

CVS WEEKLY ROUNDUP



Welcome to the Community Veterans Support's weekly newsletter, where we bring you a complete roundup of the week's activities. From the latest insights and highlights to exciting developments, we've got everything you need to stay informed and engaged. Join us as we explore the noteworthy events and updates that shaped our week!



Wellbeing Walk

This week, we decided to head out to the lovely Palacerigg and Glencryan Circular for our Wellbeing Walk, and what a delightful outing it turned out to be!

The scenery was excellent, with lush greenery and vibrant wildlife all around us. We strolled along the well-marked paths, taking in the fresh air and scenery. It was the great opportunity to catch up, unwind and enjoy some laughter while soaking up the sun. Highly recommended for anyone interested in walking this trail; a lovely way to spend the day!



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