

Hi Everyone

We hope this email finds you well.

Paths for All are doing a great job keeping health walks in the limelight with a wonderful message of support and endorsement from Jason Leitch, Scotlands National clinical Director, at their recent 'Restarting Health Walks' seminar. Watch his video at <https://vimeo.com/563608666> and feel proud!

We know that health and well-being are more than just keeping our bodies active. Also at the event, Robert Nesbitt, Head of Physical Activity & Sport at [Scottish Association for Mental Health](#), SAMH encouraged us all to consider a bit of [selfcare](#). He also raised the importance of addressing and supporting volunteers who may have concerns about returning to health walks. If you or anyone you know has concerns, or you are an organisation looking to restart but are concerned for the safety of others, please get in touch with the walking team. We can explain in detail the safety measures and protocols that are in place to safeguard all involved. We are happy to share this information and support anyone looking to restart health walks.

Please see this week's updates!

### **People's Palace Re-opened on the 30<sup>th</sup> of June**

The People's Palace has now reopened - 'As you'd expect we've had to make a few modifications to the museum introducing one-way systems and hand sanitising, but we can't wait to welcome people back to the museum, which tells the story of the city's people. The health benefits of a museum visit are well known and getting the People's Palace ready for the school holidays has been a big task. Initially we will be open on Wednesdays and Thursdays.' please [click here](#) for booking details.

### **Woodland Wildlife Workshops @ Castlemilk Park & Stables**

Our Friends at Castlemilk Woodland Park have organised a programme of Woodland Wildlife Workshops. Join them to find out more about what lives in your woodland, from edible plants to busy bees, species that invade to bats that soar at night . Everyone Welcome!

### **Wildflowers plus Invasive Species - 8th July 4pm - 6pm**

*Have you noticed the new Community Wildflower Meadow at the back of Barlia Football Pitch planted by a whole range of community members? Come and explore this unique space, see what plants are there and learn how important meadows like this are for our local environment and for tackling climate change. We will also have a look at Invasive Species along the way and consider the question - what makes a plant invasive and not just new or strong? This exploration will either be in small groups or a virtual walk and presentation!*

\*BOOKING REQUIRED, please note G45 postcode will be given priority\* For full details see poster attached, and for details on future events please [click here](#)

### **Step Outside- Recent research shows a remarkably strong link between green space and mental health.**

*What's so special about nature? Many things, probably. One is that natural beauty tends to grab our attention "[modestly](#)" as some cognitive scientists put it. The sun, moon, and stars call to us gently, inviting us to observe and reflect and sometimes filling us with [awe](#). In contrast, social-media feeds, automatically advancing Netflix episodes, and pop-up ads are attention bullies—forcing us to effortfully resist them.*

Recent [research](#) shows a remarkably strong link between green space and mental health. Whilst this particular article makes reference to children, we know spending time outdoors is highly beneficial to all of us. To read the full article please [click here](#)

## **Merchant City Festival, Saturday 11<sup>th</sup> & Sunday 12 of July**

The 2021 festival will be slightly different to previous years due to COVID restrictions. There will be no food provisions available and events will be ticketed. Events are free to attend with the exception of the walking tour 'In the City Still/Feathers' which is a charged event running Saturday 11 and Sunday 12 July.

Performances will take place at the following locations:

- George Square: first show 11am, last show 5.45pm. Running Fri, Sat and Sun.
- Barrowland Park: 12.15 – 5pm. Sat and Sun
- Walking Tour, 'In the City Still/Feathers': 12 noon and 3.15pm Sat and Sun. Tickets £5. Meeting point, City Halls stage door, 87 Albion Street, Glasgow, G1 1NY

All events will be listed and show times supplied to purchase tickets at [www.merchancityfestival.com](http://www.merchancityfestival.com)

### **Walking in a busy Urban Environment**

Ally Wallace is a Glasgow based artist, about to embark on a project concerning the benefits of urban walking and would like to speak to anyone who walks in and around central Glasgow - for leisure, exercise, shopping, work or any other reason - and who might like to share their thoughts with him, on the experience of walking in a busy urban environment.

Ally's project will focus on the various reasons why people walk in the city, whilst providing a study of the built environment and the pros and cons of traversing it as a pedestrian.

If anyone is interested in contributing to the project, by talking about their own experience of urban walking, please contact Ally using the details below. He could arrange to meet you outside to have a chat - whilst socially distanced - or could communicate via email, phone or Zoom.

[www.allywallace.co.uk](http://www.allywallace.co.uk)

email: [ally.wallace@ntlworld.com](mailto:ally.wallace@ntlworld.com)

phone: 07951 543221

### **LifeLink 'Improving Motivation' to 'Boosting Self-Esteem'**

*We've a whole bunch of digital wellbeing workshops running throughout July - FREE for Glasgow residents. From 'Improving Motivation' to 'Boosting Self-Esteem', we're sure you'll find something that supports your mental health goals. Please click here for full details. <https://lnkd.in/ewVcukw>*

## Thought for the day!

**Jump Back Up July 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

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)