



Braveheart's May Newsletter 2020



Braveheart
For healthy lives



Braveheart hopes our newsletters bring a smile to your face and a spring to your step. During these uncertain times we aim to bring to support, encouragement and connection ☺

Our next Newsletter is due out in June 2020

Poem by Walker Irene Steel

A Fine Summers Day in Forth Valley

A fine Summers day in Forth Valley
It starts with a morning mist.
Then the vapors rise, it's like paradise
As the land, by the sun is kissed.

It's grand to be here in Forth Valley
As the warm breeze fans your cheek
And the sun climbs high, in the blue blue
sky
As it lights upon every peek.

Oh, it's grand to be here in Forth Valley
At the end of a warm summers day
As you go to bed, with your face burnt red
With a prayer for another fine day.

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!)

A kind reminder to send us anything you'd like us to add to our next newsletter
eva.finlayson@nhs.net

Mental Health Awareness Week – Choose Kindness

**MENTAL HEALTH
AWARENESS WEEK
KINDNESS** 18-24 MAY 2020

Kindness increases

THE LOVE HORMONE



kindness releases oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism.

ENERGY



About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth.

HAPPINESS



A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

LIFESPAN



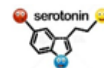
People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, this is a stronger effect than exercising four times a week.

PLEASURE



According to research, when you are kind to another person, your brain's pleasure and reward centres light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "helper's high."

SEROTONIN



Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

Kindness decreases

BLOOD PRESSURE



According to Dr. D. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardioprotective"

PAIN



Engaging in acts of kindness produces endorphins—the brain's natural painkiller!

STRESS



kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

ANXIETY



A group of highly anxious individuals performed at least six acts of kindness a week. After one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals according to the University of British Columbia Study

DEPRESSION



when we give of ourselves, everything from life satisfaction to self-realisation and physical health is significantly improved. Mortality is delayed, depression is reduced, and well-being and good fortune are increased. Dr. Stephen Post, Ph.D. bioethics professor, Case Western Reserve University School of Medicine.

For support and resources visit

➡ <https://nhsforthvalley.com/covid/local-support/>

Or call – 0800 111 4000

Strength & Balance Exercises

Following on from last month's Newsletter, here are more Strength & Balance exercises for you to try ☺

SIT TO STAND:

04

This exercise is designed to help you get in and out of your chair easily.

Sit on a chair that is not too low. Move forward into the front third of the chair. Put your feet flat on the floor, then slide them back slightly.

Lean forward over your knees keeping your head and shoulders high and push up through your heels to a standing position. Try not to use your arms, just your legs.

Sit back down and then slowly repeat 5 times, building up to 10.



CALF RAISES WITH SUPPORT:

05

Stand facing the bench or table as before.

Hold on and look straight ahead.

Position your feet hip width apart. Slowly and with control come up onto your toes, hold for a slow count of 3 and lower your heels back down.

Repeat this exercise 5 times, building up to 10 or more. As your balance improves, try holding on with just one hand or fingertips.

This exercise strengthens your calf muscles and toe joints. It helps you manage everyday activities such as hanging out washing, or reaching up into high cupboards.



TOE RAISES WITH SUPPORT:

06

Stand tall beside a bench or table.

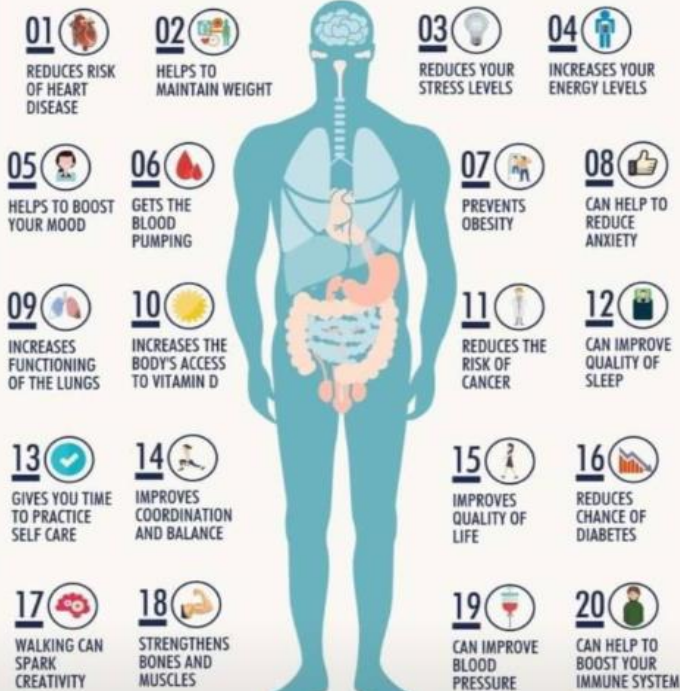
Hold on and look ahead. Your feet should be hip width apart. Come back onto your heels, raising the front of your feet off the floor, then lower your toes back to the ground. Don't let your body hinge at the hips, keep the body as straight as possible.

Repeat this exercise 5 times and build up to 10 or more. As your balance improves, try holding on with just one hand or fingertips.

This strengthens your lower leg muscles and will make it easier for you to step backwards, or do fun things like push your grandchildren on the swings!



20 BENEFITS OF WALKING 30 MINUTES A DAY



Volunteer Rab's fantastic snap of the Kelpies when out a cycle

Mays Smoothie Recipes

(for more meal recipes visit our website News section)

Smoothies and soups are a great way to ensure you are boosting your immunity with plenty of phytonutrient-rich fruit and vegetables. In today's busy world it can be hard to find time to prepare and eat a really nutritious meal, but these are quick to make and couldn't be healthier.

HIGH PO.

High potassium, that is. One serving supplies around half the day's requirement of potassium, which helps prevent high blood pressure and keeps muscles and cells healthy.

1 ripe banana, 6 strawberries, 8 fl ozs / 250 ml apple juice, 4 tsp lemon or lime juice.

Combine the ingredients in a blender and puree.

BLUEBERRY SMOOTHIE.

This is packed full of antioxidants such as vitamins C.E and A and the mineral selenium, as well as heart-healthy magnesium.

Half a pear, peeled. 2 and half oz / 70g blueberries, 4fl oz / 125ml fortified soya milk, 4fl ozs / 125ml live natural yogurt, 1tbsp unsalted sunflower seeds.

Combine the ingredients in a blender and puree.

CREAMY ORANGE PINEAPPLE REFRESHER.

This is particularly beneficial when you're suffering from a cold or bacterial infection as the fruit is full of vitamin C and the wheatgerm contains zinc.

4fl ozs / 125ml orange juice, 3 and a half oz. / 100g canned pineapple chunks, 4fl oz / 125ml vanilla low fat yogurt, 1tsp wheatgerm.

Combine the ingredients in a blender and puree.

KIWI STRAWBERRY SMOOTHIE.

Try this for relief of P.M.S symptoms as it is high in vitamin E, calcium and magnesium. The vitamin B6 and carbohydrates can also help relieve stress.

1 ripe kiwi, peeled, 5oz / 150g strawberries, sliced, 8fl oz / 250ml fortified soya milk, and three quarters tsp fructose.

Combine the ingredients in a blender and puree.

Answers in next month's newsletter!

INTERPRET THE FOLLOWING:

1 SAND	2 MAN BOARD	3 STAND	4 R/E/A/D/I/N/G
5 WEAR LONG	6 R ROADS	7 NOT	8 CYCLE CYCLE CYCLE
9 LE VEL	10 M.D. PH.D. B.S.	11 KNEE LIGHTS	12 III I
13 CHAIR	14 DICE DICE	15 TOCOT	16 GROUND
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 G.I. CCC	22 PROGRAM	23	24 YOU JUST ME

GROWL (Grumpy Old Man)

by volunteer Ian Parker

Well hullawrrrrr chinas, it's me, your wee treasure back again. Treasure? Well, folk keep sayin' tae ma wife "Where did ye dig him up fae?". Anyway I shouldnae mention China wi' a' this Coronavirus gaun about. It's a whole new language for me, Covid-19, Ah wis jist getting' used tae VHS after changin' fae Betamax. An' a' this social distancin', anti-social distancin' I call it. As for this lock-doon, I prefer a lock-in masel'. Anyway it is whit it is an' if it keeps auld codgers like me fae snuffin' it then it's worthwhile. As long as the young yins can keep to it tae.

Talkin' o' young yins, they're getting' harder an' harder tae figure oot. See this fad for double-barrelled names, it's a double-barrel shotgun they're needin'. Mind you there used to be a golf pro at the Falkirk Tryst called Donald Slicer, some name for a golfer eh? Although it could be worse, ye either slice or hook a ball in golf so he could have been Donald, well let's no go there.... Anyway there was another player on the Scottish circuit at that time, a fella by the name of Kevin Bacon. Just imagine if their son and daughter had got thegither, wid they have been Bacon-Slicer or just as bad Slicer-Bacon? Ha, ha.

Another thing is the latest fashion o' tattoos aw ower yer legs. Ah wis just thinkin' though, maybe some of us auld yins wid benefit if we got oor hoose number and postcode tattooed oan yer leg, then when ye got lost, somebody could take ye hame. Mind you, ye'd have tae leave room underneath for "no longer at this address" if ye move hoose or tae an auld folks' home. On the same subject, ma pal Bob, he's a bit o' a skinflint, wis tellin' me the other day that his wife wanted a tattoo wi' his name on it for her birthday, so he got a B tattooed on each cheek o' her bahookie!

Well, I could rattle on mair but I'll leave that for another day. Keep cheery (well as cheery as us auld yins can be). Cheerio the now.

Feedback from Volunteers & Service Users

We're living in unusual times and as we look to exit lockdown and resume Braveheart activities we'd love to hear your feedback. Braveheart services have been designed from consultation and we value your thoughts.

Please send any feedback to Anne.black1@nhs.net or call Eva on number above

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For healthy lives

Message from Braveheart Board

We are approaching the end of our second month of lockdown, and we would encourage us all to continue to abide by the guidance, wisdom and recommendations of those we have all been turning to for guidance. We have all been tuning in, probably daily, to hear the local and global news, and taking advice on how we should adjust our way of life. You will have seen that easing, albeit very minor, have now been put in place in certain countries. Our neighbours in England now being able to consider aspects of travel and meeting, but in safe and controlled ways. We at Braveheart will continue to track these changes regularly and move to act in line with all Scottish Government recommendations.

Our core aim, as always, and now more-so than ever, is to get people out walking again as soon as we possibly can. This has to be done in the safest and most practical ways possible and in line with guidelines for everyone's safety and well-being for the long term. However, at this stage, we cannot re-start our walking groups or any of the other activities that bring people together.

Through the continued dedication and hard work of all the staff at Braveheart we have been thinking of new, exciting and innovative ways in which we can go forward together after lockdown. We have all seen people and families out walking over the last few weeks, perhaps more than usual. We want to encourage this to continue. We are therefore planning to develop new walk routes, and new types of walks to build on the increased numbers of people enjoying this very social form of exercise. These will be in both town and country and even on the door step.

The sense of both community spirit and the regular 8pm applause and singing heard across the Forth Valley and usage of Kitchen ware to celebrate all those dedicated to helping and supporting us all has been simply wonderful and truly sets a new way forward in respect of other's selfless and tireless efforts.

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 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. We have also great news, and despite the immense pressures being faced by the NHS just now we are delighted to confirm our 2020/2021 funding has been granted by them and as such strengthens their commitment to Braveheart as what we do works in creating a healthier happier community.

There will be challenges ahead for many, and the world will change, that is for certain. We believe those changes are an opportunity to be part of a better community. A community full of diverse new opportunities with a significant shift in mind set to create a better work/life balance, a new focus on walking and enjoying our beautiful Scotland. At Braveheart we are preparing to fully embrace those changes, ready for an exciting year ahead.

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

This is Timeless....

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

