



Braveheart's Christmas Newsletter 2020



Braveheart is delighted with everyone's feedback and positive response as we relaunch our walks, health support activities and Top Toes service, following Covid lockdown. We wish everyone a Merry Christmas and a Happy New Year and looking forward to seeing you all in 2021.

***Braveheart's next
newsletter is due out in
Spring 2021***

Thank you

We'd like to thank all of our service users, volunteers and partners for their ongoing patience, support and feedback as we begin to relaunch our activities following lockdown.

THANK YOU!

Braveheart 2021 Calendars

Walk Leader and Board Member, Charlie Colliar kindly produced wildlife calendars for Braveheart. This was to replace lost funds as we were unable to collect from our annual Sponsored Walk. All photographs were taken in Scotland by Charlie himself. Thank you to everyone who purchased one. We have raised around £500 so far (inc donations), thank you. We have remaining calendars for anyone who would like one (£8) ☺



Rod pictured on our Volunteer Day Out to Loch Katrine and on our Monthly Walk with fellow Leader, Brian Robertson.

Fantastic photographs taken by Walk Leader, Robert Snedden.

We'll all enjoy looking back on these fond memories of Rod for many years to come.



Walk Leader Rodney Moore

We're all deeply saddened to hear the news of Rod's passing in November. It's been a hard month for everyone at Braveheart. We paid our respects, alongside many others, as he received the send-off he deserved.

Rod trained as a Walk Leader back in early 2017 after taking semi-retirement from the Ambulance Service. He knocked Braveheart's door one day, when working in Falkirk Community Hospital, and said "this is something I'd like to get involved in, why not". Since then Rod made many friends through Braveheart and supported both our weekly & monthly walks. He had a big heart and a wonderful outlook on life. He was dedicated and compassionate in both his professional and volunteer roles. His fun attitude brightened anyone's day and everyone commented on how much they enjoyed hearing all his interesting stories.

He'll be sadly missed but always in our thoughts. Thoughts are with his family and friends at this devastating time.

Walking Development Officer, Eva.



Clackmannanshire Walks

Clacks walks have been going from strength to strength after relaunching. We continue to run these in small groups and as 1-2-1 walks.

We would like to welcome Rochelle, Karen and Lauren, our new Walk Leaders, who completed their online training in December. We look forward to welcoming you on our walks.

- **Tuesdays** - 12noon - Bowmar to the Wetlands. Meeting at The Bowmar Centre
- **Wednesdays** - 11am - Circular walk. Meeting at Clackmannanshire Community Centre
- **Wednesdays** - 11.30am - Tullibody Circular walk. Meeting at 62 The Orchard (the old St Bernadettes School, Tullibody).
- **Thursday** - 10.30am - Sauchie Circular walk. Meeting outside Sauchie Hall.
- **We also can provide 1-2-1 bespoke walks leaving from arranged meeting points.**

Clacks walks are off the week beginning the 21st & 28th December. All walks resume week beginning the 4th January ☺

Please contact Clacks Walking D.O May on 07795283804 / may.richmond@nhs.scot for more information.



Falkirk Walks

Since starting our weekly walks back in September, we're delighted with the number of walkers who have returned and who we continue to support. We've received great positive feedback, thank you. From January to March and September to December we've welcomed 30 new walkers to our Falkirk groups. Welcome ☺

Our Linlithgow Loch Walk has now come to a close. We're delighted to announce our new Helix Park walk taking its place.

We meet every Sunday, 1.30pm at Falkirk Stadium front entrance. Walk Leader Martin looks forward to seeing you then!

Our Falkirk walks are continuing as normal throughout the Festive period. Our Friday walks will be off on Christmas Day and New Year's Day.

"The walks have been a saviour during this time"



We have an exciting new NHS partnership starting in January 2021. We will be working alongside the Diabetes Prevention Team to support individuals to enjoy short supported walks in both Denny and Bonnybridge.

Furthermore, we aim to launch two new Weekly Walks by Spring 2021. These walks will be in both Denny and Grangemouth. If you'd like to get involved as a volunteer or as a walker then please show your interest with Eva. We'd love to hear from you ☺

For information on any of the above please contact Falkirk Walking D.O Eva on eva.finlayson@nhs.scot / 07795283508

My Health for Life

A Self-management Programme for Long-term Health Conditions

Don't let an ongoing health condition rule your life, Make a step-by-step plan to improve your health—and your life.

Living with a long-term health condition such as diabetes, arthritis, high blood pressure, heart disease, pain, or anxiety can be a daily challenge. But it doesn't have to be.

My Health For Life Programme offered by The Braveheart Association can help you take charge of your health—and feel better!

Trained Volunteer Health Mentors offer guidance and support, but participants find practical solutions individually and together in mutually supportive one to one and small group setting. Participants choose their own goals and track their own progress toward success.

Sessions are now running at the Braveheart Connections Hub at the Howgate Shopping Centre, Falkirk on Tuesdays each week.

Anyone from BME (Black and minority ethnic) community in Falkirk and District, living with a long-term health condition is welcome to attend. Family members, friends and caregivers are also welcome.

Don't delay... Register today! Please Contact Munira Farara on 07747457418 or email munira.farara@nhs.scot

Healthy Way with Braveheart

Welcome to a new way to look at weight

Healthy Way with Braveheart provides a fresh take on achieving and maintaining a healthy weight. The programme is about adopting healthy habits and acquiring the skills that you can sustain for life and naturally lead to finding and maintaining your own healthy weight.

Free One to One adult weight management is now running on each and every Monday at the Braveheart Connections at the Howgate Shopping Centre.

You need to book your session

For more Information or to book your place please contact Munira Farara on 07747457418 or email munira.farara@nhs.scot

Message from Braveheart Chair Gordon Thomson

What a year it has been!!

As we approach the end of 2020, there is some evidence of light at the end of the long and tortuous tunnel created by COVID 19. Despite, or maybe because of this, it has been a remarkable year for Braveheart. I think we have managed to preserve and build the "Braveheart Community" despite all our normal activities being suspended for a significant period of the year. We have achieved this through the hard work, endeavour and imagination of the staff who have found new ways of connecting with you. The fact that so many were willing to engage with those new ways, is a credit to everyone.

COVID 19 has put a real strain on the health of the people across Scotland and it is recognised that what Braveheart, and other charities can offer, will be in greater demand as a consequence of the pandemic. Braveheart has developed plans to meet this increase in demand. Whilst we cannot be certain of what 2021 will hold, I know that Braveheart is very well placed to deliver all that we do and more, in more innovative ways.

On behalf of the board at Braveheart, please take time to reflect on the invaluable contribution that you have made to Braveheart over the last 12 months. Whether you are a member of staff, a volunteer, or someone who engages with the services we offer, we want to thank every one of you. We wish you a fantastic festive season when I hope we will be permitted to reconnect with friends and family as we did last year and the years before. Perhaps we will enjoy it just a little more as it has seemed out of reach for so long.

Gordon Thomson, Chair



Braveheart Contacts

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

07979700112- Eva - Falkirk Walking D.O
07747457418- Munira - Health D.O
07795283804- May - Clacks Walking D.O
01324 633505- Maureen Hill - Top Toes



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