



Braveheart's Summer Newsletter 2021



Our summer is already shining bright with our walks, healthy living groups and top toes clinics in full swing. We look forward to welcoming new individuals to our groups, along with volunteers to help support our services ☺

Braveheart's next newsletter is due out in Autumn 2021

Braveheart Calendars

We're delighted to announce our Braveheart Calendars will be on sale again towards the end of this year.

Walk Leader and Board Member, Charlie Colliar has been busy taking some fantastic snaps on local walks and on his travels throughout Scotland.

Each calendar costs £8, with funds going directly to support Braveheart. These are a great gift for Christmas.

And will be on sale from mid-September.

Please see below sneak peek!



Save the Date

***Braveheart AGM
Wednesday 10th November, 2021***

Healthy Living Groups



Here at Braveheart, helping people live healthier lives is at the very forefront of the services we provide. We offer a range of services which are flexible and able to be moulded to the service user's own needs. It is great news that we are now able to offer in person support services at the Braveheart Connections Hub at the heart of Falkirk's Howgate Shopping Centre.

The timetable of support groups is as follows:

Healthy Way With Braveheart: Mondays 9 am -2pm is a lifestyle approach to weight management that can help people maintain a healthy weight for a lifetime.

Healthy Mums Healthy Families: Tuesdays 12.30 – 2.30 pm is a health education and empowerment programme for mothers to support them to learn about, and create a healthy lifestyle that fosters their own health and well-being, alongside a healthy, happy family life.

English Espresso: to be resumed in September is an English conversation classes in a café style offering a relaxed environment for those who want to use and improve their English speaking and listening skills through conversation with volunteer native speakers.

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.



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

We are looking for compassionate, empathetic and non-judgemental people who are interested in becoming Volunteer Health Mentors and inviting applications for the next training which will take place later in September 2021.

If you would like to train as a Health Mentor, please get in touch with Munira at: munira.farara@nhs.scot or call 07747457418



Falkirk Walks

We're delighted to welcome new volunteers to our team who have completed their Walk Leader training and are enjoying being out on our walks. Thank you for your support. We're also pleased to say we have a BSL Walk Leader on our Friday Camelon walk to support individuals with hearing impairments.

Our newly launched Denny Walk is going great. If you live in the area and would like to get some fresh air, meet others or increase your activity levels then join us every Friday, 2pm outside Denny Sports Centre. There is a 30 minute or 1hour walk option available. No need to sign up, just turn up.

Do you live in the Grangemouth area? We're looking to launch a brand new Braveheart walk in Grangemouth soon!

For anyone looking to improve their strength & balance then come and join our 10 minute Mall Walk with 15 minutes of Strength & Balance every Wednesday at 1.30pm at Braveheart Connections Hub, Falkirk Howgate Centre (off 21st July only).

For more information on anything above, please contact Eva on eva.finlayson@nhs.scot / 07795283508



Clackmannanshire Walks

Our Clacks walks are in full swing and we're delighted to have our groups out walking again. Why not come along to Sauchie Hall every Thursday at 11am and join in with our weekly walk, there's also the opportunity to take part in our local litter picks (not compulsory), and occasional picnic. A huge thank you to everyone who took part in our previous litter pick.

No need to pre book our walks. For information on all of our Clacks walks please contact May on 07795283804 / may.richmond@nhs.scot

We would like to wish Walk Leader Donna McLean every success in her new post as she has left us to move on to a role in sunny Stirling .Thanks for all your hard work Donna.



Forth Valley Top Toes

We have various Top Toes clinics throughout the Falkirk District and are delighted to announce the opening of our new Camelon Clinic. For more information on any of our clinics, please contact Maureen on: Maureen.hill@nhs.scot / 07596375674

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

Forth Valley
top toes

Can you no longer cut your toenails?
Our team of NHS trained Volunteers
are here to help.



Appointments Available at:
Forth Valley Sensory Centre
Redbrae Road
Camelon
Falkirk
FK1 4DD

Friday: 9.25am – 12.00pm

Contact the Forth Valley Top Toes team on 07596 375674 or email maureen.hill@nhs.scot

We DO NOT do home visits

Braveheart
For healthy lives

