

# Braveheart's Summer Newsletter 2016

Braveheart has had a busy yet exciting time over summer. Here is some of what we have been up to...

Braveheart's next  
newsletter is due out in  
December 2016!

## Key updates

Braveheart has applied to Paths for All for future walking project funding- we should hear if we have been successful soon.

With this, we have evaluated our Walk with Braveheart project; the findings from this have been outstanding. Thank you to everyone for your feedback. Our report will be finalised soon and key findings will be published in our next newsletter.

Braveheart's 2015-2016 Annual Review will be published for our AGM in October.

Braveheart Board and staff members enjoyed a Joint Development Day on 4<sup>th</sup> June, followed by a lovely walk in the beautiful surroundings of Gartmore.

## Volunteer Day Out!

Each year Braveheart organises a Volunteers Day away to thank our volunteers for their ongoing commitment and enthusiasm.

Nineteen volunteers joined us this year at the Royal Botanical Gardens in Edinburgh for an interesting guided tour throughout the gardens, before returning to the restaurant for some lovely refreshments. Thank you to everyone who joined us on the day, and we hope to return in the near future to explore more!



## Luminate & AGM

### *Scotland's Creative Ageing Festival*

Braveheart would like to welcome everyone from Falkirk to contribute to our 'Delights on Your Doorstep' exhibition. This exhibition will display photography, art and the history of landmarks and points of interest we visit on our Braveheart walks. We hope this sparks interest amongst the community and encourages everyone to get out walking!

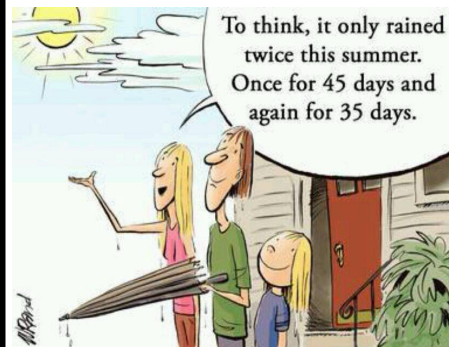
**Tuesday 4th October, Sensory  
Centre Camelon  
2pm Luminate  
3-4.30pm Braveheart's AGM**  
Everyone welcome. Please confirm your attendance for our AGM by calling 01324 673703/ 673706 [eva.finlayson@nhs.net](mailto:eva.finlayson@nhs.net)

**\*\*You can also get involved by joining our Braveheart Mascot Challenge- make a small Scottish mascot which can join us on our 2017 Monthly Walks. Winner will be announced on the day. Please hand in any mascots to your Walk Leader\*\***

**AGM**  
Annual General Meeting

Please turn over...

## Walk with Braveheart



Walk with Braveheart have had a super summer with over 100 walks led, welcoming over 1,200 attendances.

We've ventured to Limekilns & Charlestown for our Inner Forth Landscape walk, including our Monthly Walks along the Carron in Denny, beside the shoreline from Blackness to Bo'ness, and a high of 53 walkers enjoyed the canal at Bridge 49.

Braveheart's annual Big Fit Walk had an outstanding attendance of 72 walkers! We teamed up with EasyWays to lead a historical and scenic route around Polmont. Thank you to everyone involved. [www.easyways.com](http://www.easyways.com)

Our Hawkhill walks on both Wednesdays and Fridays at 11am have now teamed up with a Stress Control group. Open to anyone and everyone. FREE soup & sandwich after your walk.

\*A reminder to everyone we now accept donations for our Monthly Walk buses- this helps us to provide buses throughout the year- thank you \*

\*Only 52 seats available- please call from 1<sup>st</sup> of each month to book your seat\*

## **Weight Management**

### **Get In Shape with Braveheart**

Following the great success of our pilot weight management programme earlier this year, we are delighted to offer the individuals and the various community groups in the Falkirk area the opportunity to explore and learn the secrets of success in their journey towards a healthier weight and zestful life.

The Braveheart free weekly group sessions with a simple, well-structured approach and strong social support address the challenges that people face in their quest to lose weight. The programme provides them with tools to take control of their own health without the unnecessary complications of fad diets and expensive gym classes.

Currently, we have two groups with 25 participants and the doors are still open for interested people to sign up for the programme.

### **Volunteer Opportunity**

Volunteers are the backbone of Braveheart – we could never achieve what we do without the commitment of time, support, skills and experience offered by our volunteers. We extend a heartfelt, warm thank you to all our Volunteer Health Mentors for their contribution in the recent healthy living events.

We would like to extend a similar warm welcome to anyone who wants to join our team to help develop and foster healthy lifestyle behaviours with regards to healthy eating and active living in our community.

Braveheart is working in close partnership with the NHS Forth Valley Health promotion, Community food Development and Weight Management Lead to deliver health mentoring sessions. We also offer free, healthy living sessions to local community groups.

Please contact Munira on 01324 673702 for more information.

Bonnybridge walk was our 'Walk of the Month' in August. Keep an eye out on our Facebook & website for up and coming months... what walk will be next...

Do you know that Braveheart do talks to community groups; please get in touch if you're interested: 01324 673703/ 673706

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

FB: The Braveheart Association / [www.braveheart.uk.net](http://www.braveheart.uk.net)



### **Healthy Recipe**

#### **Lemon Chicken Bake**

Serves 4      5mins to prepare and 25 mins to cook

#### **Ingredients**

- 4 skinless chicken breasts
- 300g Charlotte potatoes, cut into chunks
- 1 onion, cut into thin wedges
- 2 parsnips, quartered lengthways, then halved
- 6 garlic cloves, crushed
- 3 bay leaves
- 1 lemon, cut into wedge
- 1 tsp fennel seeds

#### **Method**

- Preheat the oven to Gas Mark 7, 220°C, fan 200°C.
- Put the chicken in a baking dish, then toss all of the vegetables with the garlic and tuck them around the meat.
- Add the bay leaves, then squeeze the lemon wedges over everything and drop them into the dish.
- Sprinkle the fennel seeds over the top, drizzle with the oil and season.
- Put the dish in the oven and cook for 25 minutes.
- After 15 minutes, give the veg a stir, and then return to the oven for 10 minutes.
- Serve with some salad leaves, if you like.



#### **Each serving contains:**

Energy	Fat	Saturates	Sugars	Salt
280Kcal	3g	1g	7g	0.1g
14%	4%	5%	8%	<1% of the reference intake
Carbohydrate 25g	Protein 39.6g	Fiber 7.5g		