



MCR *Strollers*

Weekly update – 10 May 2021

Did you know that a Frogmouth is apparently the world's most [instagrammable bird](#)!



GM Walking Festival – May

As you know it's currently it's the GM Walking Festival this month. Here are some great resources for you....

Go Jauntly App

New Greater Manchester walking routes are available for **FREE on the [Go Jauntly walking app](#)** and can be even downloaded in advance so that they are available in offline mode (saving your mobile data costs). Many are step-free and so will appeal to wheelchair users and to families with pushchairs.

Daily Mile Toolkit

[The GM Daily Mile Toolkit](#) is a range of resources to help encourage people to take more daily short walks more in their community or workplace

Ospreys at Llyn Brenig

Many of you will have read about the [destruction of the osprey nest](#) at Llyn Brenig. Here is [an update](#) from the North Wales Wildlife Trust.



Campervan life

On YouTube you can follow *The Jits into the Sunset* as they share their journeys in their campervan. The cinematography of their trips is stunning. Here are their trips to [Ireland](#) (which was the start of their van life) and one to [Switzerland](#).



UNESCO Gardens

Close to Rome are two UNESCO World Heritage Site gardens. [Villa d'Este](#) and [Villa Adrian](#). If you watched Monty Don's Around the World in 80 Gardens some years ago (still available iPlayer) you would have come across these masterpieces!

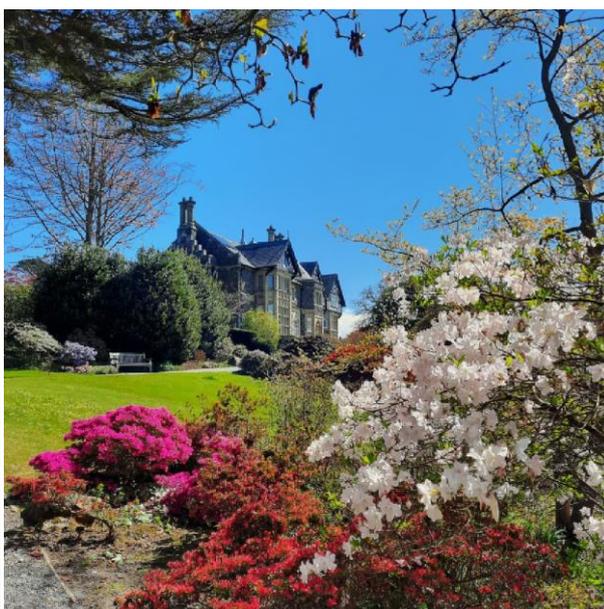
Arran walks

With dramatic mountain ridges towering over the moorland of its northern half, and a lush, softer landscape in the south, Arran is often dubbed as Scotland in Miniature. The fact is that this is an island with a huge amount to offer packed into small space. It also has fantastic [hill and coastal walks](#)!



Bodnant Gardens

One of our walk leaders, Vanessa, recently visited Bodnant Gardens in North Wales and highly recommends a day out there (picture below). If you would like to see their famous laburnum arch you need to visit between now and the beginning of June. Michelle, another of our walk leaders, was lucky enough to see the laburnum arch in full display last year. Her picture is below! More information on Bodnant and a time lapse video of the laburnum arch [are here for you](#).



Mental Health Awareness Week

This week is Mental Health Awareness Week and the theme this year is nature. The Mental Health Foundation [have shared a video](#) on how nature can support mental health. If you can prioritise some time for yourself this week to observe nature from your window or go outside and connect – it could help boost your mental wellbeing.



If you would like to share a photo to the Strollers Update or the Staff Benefits Update just email mcrstrollers@manchester.ac.uk. The images just need to be landscape orientation and be a jpg or png file.

..... and finally uplifting videos to keep you smiling

- Two [orphaned fox cubs](#) make friends!
- Check out these [orcas swimming with surfers!](#)
- This cheeky seagull (known locally in Aberdeen as Gus) [pinching a sandwich](#) from the local Co-op
- [Sneaky seagull sandwich thief at St Ives](#)

Have a good week!

