

Hi Everyone

We hope you are keeping well!

Thank you for feeding back on the round up and facebook page. We are really pleased you find the information useful. As always, please feel free to share anything that may be of interest to others and send in any new ideas that we can share too.

Some people say they have trouble opening links - if you copy and paste the link into google and that seems to work.

We are into week 5 of lockdown and the spring colours have been beautiful with trees and shrubs stealing the show. First we had firey red Pieris' and the magnificent magnolias. Now we have the cherry blossom at it's best and they will pass the batton onto the rhododendrons and azaleas. So, always things to look forward to!

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

Silver Linings at a Local Level

We know this has been a very unusual time for all involved for a whole variety of reasons. We would like to hear how you are coping with situation and share your positive experiences. the capture individual responses to the situation both the positives as well as the challenges.

If you are happy to share your experience please see questions below, you can remain anonymous or give you give your name its entirely up to you. You don't have to answer them all. **(Please see Heather's answers at the bottom of the e-mail- we look forward to hearing yours!)** We will collate and share them in the coming weeks.

- What/who has been your silver lining? (This can be something or someone that really helped, or something you did that brought joy during this time)
- What was the one thing that kept your spirits up? (This could be a set routine, daily walk/exercise, cooking your favourite meal, reading etc)
- What was your biggest challenge? (what was the one thing you struggled to come to terms with, social isolation, missing family members, freedom to go to shops etc)
- What advice can you give that you believe can help others during the remainder of lockdown? (What was it you done each day that made a difference and saw you through the most difficult times)
- Did you learn anything about yourself that you didn't already know?

Friends of Victoria Park

The friends of Victoria park are posting wonderful pictures of wildlife on their facebook page. To stay connected to nature while at home please follow link:

<https://www.facebook.com/groups/100666146639979/>

Name That Song!

Now there's less traffic noise we can hear the birds more clearly. So, it's the perfect time to learn to identify common birds by their song. Easy to do in your garden or from an open window! Find out more here;

<https://www.theguardian.com/environment/2020/apr/16/home-birds-how-to-spot-20-of-the-most-common-species-from-your-window-walk-or-garden>

Clear your Head

The Scottish Government have a web page designed people through these challenging times.

We've got some tips to help you look after yourself and get through these uncertain times. With ideas about how you can keep moving, create a routine, find things you enjoy and keep connected with friends and family - finding time for any of these will help to clear your head.

<https://clearyourhead.scot/>

NHS Apps Library

The NHS Apps Library helps patients and the public to find trusted health and wellbeing Apps. These digital tools have been assessed by the NHS as clinically safe and secure to use. Note there is a charge for some apps but many are free and you can search by category and price.

[Mental health apps - NHS](#)

Interview between Dr William Bird and Sir Prof Muir Grey

Looking at healthy ageing during lockdown. Nice and positive content and both huge supporters of walking.

https://www.youtube.com/watch?v=o5g66k_XOEM&feature=youtu.be

Can Strengthening your Immune System help you fight the Virus?

Please follow link for an interesting and thought-provoking read on steps to help boost your immune system and how it might help you moderate infections of all types.

https://thriveglobal.com/stories/strengthen-your-immunity-to-defeat-avoid-coronavirus-pandemic/?utm_content=buffer2151d&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

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>

The Fugitive Chemist: From a war zone to life-saving research (Dr. Abedawn Khalaf's)

One of our regular walkers, Dr. Abedawn Khalaf's life story is a remarkable tale of adventure, danger, love and achievement.

It starts with the struggles of his early life in Iraq and subsequent journey to Scotland to study at Dundee University, where he met his wife Carol. Financial hardship meant they had to go to Iraq with their two children.

How to fall in love (Cecelia Adhern)

Adam Basil and Christine Rose are thrown together late one night: Christine is crossing the Ha'penny Bridge in Dublin; Adam is poised, threatening to jump.

Adam is desperate – but Christine makes a crazy deal with him. His birthday is looming and she bets him that before then she can show him life is worth living .

Against the ticking of the clock, the two of them embark on wild escapades, grand romantic gestures and some unlikely late-night outings. Slowly, Christine thinks Adam is starting to fall back in love with his life. But is that all that's happening?

A novel to make you laugh, cry and appreciate life, this is Cecelia Ahern at her thoughtful and surprising best.

The Girl on the Train (Paula Hawkins)

What would you do if you caught a glimpse of something you weren't supposed to see? Would you come forward? Would you let yourself get sucked into the mystery?

Rachel catches the same commuter train every morning. She knows it will wait at the same signal each time, overlooking a row of back gardens. She's even started to feel like she knows the people who live in one of the houses. Jess and Jason, she calls them.....

Ted talk of the week

Three words that will change your life - Dr Mark Holder

What is the best approach to impact the rest of your life? What if it involved only three simple words?

<https://youtu.be/UDXtFbSmBAq>

2.6 Challenge – Are you up for a challenge this Sunday 26th April?

The [2.6 Challenge](#) on Sunday 26 April is a UK-wide event to raise vital money for charities to keep helping the most vulnerable communities. The event replaces the London Marathon and it is hoped the nation will take on a physical challenge based on 2.6 or 26 to mirror the miles of a marathon.

Glasgow Life would love you to get involved and make up your own challenge - be it walk 2.6 miles, walk for 26 minutes, walk up the stairs or round the garden 26 times. You decide! Then, if you feel able to donate you can give to a charity close to your heart. However, getting active is the key thing for us. Tell us what you plan to do! To find out more or to get involved please visit www.twopointsixchallenge.co.uk

To see what Glasgow Life are doing please follow link

<http://myglasgow.club/customer/index.php/challenges>

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry

www.goodmoveglasgow.com

www.facebook.com/goodmoveglasgow

Heather's Silver Lining answers (we look forward to hearing yours!)

What is the one thing that keeps your spirits up?

Getting out for a walk or a cycle every day for sure. It really does boost my mood!

What is your biggest challenge?

I think not being able to do my job effectively, the IT limitations are soooooo frustrating. However, we are doing our best and it has been great to keep in touch with volunteers by phone and hear how everyone is doing.

What advice can you give that you believe can help others during the remainder of lockdown?

Slow down and take joy in nature - follow the trail of a bumble bee as it buzzes around the garden (is it me or are they HUGE this year?). Listen to all the birds and marvel at the blossom and spring colours in everyone's gardens. This lovely weather helps too!

Have you learnt anything about yourself that you didn't already know

I am not messy because i dont have time to tidy up! (My colleagues and friends could have told you this though!) There are always much more interesting things to do that clear up. And, of course, i am not expecting any visitors just now so it's definitely not a priority!

Have there been any silver linings to the lockdown?

Getting to spend all day at home with my dog Bunty! That has been a real treat.