



It's January, the start of busy and exciting year for Braveheart. We hope this January Newsletter addition highlights the key goals we hope to achieve this year, exciting new plans and many new opportunities for everyone to get involved in.

Braveheart's next newsletter is due out in April 2017!

2017

Braveheart's Themes for 2017 will be:

1. Funding

- Paths For All and Inner Forth Landscape Initiative are our new WWB funders
- We need to fundraise 1k and to secure another funder to complete the WWB funding package for 2017.
- Good news! We have just been awarded a further six months funding from the Integrated Care Fund for Optimise and weight management.
- We are looking for volunteers to develop social enterprise ideas.
- Volunteers are also wanted to start a 200 club for fundraising.

2. Integration

- We are integrating our walking and health mentoring programmes.
- We are building on our partnerships with NHS staff and plan to develop more links with Social Work and other local organisations in 2017.

3. Specialised Support

- We are now working with a number of groups in the community who require specialised support, for example, visually impaired, people with dementia etc
- We plan to develop work with socially isolated people in the community.

4. Community Engagement

- We will deliver more talks and sessions to groups, provide stalls and extend our use of the Community Hub
- We will use social media more and use local radio to advertise our services

Recipe Book

Braveheart's up and coming mini project

Braveheart's very own healthy recipe book from the heart of service users, volunteers, staff, or anyone who is keen to get involved!!
Idea's, themes, recipes, memories, photographs & volunteers required! This will be a fun filled recipe book from the heart of everyone involved with Braveheart, sharing recipes, photographs & memories of their cooking experiences.

Please get in touch or send through any recipes or ideas, your help is greatly appreciated.

Celebrating 10 Years with Maureen

January marks 10 years of Maureen working with Braveheart! Maureen started as a Volunteer Health Mentor many years ago before starting her position as Fundraiser in 2007. She is the back bone of Braveheart and all our services certainly wouldn't be the same without her! The staff of Braveheart enjoyed some lovely cake and tea after our staff meeting this morning.



Volunteer Opportunities

Braveheart is all about our volunteers! We recruit, train and support volunteers to lead our services to the community. This year Braveheart are hoping recruit new Walk Leaders and Health Mentors to expand on the great work we do.

Braveheart is looking for a Treasurer who shares the vision of Braveheart and who has the motivation to contribute their skills and experience in helping the organisation continue to meet the growing health needs of the people we work with. This is a particular opportunity for an individual with experience in finance matters, particularly in the voluntary or charity sector. As a Board member you will be expected to act in the interests of the Association and you will have oversight and responsibility for all aspects of Braveheart governance and strategy.

Please get in touch if you're interested in joining our Board of Trustees. We look forward to hearing from you.

Kind Hearts

Our sincere thanks go to Charlie and Kathleen McCallum of Bo'ness, who chose to donate £450, received on the occasion of their Ruby Wedding to Braveheart.
Grateful thanks and warmest congratulations to both from everyone at Braveheart

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

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

