

Hi everyone,

We hope you are keeping well!

With us all on lockdown it is more important than ever to keep in touch and think of ways we can stay 'busy' to keep our spirits up. There are still lots of things we CAN be doing at this time.

We will use our roundups to share information we feel is relevant or useful - we would love your input so please send us ideas, things that have worked for you and links to interesting websites, etc.

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Good Move Website

We have updated our website with lots of ideas of how to stay active in the home with links to chair based exercises, yoga and pilates as well as Joe Wicks, the Body Coach, 'Senior Workouts' <https://www.glasgowlife.org.uk/communities/good-move/older-adult-activities>

Good Move Facebook Page

Keep connected with our Facebook page where we are regularly sharing hints and tips to improve health and wellbeing for all ages. <https://www.facebook.com/goodmoveglasgow>

Third Sector Resilience Fund

We know many of you are involved in charities and work beyond the health walks so thought this information from paths for all may be useful.

The Scottish Government have just launched the Third Sector Resilience Fund, which is a £20m emergency fund for charities, community groups, social enterprises and voluntary organisations. For information, please visit SCVO's Coronavirus Third Sector Information

Hub: <https://scvo.org/support/coronavirus/funding/for-organisations/third-sector-resilience-fund>

Ted Talk of the week!!!

The real risk of forgiveness (Sarah Montana) In this moving talk, Sarah speaks to her harrowing experience, and shares how to overcome tremendous grief and decide to "really" forgive those who have wronged us.

https://www.ted.com/talks/sarah_montana_why_forgiveness_is_worth_it?language=en

How to reduce stress and boost your immune system

We're all doing our best to wash our hands, get adequate sleep, stay hydrated, and remain healthy, but we often forget reducing our stress is also vital for our immunity and mental well-being. Science tells us that our stress levels directly correlate to our health- and when we are constantly on high alert, our immune system can suffer.

Please follow link to read full article that include great hints and tips to promote a healthy mind and body.

https://thriveglobal.com/stories/how-to-reduce-stress-stay-healthy-immune-system-tips/?utm_content=buffer52d44&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

Rainbows to spread joy

All over the world children are drawing rainbows and writing messages to display on windows. This worldwide movement is a way of bringing joy and peace during this difficult time and letting people know we are all in the together. To see some displays or for ideas please follow link below.

<https://people.com/home/childre-rainbow-drawings-windows-coronavirus/>

Recommended reads for the week!!

We can't visit the library just now but we can access thousands of FREE eBooks, eMagazines, eAudiobooks, eMusic and eResources! You can get more info and join at <https://www.glasgowlife.org.uk/libraries/online-library>

Tuesdays with Morrie (Mitch Albom)

Tuesdays with Morrie is a memoir by American author Mitch Albom about a series of visits Albom made to his former sociology professor Morrie Schwartz, as Schwartz gradually dies of ALS. The book topped the New York Times Non-Fiction Bestsellers of 2000. An unabridged audiobook was also published, narrated by Albom.

Sunset Song

Sunset Song is a 1932 novel by the Scottish writer [Lewis Grassie Gibbon](#). It is widely regarded as one of the most important [Scottish novels](#) of the 20th century. It is the first part of the trilogy [A Scots Quair](#).

One thousand splendid suns (Khaled Hosseini.)

A **Thousand Splendid Suns** is a gripping tale of two young women, Mariam and Laila, and their difficult lives together, married to the same husband, Rasheed. The women form a close bond during these miserable circumstances, and come to care for each other deeply.

Stories Help!

While the schools are closed amazon are offering an amazing selection of books, available in 6 different languages, they can be streamed from your phone, tablet or laptop. To find out details and see the full collection, please click on the link below <https://stories.audible.com/start-listen>

Keep in touch!

Heather, Michelle and Barry
the Good Move Walking Team