

Hi Everyone

We hope this email finds you well.

A great piece in the times about social prescribing with a story from Tommy Clarke who trained as a walk leader in early 2019! He speaks of the life changing benefits when he chose to become more active- he lost 6 stone in weight and speaks of how walking and becoming a health walk leader played a major role in all of that. He is an inspiration to us all and a stark reminder that sometimes taking that first step can lead to much greater things!

To read the full article please see the last page of the newsletter below.

Please see this week's updates!

### Shining the light on Strength and Balance (Part 1)

*"Maintaining and improving muscle **strength** and ability to **balance** is crucial in reducing risk but also critical in helping people live independently as they get older"* (Ageing better)

We know the benefits of being active and often share articles, hints and tips on how to increase our activity levels; for both our physical and mental well-being. While we will always share and promote that message; through health walks, and various other channels. In the coming weeks we want to place particular emphasis on the importance of **Strength and Balance** and the difference it can make to people's lives; the difference between maintaining independence for longer or not, the impact it can have on the quality of life for people, and how carrying out small exercises each day can make the world of difference. There is no time like the present to get started and make this part of your daily routine.

Please see link to get started. Created by Nanette Mutrie, Professor of Physical Activity for Health, University of Edinburgh. There are 9 strength and balance exercises for you to follow in this PDF. They were originally designed for signs in a park [and maybe you can persuade your local park to install them using this PDF]. But you could easily adapt them to do in your own house [https://www.ed.ac.uk/files/atoms/files/park\\_power\\_logo\\_and\\_new\\_expl.pdf](https://www.ed.ac.uk/files/atoms/files/park_power_logo_and_new_expl.pdf)

### Paths for All enews July 2021

Please see latest update from path for all. To read the full update – please [click here](#)

COVID memorial workshop- Alec Finlay, P4A artist in residence, has been invited to co-create the Scottish Covid Memorial in Pollok Park, Glasgow, as well as some satellite memorials around Scotland. He would like to have a conversation with a dozen volunteer walk leaders from around Scotland to share ideas about the memorials, show what he has been working on, and collect volunteers' thoughts, which will help to inform the final memorials. The online workshop will be held on 10<sup>th</sup> August from 2pm to 3.30pm and some further info is attached. Please see poster attached. If any would like to take part please register your interest with the walking team and we will pass on your details.

### British Red Cross- Online training available

*Our free workshops (for adults 19+) will help you learn skills to help in an emergency, connect with others and build confidence and coping skills.*

- First aid - Do you want to learn essential, life-saving first aid skills to help in an emergency? The aim of the workshop is to build confidence so you can help someone in a first aid emergency.
- Adapt to and recover from adversity - This workshop will help you speak openly about how the coronavirus pandemic has impacted on you, positively or negatively. You will learn skills to help you and others adapt to returning to normality.
- Tackling loneliness - Speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering.

All of our workshops are available digitally by clicking below. If you would like to pre-book a face-to-face workshop (first aid and tackling loneliness available from September), please contact us directly: [redcrosseducation@redcross.org.uk](mailto:redcrosseducation@redcross.org.uk) or call 0344 412 2734

N.B. If you would prefer self-directed learning on these topics, you can sign-up to our dedicated newsletter here to be the first to hear about new resources when they land.

## **5 Strategies to Help You Prioritize Your Wellbeing This Summer**

*Adopting a "less is more" mindset will help you tap into joy and set healthy boundaries.*

As we gear up for the summer, it's also a good time to do a mental health check. There are lots of pressures that come with the warmer weather season, especially now that society seems to be moving away from the pandemic mindset that's dominated us for so long. As we get back to some level of normalcy it's important to remember that less truly is more during this busy season.

**Here are just two of the five ways to keep your mental health in check during the summer season ahead:**

- 1. Unplug to de-stress.** *By turning off alerts and notifications though on devices, it will help you to de-stress. Try focusing less on technology and more on the people and places right in front of you, and strike a healthy balance between social media life and real life.*
- 2. Sleep less on the weekends.** *Although it's tempting to sleep in, it will actually rob you of valuable time to make the most of your summer weekends. Even more so, it can affect your sleep schedule for the rest of the week (don't underestimate the power of sleep).*

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

## **Bereavement Information and Support Webpage Launched in Glasgow**

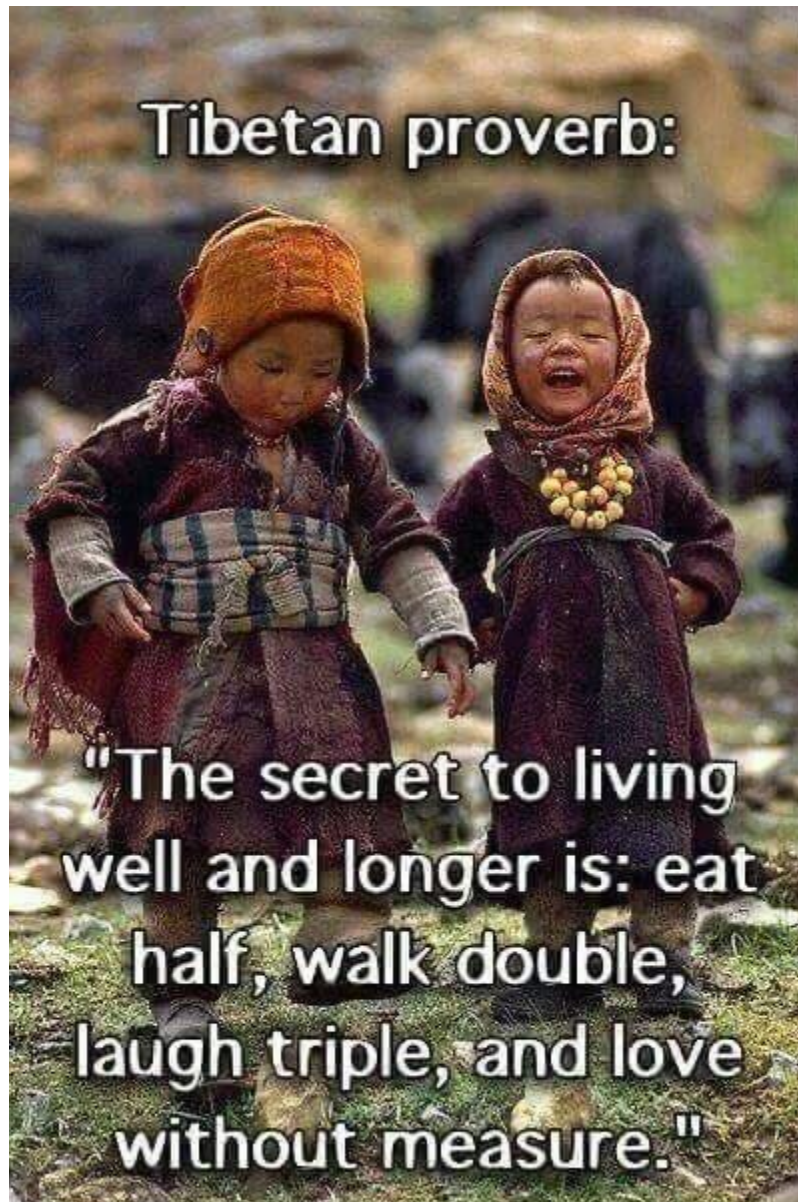
A webpage dedicated to information on bereavement support services was launched in May 2021 by the Bereavement Subgroup of the Glasgow City Suicide Prevention Partnership, as a response to the importance of grief and bereavement support during the Coronavirus (COVID-19) pandemic.

The COVID-19 pandemic has highlighted the importance of timely bereavement support and practical information for all who need it. With this in mind, the aim was to create a resource that could be used by anyone in Glasgow that was friendly, empathetic and accessible.

The webpage is intended to be a place that anyone can visit for information that they need in the early days following a death, supporting them with their grief and advising on some of the things that need done immediately. There's also information for people who may realise later that they need additional support.

[www.yoursupportglasgow.org/bereavement](http://www.yoursupportglasgow.org/bereavement)

Thought for the day!



Tibetan proverb:

"The secret to living well and longer is: eat half, walk double, laugh triple, and love without measure."

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)



# Back exercise on prescription, GP urges ministers

**Helen Puttick**  
Scottish Health Correspondent

Doctors are campaigning for government support to routinely prescribe exercise and fitness apps rather than pills to patients with conditions such as arthritis and heart disease.

Research shows that people in Scotland living with problems such as inflamed joints and heart disease are twice as likely to lead sedentary lives as those without such ailments.

Emma Lunan, a Kilmarnock GP whose practice has challenged patients to become fitter by logging up enough steps to walk around the world, is leading a charity coalition called Movement for Health. It is calling on the Scottish parliament to champion exercise prescriptions. She wants doctors to write down the exercise options for patients as they do for medication.

Lunan said: "The damning statistics on our nation's health are extremely worrying and we must act now to prevent this from deteriorating further.

"Despite the challenges of the pandemic, we have seen a great number of people embracing the outdoors and looking for innovative ways to stay active. We must use this momentum, along with proper support from our new Scottish parliament, to mark inactivity as a priority as we move into the summer months."

During the latest Scottish Household Survey, 46 per cent of participants with a long-term health condition selected "none" when asked how much physical activity they did. This compares with 12 per cent of those who are healthy and 20 per cent for the population as a whole.

Lunan said: "There is so much evidence now that increasing activity really reduces the risk of so many different disease such as cardiovascular disease and diabetes. It is irrefutable. It also improves your mood. It is something really simple without giving medication that has side effects and we know it makes you feel good."

She stressed that prescribing exercise did not necessarily mean sending people to gyms in Lycra.

Her own practice has embraced walking, initially by recruiting all the staff into a walking regime during their working day so they could feel the ben-

## Case study

**T**wo years ago, Tommy Clarke, then 38, was told he was suffering from liver disease and was on the verge of developing diabetes. He faced a lifetime on medication and was warned that, without lifestyle changes, his liver would fail.

For a while walking with a group was the only exercise he undertook, but during lockdown he also began working out at home. By also changing his diet he lost six stone and when he went to the hospital for tests last year he was told that his liver had repaired and the risk of diabetes had reduced.

Clarke, below, said: "Walking has not only been a good way to continue my hobby for learning about history and having adventures but it's also helped my weight loss journey. This has completely changed my life and I now love getting outdoors and exercising, helping my physical and mental health tremendously."



efits and would then promote it to patients. She said: "There is an app you can put in to choose your walk. Our practice has chosen to walk around the world. You put in your steps and it totals it up. We have got quite a lot of patients signed up to that at the moment."

In October 2019 the UK's health department outlined a plan for all patients to have access to "social prescribing", which includes prescriptions for art and group activities as well as exercise.

Movement for Health is calling on MSPs to show similar leadership on prescribing exercise.