

Braveheart's Christmas Newsletter 2016



It's been a busy, productive and fun year for Braveheart! We hope this Newsletter gives you an insight in to the great work we have been achieving since our last newsletter. Merry Christmas and a Happy New Year to all our Braveheart partners, volunteers and service users

**Braveheart's next
newsletter is due out in
January 2017!**

Key Achievements



Braveheart has been out delivering talks to various groups within the community. Thank you to Polmont Ladies Rotary Club, Grangemouth Rotary Club and Epilepsy Connections for inviting us along. If you would like Braveheart to provide a talk to your group then please get in touch.



Braveheart has been promoting healthy living at Falkirk's Community HUB in the Howgate shopping centre (next to M&S). We plan on returning again in 2017 on a monthly basis where you can come along for FREE Strength & Balance sessions, FREE Weight Management Advice and much much more! We will also be joined by many other partnership organisations. Keep a look out for more information.



We now have a Monthly Walk Mascot who will be joining Braveheart on each of our Monthly Walks throughout 2017.

Meet Wallace!



Get in Shape with Braveheart

Braveheart is pleased to report that 22 participants have taken up the offer of joining our free weekly weight management groups for eight weeks. We congratulate all participants on their hard work and commitment and are delighted to report that everyone was happy with their progress towards their weight loss and physical activity goals and they would like to continue their journey of better health through Braveheart weight maintenance sessions. Post-programme evaluation shows an average weight loss of 7.3 pounds per person, and 1 inch lost from the waist.....Well done all!

Planning is well underway to start new groups for 2017, so if you would like to join our next group, please contact the Braveheart office and let us help you make 2017 a success.

We will also be holding a weight management group for carers starting on Monday 13 February 2017 at the Carers Centre from 10:00 -11:30 am.

My Diet Plan:

Make all of my friends cupcakes; the fatter they get, the thinner I look...

Volunteer Opportunity

Braveheart's fantastic volunteers give their time and experience to help others in the community achieve better health. They are the backbone of all Braveheart programmes and for this we are truly grateful.

If you have a real interest in health and wellbeing and you would like to help other people in the community change their lifestyle for optimum health, then volunteering with Braveheart could be a great opportunity for you. Please contact us for more information 01324 673706.

"2017 could be the year you volunteer to promote better health"

Forthcoming Groups

- ✓ 9 January 2017 – Recipe Modification for Make It Happen 50+ group at Bonnybridge Community Centre
- ✓ 11 January 2017 –Healthy Eating session for Epilepsy Connections at the Park Street community centre
- ✓ 16 January 2017 – Recipe Modification for Make It Happen 50+ group at Grange Community Centre
- ✓ 1 February 2017- Healthy Eating session for the Carers at Bo'ness Bowling Club
- ✓ 12 February 2017- Healthy Living talk to the Falkirk Muslim Community Club 55 & over at the Dawson Community Centre
- ✓ 15 March 2017- Stress and Health session for Epilepsy Connections at the Park Street Community Centre.

Feel free to contact Braveheart with suggested news for our next newsletter: 01324 673703/673706

FB: The Braveheart Association / www.braveheart.uk.net

Please turn over...

Walk with Braveheart

Thanks again to everyone who was involved in our Walk with Braveheart Evaluation, our full report is now complete. Please visit the walking section of our website for the full report www.braveheart.uk.net. We have also produced an Evaluation Summary, please see below.

Walk with Braveheart has had a busy few months organising what we have planned for 2017. All will be revealed in our January Newsletter! *Keep a look out for our 2017 walk cards*

Walk with Braveheart

Evaluation Summary **2014-2016**



Free guided nature walks designed to support adults in becoming more active

Walk Leaders feel supported and consulted

"It has been great to see many friendships develop over the years until now it feels that we are now one big Braveheart family" Ian, Walk Leader.

"Every experience I've had with Braveheart has been positive- there aren't any downsides at all!" Robert, Walk Leader.

Key benefits of the walks

✓ Physical- "Braveheart walks give people of all ages and fitness the opportunity to mix together and to improve their health. I think many of our walkers would really miss Braveheart if they did not have it in their lives" Jean, Walk Leader.

✓ Social- "The social aspect is so important to combat loneliness- walking by yourself is not the same, and unless weather is truly atrocious, it gives us fresh air and exercise on a regular basis" Moira, Dawson walker.

Continuity of funding

Having continuity of funding helped build the walking programme, supporting volunteer and staff development and retention.

"With volunteering with Braveheart for many years, I enjoy seeing the walks going from strength to strength" Stanley, Walk Leader.

Introduction

This evaluation was conducted to analyse and evaluate the Walk with Braveheart project. Data for this evaluation was compiled over a two year period. Funding from Scottish National Heritage, NHS Forth Valley and The Robertson Trust was in place during this time.

Following analysis of questionnaires and focus groups a number of key findings were highlighted:

Why people walk with Braveheart

- ✓ Prefer walking to other forms of exercise
- ✓ People feel healthier after walking
- ✓ Enjoy the chance to be sociable and meet new people

Significant increase in numbers

- ✓ From 4,764 walkers in 2013/ 2014 to 5,533 walkers in 2015/2016 (16% increase)
- ✓ 25 new Walk Leaders trained

Walkers expressed satisfaction

- ✓ 76% of walkers would highly recommend Braveheart to family/friends

"Braveheart is a very welcoming organisation. The Walk Leaders are terrific and the company makes you feel safe which you often don't feel walking on your own. Hard work goes into planning, organising and ensuring safety on our Monthly walks" Stenhousemuir walker.

Conclusion

Walking has been demonstrated both through the body of research available and through this evaluation to be of great benefit to people's health and wellbeing. The benefits expressed by walkers in this evaluation include a range of outcomes including feeling better physically and mentally, keeping well, improving and maintaining fitness, losing weight and making new friends.

Recommendations

- ✓ Seek long term funding to maintain, further develop and extend the walking programme
- ✓ Develop more linkages and referral routes with the NHS for patients with long term health conditions
- ✓ Develop new, shorter walks for people who are most inactive
- ✓ Implement the good suggestions raised through the evaluation
- ✓ Continue to evaluate the walking programme on a regular basis

For Walk with Braveheart's full Evaluation Report please visit

www.braveheart.uk.net

For more information please call: 01824 673706

The Braveheart Association is a Scottish Charitable Incorporated Organisation.
Charity Number, SCO 34617