

# ***Braveheart's Summer Newsletter 2018***



It's been a busy summer for Braveheart from our Big Fit Walk back in July to our Community Health & Wellbeing Events in both Camelon & Bainsford. We now embark on the busiest time of year for Braveheart...please save the below dates in your diary!

***Braveheart's next  
newsletter is due out in  
December 2018***

## ***\*Braveheart's AGM 2018\****

**Forth Valley Sensory Centre on  
Thursday 18<sup>th</sup> October, 2.30pm arrival  
with refreshments for a 3pm start.**

We want to encourage you all to come along and celebrate Braveheart's 14<sup>th</sup> AGM! We have two exciting guest speakers from the NHS this year:-  
Dr Peter Murdoch who was the former convenor of Braveheart who will speak on "How and why Braveheart Started".  
Dr Graham Foster will return to speak at our AGM, due to popular demand! Dr Foster, Director of Public Health and Planning at NHS Forth Valley, will give us an update on NHS plans and how Braveheart fits into these.

Please support us by coming along. To register contact the Braveheart Team on 01324 673703 or 01324 673706 or email [Anne.black1@nhs.net](mailto:Anne.black1@nhs.net)

All welcome!

## ***\*Braveheart's Sponsored Walk\****

### **\*RESCHEDULED DATE\***

Sunday 21<sup>st</sup> October, 1.30pm at Linlithgow Loch (meet in St Ninian's Way car park)  
2mile or 3mile walk option. Open to everyone. Donation of your choice to join our walk or you can donate through <https://www.justgiving.com/braveheartassn> to raise vital funds for our walking project.

For more information please contact Eva on 01324 673703 or [eva.finalyson@nhs.net](mailto:eva.finalyson@nhs.net)

### **Website:**

**[www.braveheart.uk.net](http://www.braveheart.uk.net)**

**FB: The Braveheart Association**

## ***Walk with Braveheart***

Walk with Braveheart has welcomed 50 new walkers (and counting) this year alone...A big thank you again to our wonderful Walk Leaders who have made everyone feel so welcome and support everyone to become more physically and socially active within their community. Keep an eye out for our Walk Leader's new back packs!

Our weekly walk numbers have significantly increased over summer with up to 26 walkers on our Dawson walk, after now adding a short walk, and over 20 on our Callendar Park walks... they're both catching up with our FVRH walk which reaches 30 walkers some weeks!

Our July Monthly walk to Limekilns and Charlestown reached a new walker record of 63!



We had 34 walkers join us for our annual Big Fit Walk. This was a great day to help promote walking for Everyone, Everyday, Everywhere.



We sadly said goodbye to our 3+ year partnership with Inner Forth Landscape Initiative as the organisation has shut down. We can't thank them enough for the fantastic specialist monthly walks they have helped us provide across the Inner Forth. Their legacy will live on amongst the walkers. For a full article on this, please visit our website News section.



## **Community Health & Wellbeing Events**

During the summer months, Braveheart organised two fantastic Health Fayres designed to offer local communities good quality health & wellbeing information, stalls and workshops.

Under the theme “Enjoy your health” we provided taster exercise workshops, presentations, cookery demonstrations and many more fun activities.

Community members were able to join in Braveheart workshops to find out more about how to eat well & live well for longer. Samples of freshly made healthy food were given out with corresponding recipe cards to make at home.

Feedback from people who attended has been very positive. Local people benefited from the information stalls provided by more than a dozen local & national health organisations at each event.

Many thanks to all the volunteers who worked with us to make these events so successful. Thank you to

Falkirk High School music team whose fantastic performance added something very special to the day. Everyone thought they were wonderful. Thank

you also to the community champions at Asda, Morrisons & Tesco for their support in donating fruits, vegetables & vouchers. Thank you to all the stall holders and those who provided taster sessions, CPR demonstrations, cookery demonstrations, exercise tasters and hand massage.

Many attending requested more Health Fayres in the future...Don't miss out!

We plan to have one more Health Fayre before Christmas which we will let you know more about soon. Keep an eye on the Braveheart website and Facebook page:

[www.braveheart.uk.net](http://www.braveheart.uk.net)

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