



Annual Review

April 2017 – March 2018



The Braveheart Association



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**"If it wasn't for
Braveheart, I don't
think I'd be here."**

Bob, Bonnybridge

Introduction

People across Forth Valley are living healthier and living longer. At the same time, the gap between those living in the most affluent and the most deprived areas continues to widen and preventable long term disability and ill-health increases.

Tackling those realities requires a real team approach across many organisations. There is a growing realisation of this across NHS Forth Valley and Braveheart is mentioned in many of the more recent documents dealing with the public health challenge, which is tremendously encouraging.

However, there is still much to be done to ensure that we work effectively with different organisations to identify the areas, geographical and health, where Braveheart can deliver the most benefit.

This year Braveheart made an impact by:

- Working through partners and networks to deliver frontline operational support
- Showcasing examples that deliver transformational outcomes, some of which you can read about here
- Championing co-production, ensuring that the people who use our services are at the heart of our programmes



"This group allows me to keep Keith in a routine and allows him to continue his walking which was a great passion of his before he was diagnosed with Alzheimer's. I hope to bring him for as long as he's able to."

Alice, wife and carer, FVRH walk

Chairman's Report

This was an exciting year of consolidation and measured expansion for the Braveheart Association and we set out just how much we achieved in this review.

We are particularly proud that the number of people taking part in our walking programme continues to rise and we are making our walks appealing and accessible to more people by working closely with different organisations.

During the period, we also developed our health mentoring groups in a number of important ways. We delivered health talks to different community groups, helped many people lose a significant amount of weight and delivered strength and balance classes across Forth Valley.

All of these activities are well recognised as important factors in contributing to sustainable good health.

Of course, our volunteers are the heart of Braveheart. Without them, we would be nothing. I'm delighted to say we finished the year with more volunteers than we started with. We now plan to recruit additional volunteers over the coming year to help us deliver more great projects across Forth Valley.

We are indebted to our staff team of Anne Black, Maureen Forbes, Eva Finlayson and Munira Farara. They are all dedicated, hardworking and we are privileged to have them work with us. We are particularly proud that the talents of one team member was recognised by one of our major funders when Eva Finlayson won the Paths for All Volunteer Manager of the Year award for 2017.



We are always indebted to our funders, of which we have many. Submitting successful grant applications is an essential activity of most charities and, again, we are indebted to our skilful staff for accessing funds to enable us to develop and deliver programmes.

NHS Forth Valley has been our core funder for many years and we are grateful to them for their continued support. I think in recognition of this, we were invited to host an NHS Forth Valley Board visibility event. During the event on 19th September, the Board took part in one of our walks around the grounds of Forth Valley Royal meeting with people across all functions of Braveheart, in particular the walkers themselves.

"A very positive experience for me! It helped me improve relationships with my work colleagues. The programme felt part of the work community in a more personal way."

NHS staff member, Braveheart Weight Management Programme Participant.

"Participating in the weight management group made me more conscious of the steps I need to continue to take to improve my overall health and wellbeing." Marion

The whole experience was "informative and interesting" and comment was made on the "outstanding commitment and obvious dedication of the team".

Another key event in the calendar was moving office. The process started in early 2016 but eventually took place in February 2018 after two years of stress and uncertainty.

We are grateful to the NHS estates team for their support in this move and, in particular, to our staff who coped brilliantly throughout. Our new office space is working out well although space restrictions mean meetings for more than six people must take place elsewhere.

One of our key objectives in recent years has been to ensure that we have a board in place that is able to lead and support the work that we do.

Since becoming a Scottish Charity Incorporated Organisation (SCIO) it has been more challenging to build the Board. We started 2017 with only three Braveheart Board members and, despite one resignation, we are currently (as of September 2018) sitting with five Board members. This extra resource will be a great asset as we move through what should be a busy and challenging 2018/19.

Gordon Thomson

Chairman

The Braveheart Association



Eva Finlayson, Paths for All Volunteer Manager of the Year 2017



Key Achievements 2017/18

5,671

people joined 409
Braveheart walks across Forth Valley



special natural heritage
walks developed with
Inner Forth Landscape
Initiative



people joined
Braveheart Optimise
and weight
management
programmes

New Braveheart/Partnership Initiatives

Pilots

- Weight management classes for NHS Forth Valley staff in partnership with FV Health Promotion, Healthy Working Lives and Dietetic departments
- Dementia friendly activity programme with Cunningham House, Grangemouth

NEW

- 'Oot and Aboot Wi' Braveheart' low cost day trips
- Bespoke weight management programme for Falkirk Carers group
- Specialist disability walks in partnership with Forth Valley Sensory Centre & Get Out Get Active

- Family Friendly Walks with Hawkhill Community Centre
- Polmont daytime walk

Strengthened Community Relationships



- Rainbow Women's Group – 10 women completed 'Lose Weight With Braveheart' losing 8.4lb per person on average and beginning regular walking as a group
- Regular sessions in the local Community Hub including taster dance, strength and balance sessions and information stalls
- Talks to local groups including University of the 3rd Age, Rotary Clubs, voluntary sector staff and women's groups
- Part of national Big Fit Walk at Jupiter Urban Wildlife Centre, Grangemouth

"I'm still here...."

**Since joining the walks, Rab,
a recovering alcoholic and
27 years alcohol free, has
significantly improved his
physical health.**

*Rab, Bonnybridge,
27 years alcohol free*



Organisational Highlights



- Dementia Friendly Accreditation
- Representation at national events including the annual NHS Conference, Scottish Parliament Inequalities Forum and Paths for All, Voluntary Health Scotland and Alliance conferences
- Highly successful Braveheart talk and walk for Forth Valley NHS Board
- Braveheart Quarterly Newsletter
- Updated Braveheart website
- New office premises



Braveheart Community Health Fayre, Camelon

Developing Volunteering

Volunteers trained to lead a variety of activities including:



9

Strength & balance classes



5

Cooking for health



9

Wildlife and history



12

Dementia Friendly walk leaders in total now trained



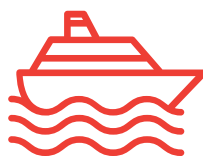
4

Minibus driving



5

Phototrail



Volunteer Recognition Day for:

50 volunteers

aboard the Sir Walter Scott Steamship, Loch Katrine

Funding Success

- Health & Social Care Integration funding secured for 6 months and NHS funding for a year
- Robertson Trust funding extended for 2 years
- Successful new bids made to Paths For All, Awards For All, Agnes Watt Fund, Sir Hugh Fraser Fund and The Stafford Trust
- Funds raised through new 'Friends of Braveheart Monthly Draw' and Social Enterprise initiatives

Future Plans

Our key aims for the coming year are to:



Support the health and wellbeing of people within the communities of Forth Valley through:

- Braveheart Community Health Fayres in key areas of deprivation to increase community engagement and address health inequalities
- Specialised support for individuals experiencing one or more health condition, sensory impairment or social isolation
- New strength and balance exercise and low level walking opportunities supporting the least active in the community to increase activity levels
- Braveheart Plus peer support groups for those living with Type 2 diabetes and coronary heart disease
- A new lifestyle management programme for the overweight
- Dementia friendly activity projects



Continue to develop strong partnership working by:



- Increasing links with NHS primary and secondary care providers to reach more people who would benefit from Braveheart support
- Increasing involvement with Community Planning and Health and Social Care Integration partners

Grow Braveheart volunteering by:

- Consulting our volunteers on our new Braveheart Strategic Plan 2019-22 and Volunteer Recruitment and Retention Plan
- Continuing to develop volunteer training
- Recognising our volunteers through events including a Volunteer Day Out and Christmas meal



Secure funding by:



- Continually reviewing our Fundraising Strategy to achieve new funding streams and maintain existing funds where possible
- Growing our 'Friends of Braveheart Monthly Draw' and **JustGiving** platform
- Developing our annual sponsored walk

Develop the capacity and quality of Braveheart by:



- Developing the Strategic Plan 2019-22 with staff, volunteer and partner input
- Working towards achieving Committed to Excellence, European Foundation of Quality Management accreditation
- Growing our Board by a minimum of two new Trustees

Fundraising

NHS Forth Valley, individual donations and grant making trusts continue to be vital to the success of The Braveheart Association.

This year, we are grateful to Paths For All, NHS Forth Valley, The Robertson Trust and Awards For All for their commitment in a challenging financial climate.

Thanks also to the Falkirk Integrated Care Fund, The Stafford Trust, Agnes Watt Fund and the Sir Hugh Fraser Fund for their financial contributions during the year.

As project funding does not cover all our costs, this year we delivered the following activities to raise additional funds:

- The annual Braveheart Sponsored Walk, which raised over £400
- Our new 'Friends Of Braveheart Monthly Draw' which generated a good income and we hope will continue to flourish
- A new online Just Giving page promoted through our website
- 'Oot and Aboot wi' Braveheart' low cost days out. As this initiative was beneficial and enjoyable for participants but less successful in raising funds, it is currently under review

"I feel more informed to continue to make healthier meal choices and portion control."

Helen, Weight Management Participant



Braveheart Community Health Fayre, Camelon

"We feel fitter after the walks."

Alison, Larbert Walker

Thank you



**THANK
YOU!**

Thank you to Braveheart's staff team – Anne Black, Maureen Forbes, Eva Finlayson and Munira Farara and the Board of Trustees – Gordon Thomson, Lorna McIntyre, Charlie Colliar, Vicky Junik and Jamie Bomber.

Once again, thank you to NHS Forth Valley, Falkirk Integrated Care Fund, The Robertson Trust, Paths For All, Awards for All, The Stafford Trust and Agnes Watt and Sir Hugh Fraser funds for their financial support in making the achievements of the year possible.

Thank you to all our supporters who contributed to our Sponsored Walk and 'Friends of Braveheart' draw and to every person who donated individually to help our services continue.

We cannot thank our volunteers enough for their on-going enthusiasm and commitment to Braveheart.

They are the 'friendly face of Braveheart' and central to everyone's experience with our organisation. They not only help us deliver activities but, for many of our participants, they are a great personal support and someone to talk to.

Together, our volunteers play an integral role in helping improve health and wellbeing within our community.

Start a Healthier Life

People who are active and involved in communities, and who feel able to access formal and informal support, are both happier and healthier.

Braveheart programmes have been designed to provide resources and support to improve the health and wellbeing of Falkirk communities.

Braveheart creates community led activities and outreach health services to improve the health and wellbeing of local people.

We help our community:

- Make healthier choices
- Take part in regular healthy activity
- Increase skills and understanding for health and wellbeing and resilience
- Live well with long-term health problems
- Attain and maintain an ideal weight
- Have regular fun social experiences

You can help Braveheart help our community by:

- Joining our Board of Trustees
- Volunteering as a Walk Leader
- Volunteering as a Health Mentor
- Volunteering as a Fundraiser
- Volunteering as an Administrator
- Making a donation

All our services are free and delivered by trained volunteers

For further information or to get involved,
visit our website or contact the Braveheart team.

Telephone: 01324 673706

Email: maureenforbes@nhs.net

www.braveheart.uk.net

If you would like to donate to Braveheart, you can now do so through Just Giving

www.justgiving.com/braveheartassn

