

Hi Everyone

We hope you are keeping well.

Thank you to everyone who has shared ideas and suggestions, it's greatly appreciated :)

It's almost Easter weekend, and whilst it may look very different to our usual Easter Sunday/holidays we hope you can still find joy in whatever you are doing. 😊

As you know we are doing our best to stay in touch, but we want you to know that we are still here, if you feel like a chat please pick up the phone to any one of us, we would be delighted to hear from you, alternatively you can e-mail the mail.com address, as we also monitor that daily. 😊

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

“Make Movement your mission”

Later life training guru and Professor of Ageing and Health Dawn Skelton is on a mission to help older people cope in the Coronavirus crisis and improve their lives with new live online movement sessions.

Almost 2,000 people from all over the world have already signed up to take part in the research-based Make Movement your Mission for 10-minutes three times per day for 30 days on Facebook and YouTube interactive platforms. <https://www.gcu.ac.uk/theuniversity/universitynews/onlinetrainingforolderpeopleamidcrisis/>

Greenspace Scotland- Ideas and Activities

Greenspace Scotland have collated some great activities and ideas that you can do to keep you connected to greenspaces, parks and nature and each other while social distancing or isolating during this difficult period. We have collated a bunch of great activities and ideas that you can do to keep you connected to greenspaces, parks and nature while social distancing or isolating during this difficult period
<https://www.greenspacescotland.org.uk/news/keep-connecting-to-greenspaces>

Maintaining good mental health

The Scottish Association for Mental Health (SAMH) has [a dedicated web page](#) with resources to help people maintain good mental health during the Covid-19 pandemic, including blogs, guided meditation and a wellbeing assessment tool.

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>

Paths for all E news April 2020

Please click link to see full update from paths for all, including hints and tips to keep moving. <http://createsend.com/t/t-412837116CAEC0BF2540EF23F30FEDED>

“Let’s make your day harder” Dr Mike Evans

We know it doesn’t sound very appealing, but from the creator of 23 hours a day Dr Evans speak of how to “Tweak your week” in this video he describes very simple ways we can improve our health and wellbeing. This film was made in 2014 but still very relevant for today. <https://www.youtube.com/watch?v=whPuRLi4c0>

Beat the Bug

A good resource featuring William Bird (the founder of Health Walks in the UK) for info on the virus and also how to stay happy and active! <https://www.beatthebug.me/>

Recommended reads for the week

Access thousands of FREE eBooks, eMagazines, eAudiobooks, eMusic and eResources from Glasgow Libraries! You can get more info and join at <https://www.glasgowlife.org.uk/libraries/online-library>

Walking Home (Clare Balding)

Clare Balding is on a mission to discover Britain and Ireland. She's conquered over 1,500 miles of footpaths, from the Pennine Way to the South-west Coast Path.

As well as blisters and a twisted ankle, she's walked with extraordinary people - botanists, barefooted ramblers, whisky-drinking widowers...

In *Walking Home* she shares these stories and tells of more (mis)adventures with her family and her wayward Tibetan terrier Archie. Along the way there are beguiling diversions and life-changing rambles.

Finally, Clare embarks on the most important journey of all - the long walk home.

Me before you (Jojo Moyes)

They had nothing in common until love gave them everything to lose . . .

Louisa Clark is an ordinary girl living an exceedingly ordinary life--steady boyfriend, close family--who has barely been farther afield than their tiny village. She takes a badly needed job working for ex-Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will is acerbic, moody, bossy--but Lou refuses to treat him with kid gloves, and soon his happiness means more to her than she expected.

Outlander (Diana Gabaldon)

What if your future was the past? 1946, and Claire Randall goes to the Scottish Highlands with her husband Frank. It's a second honeymoon, a chance to re-establish their loving marriage. But one afternoon, Claire walks through a circle of standing stones and vanishes into 1743, where the first person she meets is a British army officer - her husband's six-times great-grandfather. Unfortunately, Black Jack Randall is not the man his descendant is., and while trying to escape him, Claire falls into the hands of a gang of Scottish outlaws.

Ted talk of the week

The lyrical bridge between the past, the present and the future (David Whyte)

With his signature charm and searching insight, David Whyte meditates on the frontiers of the past, present and future, sharing two poems inspired by his niece's hike along El Camino de Santiago de Compostela in Spain.

https://www.ted.com/talks/david_whyte_a_lyrical_bridge_between_past_present_and_future?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Activities for kids & families

Music

The National Youth Orchestra Scotland is offering daily musical activities for the family. Guiding you through songs with actions, these [cleverly curated sessions](#) will keep your little ones happy while exercising their vocals and their muscles.

Art and Storytelling

Elsewhere, the Creative Review has compiled a great list of [online children's activities](#), from games to drawing and storytelling sessions.

Entertainment

If your family longs for a good day out, popular children's entertainer, Mr Fibbers, has come up with the next best thing. No tickets are necessary for his [free Facebook event](#), but you may like to pretend-book your places so everyone can look forward to the show on April 12 at 2pm.

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 visit www.goodmoveglasgow.com

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. www.facebook.com/goodmoveglasgow

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry