



Braveheart's July/ August Newsletter 2020



We have been doing a lot of work behind the scenes to prepare for Braveheart activities resuming and adapting our ways of working moving forward. Hopefully this Newsletter will bring a smile to many people's faces! We look forward to seeing you soon 😊

Braveheart's next newsletter is due out in September 2020

New Staff Emails

As we have migrated to a new email server please see below for Braveheart staff members new email addresses:

Manager:

anne.black3@nhs.scot

Support Worker:

maureen.forbes@nhs.scot

Health D.O:

munira.farara@nhs.scot

Walking D.O (Falkirk):

eva.finlayson@nhs.scot

Walking D.O (Clacks):

may.richmond@nhs.scot

!Falkirk Weekly Walks Resuming!

With recent Government and Paths for All guidance update walking groups can meet outside in groups of up to 30, keeping 2m social distancing. We can now progress forward from our Buddy Walks...

*We're therefore delighted to announce that our weekly walks will restart on **week beginning Monday 7th September***

This also includes our two night walks 😊

Please note our Dawson walk will commence on Wednesday 16th September due to Walk Leader holidays- please now meet to left of old Co-op building. Our FVRH walk will meet next to bike racks on left at hospital front entrance.

Please carry hand sanitiser, a face mask and a bottle of water. All safety measures will be highlighted at the start of each walk.

We are welcoming all current Braveheart walkers back and look forward to seeing you then. If you'd like to join a Braveheart walk for the first time then please contact Eva on 07979700112 or eva.finlayson@nhs.scot



Clackmannanshire Walks Update

A warm welcome from May, Walking D.O for Clackmannanshire.

All of our volunteers have been very busy over the last few months delivering shopping, medicines, and taking peoples dogs out on walks whilst they were shielding.

We have also been delivering 1-2-1 walks where our Walk Leaders arrange to meet you at a certain point and take you out on a bespoke walk according to your fitness needs. This is proving to be very successful and something we will continue with. To book a 1-2-1 walk please call May on 07795283804.

Our group walks are back, following Government guidance:

Tuesdays- 12 noon

Bomar to the Wetlands (meeting at the Bowmar Centre)

Wednesdays- 11am

Circular walk from Clackmannanshire Community Healthcare Centre (meeting outside wards 1&2- back entrance)

Thursdays- 11am

Sauchie- we have two walks which include a 20minute circular flat walk and a 40minute circular walk taking in the views from Sauchie Tower (meeting outside Sauchie Hall)



Healthy Living Programme

In support of Braveheart's mission, we make it our priority to educate, inform and serve our community. Through Our Healthy Living programme, we are committed to providing you with the most current and reliable health and wellness information, including prevention, early detection and disease management education. We value this relationship with you, and our goal is to help you access resources and make informed health decisions to promote a sense of health and well-being.

Virtual Healthy Living Programme

With our in-person workshops and groups suspended as a result of COVID-19, we are now offering our Healthy living workshops online. The same great workshops brought to you in your own home!

Looking to find Online Support to help you with your Health Condition?

My Health For Life workshops can help!

My Health For life Programme

A 6 week, interactive, web-based sessions for those who are looking for support to optimally manage their health. Each week, participants will be encouraged to use self-management skills and make a plan that supports healthy changes that are important to them and match their own needs and lifestyle. In addition to learning about healthy living, participants develop skills in areas such as goal setting, problem-solving and communications.

The workshops are designed to be practical, enjoyable, non-judgmental and accessible to a wide range of participants. The group will be sharing experiences and learning together; it is not about testing knowledge.

It is not specific to any one disease, but instead addresses a variety of topics that are commonly encountered when dealing with ongoing health conditions, including but not limited to heart disease, diabetes, asthma, COPD, high blood pressure, chronic pain or arthritis.

The programme can be accessed from any device with an internet connection and is designed to accommodate all levels of computer skills. The programme is FREE to individuals from Ethnic Minority Groups across Forth Valley who are living with one or more long-term health condition as well as their caregivers.

participants will receive an orientation session to join the virtual platform prior to the workshop start.

To learn more about the My Health For Life Self-Management Programme or to register for an upcoming programme please contact munira.farara@nhs.net / 07747457418.

Healthy Weigh With Braveheart

Whether you are at a healthy weight or would like to lose weight, Healthy Weigh With Braveheart teaches skills and builds confidence that help you make better choices that fit your lifestyle. Look for our upcoming and user-friendly format in our web and Facebook pages.

The programme will help you:

- remove judgment
- realise that you always have choices: about what foods to eat, what you can do about your feelings and behaviours, and how much you want to change your life
- reach your weight and health goals
- learn helpful facts and tips to use at home, at work, or on the run

For more information please contact munira.farara@nhs.net / 07747457418

Art and Craft Classes

These classes are perfect for your whole family to spend quality time together, and to be creative individually and also as a team.

Our simple and exciting art and craft activities for different age groups are quick and easy to do, and do not need any elaborate materials. With things that are easily found at home, you and your kids can get creative and use time well.

The classes are run on Tuesdays 2- 4 pm via Zoom. If you are interested in joining please contact munira.farara@nhs.net / 07747457418

Cooking sessions

Do you enjoy cooking? Are you looking for the opportunity to learn new skills and be inspired in the kitchen?

Forth Environment Links Climate Kitchen Garden Project, are offering community groups and organisations the chance to take part in online cooking sessions via [zoom](https://zoom.us).

The sessions are designed to be fun, relaxed, and informative. It is a great way of learning new recipes, gaining top tips on how to reduce food waste, understanding the benefits of local and seasonal food shopping, and creating cost-effective meals that are healthy and nutritious.

You will be working alongside Climate Kitchen Project Officer Vicki.

Unable to cook with Vicki but still interested in taking part? No problem, there is no pressure to cook alongside Vicki, groups are more than welcome to watch the sessions and then cook the recipes later if they wish 😊

There are currently two groups For Braveheart service users on Wednesdays 10:30 am- 12:00 noon and Thursdays 7:00- 8:30 pm

For more information please Contact vickif@forthenvironmentlink.org Or if you want to join a group please contact munira.farara@nhs.net / 07747457418

Message from Braveheart Board

As Scotland slowly moves towards Phase 4 of the relaxing of the Covid restrictions, the staff at the Braveheart Association have resumed some activities and are making plans to restart others. The Braveheart Association is also undertaking new projects and forging forward to ensure that current projects support all those that it can in new and varied ways. However, all must be done with caution and in line with Scottish Government guidance to ensure staff, volunteers and service users remain as safe as they possibly can. It's a really exciting time for Braveheart. In addition to the regular walks, advice and workshops and services offered, we are hoping to restart the 'Top Toes' nail cutting service later this year.

Falkirk is an incredible place to live; it was awarded Britain's Best Walking Neighbourhood in 2019 by the Ramblers Association and its network of paths and tracks is incredible. We are all surrounded by an extensive network of paths and tracks and have had access to these during lockdown. Maybe you've noticed the little things over the past few months? The plants sprouting and flowering, the leaves on the trees turning from a vibrant green to a dark green, the sunsets and the wildlife reproducing! Maybe you've found some new, beautiful and unusual places to visit locally?

It's been testing times for all of us, and no doubt there will be more tough times to come. However, the Braveheart Association is resilient, flexible and forward thinking. Its staff, Board, volunteers and service users are dedicated and inspiring. I know we can all inspire ourselves and others to live healthier and happier and make positive changes to our own lives and other people's lives. I know that the future is bright with Braveheart.



Roe Deer- Charlie Colliar

Braveheart Contacts

With the 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 regular updates on our Website & Facebook pages for anyone able to access these and stay connected:

www.braveheart.uk.net

FB: The Braveheart Association

