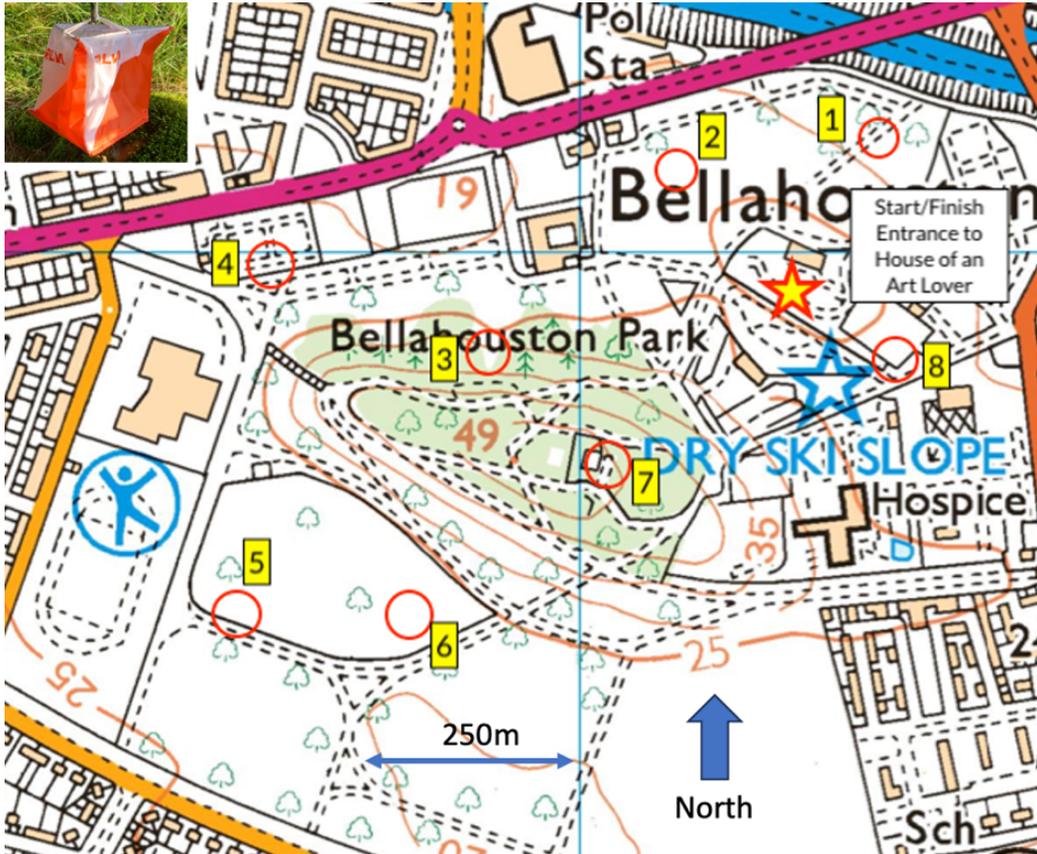




FRESH AIR BUSINESS WALK & SCORE ORIENTEERING TASTER!

BELLAHOUSTON PARK, GLASGOW

FRI 16 JAN 26



Hello!

Gathering	<p>We will gather in the cafe at House for an Art Lover, 10 Drumbreck Road, Bellahouston, Glasgow G41 5BW https://w3w.co/back.s aware.zeal</p> <p>This is an amazing venue. We use it a lot for our team effectiveness programmes. Do check it out, noting the fascinating legacy of Charles Rennie Mackintosh. https://www.houseforanartlover.co.uk</p>
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Car parking	https://w3w.co/relax.dices.email (one minute walk) https://w3w.co/actor.seat.puts (one minute walk)
Brews & Pastries	There is an opportunity for an organisation to sponsor the brews and pastries, and get a whole load of social media shout-outs. Any takers?
Timings	Gather from 10:00. Set off 10:45. Back by 12:30
Route	This is a wonderful park with its avenues of trees, woods, open spaces, big views, and art installations (including a metal elephant called Bella, of course!). The route we take will depend on the choices you make once we share the orienteering course with you.
Group List	See attached. A fabulous group from diverse businesses!
Dogs	Well behaved owners and dogs are welcome on the walk. Dogs are not allowed in the cafe. However, if the weather is fine we may all be able to sit outside with our brews and pastries.
Leaders	Dave Stewart and John Owen. See bio notes at back.

We will be exploring team effectiveness through the lens of score orienteering!

1. We will be exploring aspects of team effectiveness such as collective sense making, strategising, and decision making; and doing so through the lens of score orienteering! We will not be running around! This is a walk at the pace of great conversations and laughter and there will be plenty of stops for group chat. [See more about how we use Score Orienteering here.](#)
2. You may of course just want to make new connections, tap into the expertise of the group to explore a business challenge, and/or just enjoy being out and about!

What about clothing and equipment?

3. Pack according to the weather forecast noting that unless the weather is dangerous (e.g. lightening, very-high winds etc.) we intend to go outdoors. More info here: <https://www.bbc.co.uk/weather/6296626> Note also that we will be crossing open areas which may be wet/muddy underfoot. White canvas shoes may not serve you best 😊. As a minimum you will wish to consider bringing:

- Personal medication/comfort items/fluids/snacks.
- Hat and gloves.
- Waterproof jacket and waterproof over-trousers.
- Spare warm layer.
- Comfortable walking boots or trail shoes/trainers with good grip.

Toilets

4. House for an Art Lover has toilets. We will be outdoors for 1.5 hours maximum, and never more than a 15 minute walk from a toilet.

Health & Safety

5. John and I are both national governing body qualified Mountain Leaders and outdoor first aiders. John is also an experienced member of one of Scotland's busiest mountain rescue teams. He will be carrying a first aid pack.

6. **Please let me know in advance of any medical conditions or injuries you have.** This will allow us to provide the best possible support. Please bring any medication you are going to need.

7. We will be on well maintained, mostly tarmac paths, and open grassland - possibly with muddy patches. We will point out any specific hazards as we go.

GDPR

8. We would like to take respectful images and video to support our marketing activities. Please let me know if you are not comfortable with this.

Right then...

9. John and I are looking forward to seeing you all. In the meantime, please let me know about any injuries or medical conditions; and anything else we need to know to plan the best possible support for you.

10. I will send a group update in a “7 Sleeps to Go” email (now sent).

Happy New Year!

Dave

Dave Stewart
Mobile: +44(0)7776153428
Email: dave@freshairleadership.com

Thursday 15th January 2026

Group List and Bio Notes attached/...

1	Nick Smith	https://www.linkedin.com/in/nick-smith-leadershipcoach/ Square Pegs Coaching
2	Steve Bonthrone	https://www.linkedin.com/in/stevenbonthrone/ Steve Bonthrone Coaching
3	Julie Inglis	https://www.linkedin.com/in/julieinglis/ KubeNet
4	Andrew Johnston	https://www.linkedin.com/in/adjohnston/ Red Bee Media
5	David Christian	https://www.linkedin.com/in/david-christian-663b7b41/ Balfour Beatty
6	Scott Wilson TBC	https://www.linkedin.com/in/scott-wilson-910b1088/ Gallagher
7	Samantha Duncan	https://www.linkedin.com/in/samantha-duncan-92128b11a/ Barclays UK
8	Gordon Dinning	https://www.linkedin.com/in/gordon-dinning-7916b4297/ Balfour Beatty
9	Zoe Gillespie	https://www.linkedin.com/in/zoegillespie/ RBC Brewin Dolphin
10	Brendan Maguire	https://www.linkedin.com/in/brendan-maguire-9877908b/ Santander UK
11	Craig Anderson	https://www.linkedin.com/in/craig-anderson-15827b6b/ Newsquest Media Group
12	Charlene Reid	https://www.linkedin.com/in/charlene-reid-30655a2b/ Direct Line Group
13	Nathalie Fullerton	https://www.linkedin.com/in/nathalie-fullerton/ One Stop Stores Ltd
14	Judy Keir	https://www.linkedin.com/in/judy-keir-42926136/ SMS plc
15	Craig Stewart	https://www.linkedin.com/in/craig-stewart-6bba1260/ Elior UK
16	Craig Halliday	https://www.linkedin.com/in/craighalliday76/ AG Barr Group
17	David Hampsey	https://www.linkedin.com/in/david-hampsey-7202633b/ HSBC
18	Gillian Wardrope	https://www.linkedin.com/in/gillian-wardrope-85b79a36/ HSBC
19	Mark Watson	https://www.linkedin.com/in/mark-watson-a9082316/ HSBC
20	John McPartlin	https://www.linkedin.com/in/john-mcpartlin-681075261/ HSBC
21	Anna Linzi	https://www.linkedin.com/in/anna-linzi-7a329a69/ Admiral Group
22	Lucy Lake	https://www.linkedin.com/in/lucylakeqtv/ QTV

23	Alan Seagriff	https://www.linkedin.com/in/alan-seagriff-381554106/ B&M Retail
24	Yvonne Anderson	https://www.linkedin.com/in/yvonneanderson-prosperopeople/ Prospero People
25	Grant Douglas	https://www.linkedin.com/in/grant-douglas-779331b9/ Scottish Power
26	Dave Stewart Guide-Facilitator	https://www.linkedin.com/in/freshair-dave-stewart/ The Fresh Air Leadership Company
27	John Owen Guide-Facilitator	https://www.linkedin.com/in/john-owen-1523a2115/ The Outdoor Training Company & Tayside MRT

Bio Notes Dave Stewart & John Owen overleaf/...

Dave Stewart



Dave and colleagues at The Fresh Air Leadership Company specialise in helping business leaders build highly effective teams.

His passion for this stems from earlier careers in a rock band, mountain rescue team, and the British Army. The latter included the SAS, leadership of an infantry battalion on operations and leadership of award-winning organisations delivering £1bn portfolios of comms and information systems projects and services. He has also held executive and non-executive roles across various private, public, and not for profit organisations.

Dave is a Chartered Director and Master of Organisational Change. An experienced consultant, facilitator, and coach, he is also a qualified Mountain Leader. He organises open micro-adventures for business leaders around Scotland each month – walks, gravel rides, and canoeing – where the emphasis is on great conversations.

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John Owen



After a first career in Education including the role of headteacher of a flourishing independent school, John is the founder of the Outdoor Training Company. He is also an established member of one of Scotland's busiest mountain rescue teams, and an experienced support facilitator with the Fresh Air Leadership Company.

John is one of Scotland's most highly qualified outdoor leaders and instructors, and is in his element supporting clients by boot, bike, boat, crampons or skis around the UK and Europe. He is also a Scottish Qualifications Authority accredited provider of first aid courses for public, private, and not for profit organisations, and holds the prestigious Wilderness Emergency Medical Technician qualification.

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