

Braveheart's Spring Newsletter 2015

Braveheart's next newsletter is due out in August 2015!

Due to popular demand, Braveheart welcomes back our seasonal newsletter! We hope to give everyone some insight into the excellent work Braveheart has been part of over the last few months.

2014 Highlights

2014 was an extremely busy and successful year for Braveheart:

Braveheart launched our brand new logo and strap line (shown above), highlighting we support healthy lives!

With the support and funding from Voluntary Health Scotland we now have a fantastic new website! Please visit www.braveheart.uk.net

Also find us on Facebook!

Where you can find up to date news and all information about our services.

In 2014 alone we held 364 walks totaling 4235 walkers! Wow!

We are proud to announce that our core Health Mentor training programme was accredited by the Royal Society for Public Health, in March.

The Braveheart Board presented our work to the Forth Valley NHS Board in April.

Braveheart Plus

Braveheart Plus groups meet once a month in both Camelon and Stenhousemuir for social activities and health information. These groups continue to go from strength to strength. If you are interested in joining a group, please get in touch. We look forward to hearing from you.

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

Health Mentoring

Optimise is run by Volunteer Health Mentors, during the year 326 individuals were involved in this programme which helped improve their overall health. Seven Health Mentors supported this to be a great success, a big thank you from Braveheart. We hope that more funding can be secured to continue to offer self management groups in the community.



Walk with Braveheart

Our Weekly and Monthly Walks with Braveheart continue to thrive! Our night walks are now underway, and many have joined us on marvellous Monthly Walks throughout Forth Valley. We had a whopping 50 walkers on our April Monthly Walk to Dalgety Bay!



Braveheart is now accepting donations for those who wish to contribute to the cost of our Monthly Walks. This helps support our transport service. ****Remember to call up at the beginning of each month to secure your seat on the bus****

After recent feedback from our Monthly Walks, Braveheart is ensuring our walk route is accessible and comfortable for all on our walks.

Braveheart and Inner Forth Landscape Initiative have teamed up to support additional Monthly Walks throughout 2015.

A big Thank you to Scottish National Heritage for their support in producing our wonderful walk card booklets! We hope all our service users enjoy this resource.



Thank you to all of our Walk Leaders and Health Mentors for all their continuous support with our Braveheart programmes. Without you, our services wouldn't be so successful!

Up and coming Months

- ** FREE Walk Leader Training
- ** Walk development in Clackmannanshire
- ** Sponsored Walk!