



Braveheart's Spring Newsletter 2020



Braveheart

For healthy lives



During these uncertain times Braveheart would like to bring to you support, positivity and laughter; please read third page for message from Board. We aim to resume all activities as soon as we can ☺

Our next Newsletter is due out in May 2020

From Me to You

by May Richmond

Are you stuck in the house, feeling like a trapped mouse?

Then try not to frown, don't let it get you down

Make plans for the future when you get out your door

Smiles all around seeing family once more

You'll cherish the hugs, the tears and the snott

And that's just the family, grandwains, neighbours the lot

In the meantime stay safe and stay indoors,

At the end of this all CHEERS, mines a gin what's yours?

Soup Recipes

Chicken & Tomato Soup (serves 4)

1lb mixed vegetables

1.5 pts chicken stock

2-3dtsp tomato puree or 1 small tin tomato

Mixed Herbs to taste

Salt & Pepper

Parsley

Prepare vegetables and add to stock. Add 2-3 dtsp tomato puree or the small tin of tomatoes and a pinch of mixed herbs (optional). Boil the stock, skim and then simmer until the vegetables are soft. Season well and serve garnished with a little chopped parsley.

Quick Vegetable Soup (serves 4)

1.5lb mixed vegetables

1.5pts (Vegetable, Ham or Chicken Stock)

Chopped Parsley

Salt & Pepper

Prepare vegetables. Bring stock to the boil, add vegetables and seasoning. Cook rapidly for 5-8 min until the vegetables are tender. Serve hot sprinkled with chopped parsley.



Healthy Living

Think Positive! Eat Well

"My goal for myself and all the people I love and care about is to come out of this happier, renewed, refreshed and knowing more than ever what matters most."

We are now facing new challenges as well as new opportunities in eating well; there are no specific foods that will protect us from getting COVID 19. However, having a well-balanced diet enjoying lots of fruits and vegetables, lean proteins, whole grains and some healthy fats, getting exercise and enough sleep can help us achieve optimal health.

Here are some tips for you:

Plan ahead- Visualise breakfast, lunch, and dinner for at least 5 days. What will you serve? What do you need? Consider the foods you/your family likes, your food preparation methods, interests and skills, and the time and energy you will have for preparing meals.

Think nutrition- The healthiest meals emphasize whole grains, vegetables, and fruits—serve them in the greatest amounts. Meat portions should be smaller—this will save money and help keep dietary saturated fat in check.

Make a shopping list- and use it! You'll be less likely to forget items or buy impulse items. Stock up on nutrition-packed foods that will stay fresh for a week or longer.

Stick with your routine as much as you can- Eat meals at regular times. Keeping to some sort of schedule each day will help stave off boredom which may have you grazing on easily accessible foods all day.

Manage boredom- Stay busy and engaged—resist hanging around the fridge or mindlessly watching TV.

Try some new recipes- if you have never made homemade pizza, roasted a whole chicken, or cooked meatballs from scratch—now is a good time to try! There are lots of great recipes on the internet! Look for those that call for only a few ingredients and use common kitchen tools.

Keep hydrated

Braveheart Contacts

With the Braveheart team working from home during this time, you can reach us on the following numbers:

07979700112- Eva

07747457418 – Munira

07795283804 - May

Website/ Facebook

We're posting weekly updates on our Website & Facebook pages for anyone able to access these and stay connected:

www.braveheart.uk.net

FB: The Braveheart Association (we also have a private members group you can join!)

During this time we're looking at producing a monthly newsletter. If you'd like to **suggest any news or send any recipes or poems** then please contact us on above details or email eva.finlayson@nhs.net

Thought of the month

The pandemic eventually will end and it would be great to emerge at the same weight and fitness level as before ... or even better!

Joke of the Month>>



"I'm incognito. I lost 20 pounds, and I don't want it to find me again!"

Strength & Balance Exercises

We will highlight three exercises per newsletter for you to try ☺

WALK YOUR WAY TO BETTER STRENGTH AND BALANCE

paths
for all



A set of simple exercises for adults who want to live life to the full!

Doing the 10 simple exercises in this leaflet at least twice a week in addition to taking a daily walk can help keep you strong and balanced – reducing the risk of falls. It can help people of any age living with long term conditions to become more active and to self manage their condition.

You can do the exercises as part of your everyday routine – for example try some knee bends while waiting for the kettle to boil, or do the sit to stand exercise during the advert breaks on television.

"My balance has improved and I can now pick up my feet with ease"

John, (Grangemouth walking group)

Keep safe while exercising

It is important to listen to how your body feels while exercising and stop if you experience anything that does not feel right to you. It is also useful that you know that strength and balance exercises can make your muscles feel more tense than usual – they might shake a little and feel warmer – this is normal when doing these activities. Seek medical advice however if you experience dizziness, chest pain, shortness of breath or muscle pain that does not go away. As with other exercise programmes, it is sensible to check with your doctor or nurse before you start on something new.

If you are not sure about your balance, find something stable to hold onto while doing the exercises, especially those that are marked with this symbol. Always make sure the floor is clear of things that might trip you up. Wear comfortable flat shoes while exercising and walking.

TAKE CARE

These exercises can help you improve your strength and balance which in turn helps you to stay active and independent in your everyday life.

Try and do the exercises in this leaflet twice a week.

Walking every day will help you keep active and healthy and is a great way to get out and about and meet people. Walking is often described by Health Professionals as the perfect exercise!

Every step counts – try and walk for 10 minutes 3 times a day, or 15 minutes twice a day, building up to a 30 minute daily walk if you can.

The more activity you do, the better you'll feel. Make a start today, it's never too late!

THE FRONT KNEE STRENGTHENER:

01

You can try this exercise while you are sitting in a chair - try this while you are watching TV!

Straighten your leg out, lift an inch, hold for a slow count of 3 and then slowly lower it again.

Try this 5 times with one leg, then another 5 with the other leg. Build up to 10 times per leg. You can progress further by sitting away from the back of the chair, keeping a straight back.

Exercise 1 & 2 strengthen the large muscles in your thighs that help you stand up and sit down. This will help with walking and with climbing stairs.



THE BACK KNEE STRENGTHENER:

02

Do this one standing in front of a bench or table.

Stand up tall and bend one knee, bringing your foot slowly towards your bottom. Hold for a low count of 3. Keep the knee of the bent leg slightly behind the knee of the straight leg.

Return to the starting position slowly.

Again, try this 5 times on each side at first and build up to 10 times with each leg.



KNEE BENDS:

03

Stand facing the bench or table as before.

Place your feet shoulder width apart. Bend your knees and squat down by about 10cm (4") by bending your knees. Come up and repeat. Keep your back straight and don't let your knees extend over your toes.

This exercise will strengthen the big muscles in your hips and thighs, and will improve your balance. This can help when climbing stairs, walking, or bending to speak to someone.

Try this exercise 5 times and build up to 10 repetitions as you get stronger. You could also hold the squat for a few seconds.



Due to the Coronavirus Pandemic our Braveheart Office in Clackmannanshire & Falkirk are closed. Our D.O May Richmond (07795283804), Eva Finlayson (07795283804) & Healthy Living D.O Munira Farara (07747457418) are still available on to take your calls.

These numbers can be used at any time for information on local services, help in your area or just a friendly chat. Please don't feel alone in this unusual

time just pick up the phone or email us at

may.richmond1@nhs.net / eva.finlayson@nhs.net / munira.farara@nhs.net



PREVENTS OBESITY

BOOSTS YOUR MOOD

CONNECT WITH NATURE

BUILD STRENGTH

HELPS YOUR CONCENTRATION

paths
for all

Everyday walking for a happier, healthier Scotland

Join the British Trust for Ornithology Garden Bird Watch this Spring:

https://www.bto.org/our-science/projects/gbw/join-gbw?dm_i=IG4,6TC8W,FQ9O97,RAFD,1



Useful Numbers

NHS Inform	0800 22 44 88	Open 24hours
Falkirk Council Support Line	0808 100 3161	Open 7 days. Signposts people to wide range of support
Mind (mental health charity)	0300 123 3393	
Carers Centre	01324 611510	
Age UK	0800 169 6565	
The Trussell Trust Food Bank (Falkirk)	07809340919	

Message from Board of Trustees

As we come to the end of our third week of lockdown, the world is adjusting to this new set circumstances that define how we can live our lives. We do this as individuals, potentially as a family member and as members of the wider society. There are challenges in every element of this, but it is important to recognise that it is not all bad news. Neighbours who had never spoken to each other before are now coming together to support others in their communities. The solidarity seen across the whole of the UK for the NHS and other frontline staff, has been uplifting.

Braveheart exists to support people's health in whatever way we can. We do this in a number of ways, usually through face to face contact. Clearly, this is not possible at the moment with all our offices and facilities closed. We are exploring how we might continue to work with people and to enable them to live healthy lives. We are looking at technology to help us to do this, as well as the more traditional routes of letter writing and using the phone. We do not want to lose touch with anybody during the lockdown and if you feel that this has happened, please get in touch with us. All contact details you will find elsewhere in this newsletter

An important task for us over the coming weeks is to seek insights and possible solutions to the unique challenges that we face. Over the years, Braveheart has built small communities of people through the walking groups, through the mentoring groups and through the other classes that we provide. We would love for those communities, in some shape or form, to continue to support each other in the weeks and months to come. We are looking at ways we could do that and would welcome your suggestions.

Currently, all our staff are still working and would welcome your ideas and suggestions.

We also have a commitment to those organisations that provide funding for Braveheart. So far, all funders are continuing to support us, and we thank them for this. The staff are working particularly hard on developing more innovative ways of delivering on our promises.

We are seeing some parts of the world return to more "normal" and we can look forward to that happening across the UK. A key priority for the board is to make sure that when this happens in the UK Braveheart is in a great position to continue to provide resources to the people of Forth Valley. We know that what we do works and helps to create a more healthy community.

We may be a few weeks away from that situation and we would ask that you share with Braveheart any ideas that you have that will help us evolve and respond to the meet your needs. Remember that everyone will be responding to the current situation in different ways. Ways that are the product of their own unique set of circumstances.

Please keep yourselves safe and healthy and we look forward to hearing from you.

Gordon Thomson (Chair)
On behalf of the Board of Trustees

