



Braveheart's Spring Newsletter 2021



Braveheart
For healthy lives



After what's been a challenging winter we're delighted to be able to relaunch our Braveheart activities and look forward to welcoming everyone back. We have a full year ahead and hope you enjoy what we have in store.....

Braveheart's next newsletter is due out in Summer 2021

Thought of the Day

Advice from A Wolf

Trust your instincts

Be at home in nature

Keep your den clean

Stand for what you believe

Stay on track

Howl with your friends

Be a leader

Pack life with good memories



Jean Glen

We're deeply saddened to hear of the passing of former Walk Leader and walker, Jean Glen. Jean had been involved with Braveheart for many years and would never pass you without saying hello and for a chat. She formed many friendships on our walks and continued to have a smile on her face. Thoughts are with her family at this time.



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

Healthy Living Groups



It is great news that we have been able to run most of our support groups online via Zoom, and this is available to both existing and new group members seeking support with their health and wellbeing.

The timetable of virtual support groups is as follows:

- ✚ Weight Management Support Group: Mondays 10-11 am
- ✚ Self- management Support Group for long term health conditions: Tuesdays 7-9 pm (Resume 17th May)
- ✚ Self- management Support Group for long term health conditions: Wednesdays 7-9 pm (Resume 17th May)

To register your interest in attending any of our support groups, simply email Munira at munira.farara@nhs.scot or call on **07747457418** with your contact details and the group you are interested in attending.

Our 1-2-1 Weight Management and Self-management Support services are also continuing remotely via Zoom and telephone and we plan to resume sessions in person by Monday 17th May.

We understand the huge impact that the long period of lockdown has had on people's mental and physical health, and we are here for you. Please do get in touch if you would like to access our services.



We are Recruiting for Volunteer Health Mentors

Braveheart has many fantastic volunteers who give their time to help others and for this we are truly grateful!

Community connection has been the basis of the Braveheart Health Mentoring Project and we need you to help continue this life saving work. Volunteer Mentors are from diverse backgrounds who have an interest in community participation. We are looking for compassionate, empathetic and non-judgemental people to give something back. The aim is to create a supportive and trusting relationship where people can thrive. Please get in contact if you think this could be you! Email Munira at:

munira.farara@nhs.scot or call **07747457418**

Falkirk Walks

Weekly
Walks 2021

Braveheart
For healthy lives

Social distancing
measures apply

Smart Move with Braveheart

Come and join our free, friendly, low level weekly walks encouraging everyone to become more physically and socially active within our community. Our walks are open to everyone, of all abilities, and we also support people living with long term conditions, Dementia and sensory impairments. No need to sign up, just turn up...our locally trained Walk Leaders look forward to seeing you there. We then enjoy tea & chat in the cafe after our walk.

Monday- Polmont Woods, 10.30am

Meet in pedestrian area behind Aldi
(1hour medium or 45min medium paced walk option)

Monday- Callendar Park, 2pm

Meet at Callendar House
(1hour brisker/ medium or 30min slow paced walk option)

Tuesday- Forth Valley Royal Hospital, 10.30am

Meet at hospital front entrance bike racks
(1hour brisker, 45min medium or 30min slow paced walk option)

Tuesday- Polmont Canal, 6.30pm (April- October)

Meet in main car park at Polmont Railway Station
(1hour medium paced walk option)

Wednesday- Dawson, 10.30am

Meet in car park adjacent to Carron Medical Centre
(1hour brisker or 1hour medium/ slow paced walk option)

Wednesday- Bonnybridge, 10.30am

Meet behind the Royal Hotel, High Street
(1hour medium or 45min slower paced walk option)

Thursday- The Helix Park, 7pm (April-October)

Meet at Falkirk Stadium Car Park
(1hour medium paced walk option)

Friday- Stenhousemuir, 10.30am

Meet outside the Plough Hotel, Town Centre
(1hour brisker, 45min medium or 30min slow paced walk option)

Friday- Camelon, 11.30am

Meet at Forth Valley Sensory Centre
(1hour medium/ slow paced walk option)

Friday- Denny, 2pm

Meet in Denny Sports Centre car park
(1hour medium or 30min slow paced walk option)

Saturday- Callendar Park, 10.30am

Meet at Callendar House
(1hour brisker/ medium or 30min slow paced walk option)

Sunday- Canada Woods, 1.30pm until further notice (once Helix Park)

Meet at public car park next to Canada Woods Restaurant
(1hour medium paced walk option)



For more information please contact eva.finlayson@nhs.scot / 01324 673703 / 07795283508



The Braveheart Association is a Scottish Charitable Incorporated Organisation, Charity No. SC034617

We're delighted to be launching our BRAND NEW Denny Weekly Walk on Friday 7th May at 2pm. Meeting in Denny Sports Centre car park. No need to sign up, just turn up 😊

We've been busy providing online Tea and Chat sessions to give updates and allow people to connect. We also ran a 4 week block of Strength & Balance to get everyone moving before our walks restarted. Both sessions were very popular therefore we hope to provide more soon - keep a look out for further updates nearer summer.

Clackmannanshire Walks

Weekly
Walks
2021

Braveheart
For healthy lives

Social
Distancing
Measures
Apply

Smart Move with Braveheart

Come and join our free, friendly, low level weekly walks encouraging everyone to become more physically and socially active within our community. Our walks are open to everyone, of all abilities, and we also support people living with long term conditions and Dementia. No need to sign up, just turn up...our locally trained Walk Leaders. We look forward to seeing you there.

Tuesdays- Bowmar to Wetlands Walk 12-12.30pm

Meet at The Bowmar Centre
Re launching 13th April 2021

Wednesdays- Tullibody to Cambus Walk 11.30-12.15pm

Meet outside the old St Bernadette's School
Re launching 14th April 2021

Wednesdays- Community Circular Walk 11-11.30am

Meet at Clackmannanshire Community Healthcare Centre
Re launching 14th April 2021

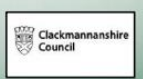
Thursdays- Sauchie Circular Walk 11-11.30am

Meet outside Sauchie Community Hall
Re launching 15th April 2021

For more information, please contact Clacks Walking Development Office May on 07795283804
may.richmond@nhs.scot

Visit www.braveheart.uk.net

Find us on Facebook: The Braveheart Association



Braveheart Association is a Scottish Charitable Incorporated Organisation. Charity No. SC034617

We're also pleased to say that both Walking Development Officers have completed their online Cascade Walk Leader Training and online Cascade Dementia Friendly Walk Leader Training. This will enable Braveheart to train and upskill new volunteers on a regular basis. For more information on training or volunteering please contact Eva on eva.finlayson@nhs.scot

Forth Valley Top Toes

Forth Valley Top Toes recommended clinics reopened at the end of March.

Connections Hub (Howgate Centre):

Mondays, 9am - 1pm

Tuesdays, 9am - 4.30pm

Wednesdays, 9am - 4.30pm

Thursdays, 9am - 1pm

Fridays, 9am - 1pm

Meadowbank Health Centre:

Mondays, 12pm - 4.30pm

Bonnybridge Health Centre:

Thursdays, 12pm - 4.30pm

For a nail clipping appointment please call 07596 375674 or email maureen.hill@nhs.scot

Message from Braveheart Chair Gordon Thomson

As spring weather creeps towards us, so too does the very real prospect of life returning to some sort of normal. The weather is getting a bit warmer, the nights a little longer and there is a programme laid out by the Scottish government where the barriers of the last 12 months are slowly scheduled to come down. Most of us will have had our first, if not our second vaccination and we can look forward to brighter days ahead.

This is all great news and the product of every one of us modifying our behaviour as well as the arrival of fantastic vaccines to help keep us safe. None the less, it is important that our rejuvenation does not cause us to move faster than we should. This applies to us all as individuals and of course, to Braveheart as an organisation. We have a duty of care for our employees, our volunteers and all those that engage with what we do. We recognise that what Braveheart offers will be more important to more people than ever before. Lockdown has had a negative impact on the physical and mental health of many people, and we know Braveheart can be part of that recovery. Many of you who are enthusiastic to return to walking with Braveheart, to get back to regular exercise and chatting with people you have not seen for many months. And this is starting to happen, albeit we will need to wait before we can have that coffee and biscuit in the local café. We also know that there are many people who would love to join us in what we do. In the medium to long term, we do hope to facilitate more people within Braveheart and in the short term, we will focus on accommodating those people who are reading this newsletter. We will also continue to develop the suite of resources that are available for you to enjoy. Below is a summary of resources that we offer. These will evolve over time.

<i>Programme</i>	<i>What is it?</i>	<i>Benefits</i>
Walk with Braveheart Falkirk - contact Eva Finlayson Walking Development Officer E: eva.finlayson@nhs.scot T: 01324 673703 M: 07795283508 Clacks - contact May Richmond Walking Development Officer E: may.richmond@nhs.scot T: 01259 290323 M: 07795283804	A programme of regular walks across Falkirk and Clackmannanshire catering for all levels of fitness. Open to all and we also support those living with long term conditions, Dementia and sensory impairments.	<ul style="list-style-type: none">• Increased physical and mental health• Reduced obesity and type 2 diabetes• Reduced social isolation• Provides daily routine
Healthy Way with Braveheart Contact Munira Farara Health Development Officer E: munira.farara@nhs.scot T: 01324673702 M: 07747457418	A weight management and health promotion programme. Support is offered to encourage healthy eating, increased physical activity, and promote even small weight loss.	<ul style="list-style-type: none">• Lose weight and keep it off• Reduced health risks• Prevents or reverses certain diseases such as type 2 diabetes• Improved quality of life• Enhanced social interaction and shared experience
My Health for Life Contact Munira Farara Health Development Officer E: munira.farara@nhs.scot T: 01324673702 M: 07747457418	A programme designed to empower adults from ethnic minority background with long term health conditions to improve their health and quality of life. Through a mutually supportive and interactive education process, participants practice skills and coping strategies to meet their specific needs and take charge and control of their health.	<ul style="list-style-type: none">• Improved health status & quality of life• Greater self-efficacy and empowerment• Enhanced partnership and communication with health care providers• Increased social interaction and shared experience

Exercise Gym @ The Hub Contact Munira Farara Health Development Officer E: munira.farara@nhs.scot T: 01324673702 M: 07747457418	A mini gym supporting people with long-term health conditions and those who would benefit from moving more often, to build physical activity into their lives in a safe environment. Indoor walks on the flat lasting approximately 10-15 minutes designed to build fitness. Simple chair based exercises designed to build basic fitness. Classes last approximately 20 minutes.	<ul style="list-style-type: none"> • Facilitated exercise to tackle specific needs • Increased confidence and fitness • Increased confidence, independence and strength and balance
Connecting Scotland Contact Munira Farara Health Development Officer E: munira.farara@nhs.scot T: 01324673702 M: 07747457418	Trained digital champions offering a support service for the most vulnerable to get online.	<ul style="list-style-type: none"> • More connected individuals and communities • Reduced social isolation • Enhanced health and wellbeing
English Espresso Contact Munira Farara Health Development Officer E: munira.farara@nhs.scot T: 01324673702 M: 07747457418	A language café offering a relaxed environment for refugees (New Scots) who want to use and improve their speaking and listening skills through conversation with volunteer native speakers.	<ul style="list-style-type: none"> • Enhanced communicative ability of the New Scots • Promotes social integration • Increased cultural knowledge for both learners and volunteers • Increased participation in community programmes
Forth Valley Top Toes Contact Maureen Hill Top Toes Development Manager E: maureen.hill@nhs.scot T: 01324 633505 M: 07596375674	A personal toenail clipping service, promoting good foot care. Services run across Falkirk, and may expand to Clacks in the future.	<ul style="list-style-type: none"> • Increased mobility and independence • Reduced risk of falls

We want to thank everyone involved with Braveheart for sticking with us over such a difficult 12 months. In particular, all the staff who have worked incredibly hard in very challenging circumstances. It is great that our volunteers are still so willing to be involved and to continue to contribute to Braveheart moving forward. And those people that use the services that we offer, thank you for being there. Over the next few months, we can all play our part in enabling people recover from lockdown. Let's be kind and support one another, respecting the fact that the last 12 months will have impacted on everyone in different ways.

The light can clearly be seen at the end of the tunnel. Let's move forward with caution but with an optimism that has been missing from our lives for a little too long. We can all look forward to much brighter times ahead.

