's reflections on 15 months of living with COVID

When the country first locked down in March 2020 and we began a new life of working and learning from home. Many people didn't leave the house at all, and quite rightly, just wanted hunkdown with a box set. I campaigned for the government to enable people to get out daily for an hour of exercise – plus when things settled down slightly – for unlimited exercise as it became apparent that it was so important to get the message out that a healthy weight and regular exercise were vital in the fight against COVID.

By October 2020, according to figures from Road Safety GB, the number of people walking had increased by 39% and cycling had risen by 38%, while the Bicycle Association said the sale of bikes increased 63% year-on-year in 2020.#

It has been a life-long passion of mine to encourage as many people as possible to improve their physical and mental health by becoming more active, from helping to create Health Walks to Green Gym and now the Beat the Street game which encourages people of all ages to get active. To read the full article please [click here](#)

More Glasgow libraries reopening

Springburn, Pollok and Milton libraries will reopen to the public next week, welcoming visitors back for the first time during the pandemic. It will mean 22 of Glasgow's libraries will have reopened to the public following lockdown, with customers able to borrow and return books as well as book sessions for free PC use. Any fines which Glasgow Libraries users may have incurred during our phased reopening period will be waived until 1 October 2021.

All Glasgow libraries are currently operating reduced opening hours:. For more information, click [here](#).

The Macbeths (Free but must be booked in advance)

This thrilling version of the iconic Scottish play will be adapted for audiences to experience at home, courtesy of the Citizens Theatre!

At the heart of Shakespeare's darkest play is a disintegrating marriage. This radically cut 70 minute adaptation focuses on the relationship between one of the most famous killers in literature and his ambitious wife, played by Charlene Boyd (Fever Dream: Southside) and Keith Fleming (Oresteia: This Restless House, Miss Julie, Cyrano de Bergerac).

For full details please [click here](#)

How to Unplug, Recharge, and Reduce Screen Time This Summer

These tips will help you take the much-needed tech break we all need right now.

We've experienced so many [changes](#) to our day-to-day lives due to the pandemic, and many of us have found it increasingly challenging to unplug from technology while spending more of our time at home, logged into video [meetings](#) for work, and even having virtual social get-togethers take the place of our in-person interactions. In other words: If you've noticed that your [screen use](#) has [climbed](#) during this time, you're not alone. But it's never too late to take small steps to help you unplug a bit more — and doing so is important because tech breaks are key to recharging.

From 'Spending time outside' to 'Giving yourself a "no to-do list' there is a whole list of great hints and tips. Which will you try? To read the full article please [click here](#)

Thought for the day!



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

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