

Cheery update



Hi all

Firstly, apologies for no cheery updates for a few weeks – more to do with the mental health of the writer of this issue - proving none of us are immune. If you are struggling for any reason due to isolation, personal circumstances, health, bereavement or something you can't put your finger on there is plenty of advice on the University's [wellbeing pages](#) and [MIND](#) is a great source of support. I was helped by time, meditation, gardening and friends who checked in on me by text even when I didn't feel like talking it was lovely knowing they were there if I had needed them.

Back to the bumper update of cheeriness.....

We all hope you are keeping well and enjoying the relaxation in restrictions so we thought we would first share some local walking ideas this week and we welcome any suggestions from readers on places to visit and any tips on quieter times to visit or open public toilets (as we know this can be very difficult now). We welcome any photographs too of you walking, gardening, your local wildlife!

Local region walks



Walking is becoming so much easier if you can access places that give you plenty of space to social distance.

Walks ideas that have been shared:

- Rivington Pike – apparently the last section can be a bit steep
- Canal Walks – Walk from Sale to Dunham Massey



Walk along the Macclesfield Canal. You can park at Nelson's Pit and walk towards Bollington or Macclesfield and return along the Middlewood Way.

Dunham Massey is open. They is pre-booked parking available or if you get there very early there are some spaces in Dunham village.

Here are some country parks you may want to visit in Greater Manchester

- ♥ [Rivington Terraced Gardens](#)
- ♥ [Etherow Country Park](#)
- ♥ [Daisy Nook Country Park](#)
- ♥ [Parks in the Stockport area](#)
- ♥ [8 Great Walks on Pendle Hill](#)
- ♥ [20 Outstanding walking trails](#) via Visit Manchester

Our friends at Invisible Manchester have shared their [bookable virtual tours](#) and here are some [lesser known facts about our great city](#).

Travel further afield



So many of you have missed holidays or had to cancel them this year including some of us Strollers! One of our cancellations was for a Swiss road trip, so we thought we'd share a walking video highlight a tram ride from Stechelberg to Gimmelwald-Mürren then hiking from Mürren down to Gimmelwald. Such a scenic 30 minutes.

For those missing a trip to New Zealand look at this 3 minute video of stunning [Milford Sound](#)!

.....Now for wildlife

Fin whales



You may have read the news last month about the Fin whale that stranded on the Dee Estuary. The first time local rescuers were able to get it back into the waters but sadly it returned the next day and passed away. I think many of us were surprised that Fin Whales were so close by. It is the second-largest species on Earth after the blue whale. To date over 60 individual fin whales have been Photo identified in Irish waters, mostly along the South coast. You can earn more about these majestic creatures [here](#).

Sperm whales



Award winning photographer Brian Skerry experienced the rare opportunity [to photograph a social gathering of six sperm whales near the eastern Caribbean island of Dominica](#). He witnessed fascinating behavior such as whales playfully biting each other, rolling around, and babysitting. This assignment made Skerry realize that sperm whales are complex animals that have identity and personality, and exhibit traits similar to human beings.

Other Cheery stuff



For those who may be obsessed by pristine lawns maybe be more welcoming to moles – especially after seeing this [baby mole being rehabilitated](#).

This [little armadillo](#) likes taking baths and trying to jump in the shower with his “mum”!



[This dog lost her puppies and she ended up adopting a baby possum](#)



For those who are moth phobic there is one that may swing your opinion – [the Rosy Maple Moth](#)! It looks like a 70s disco queen. Who knew!

Relentless rain has been hitting us this past month but this doesn't put off some dogs at Dogs4Rescue – who have a fabulous kennel free life. [Here they are zooming around having fun!](#)



Check out the donkeys [playing with a welly at the Donkey Sanctuary](#)!

Finally.....[seven amazing rescues caught on camera](#).