



# **Braveheart's Autumn Newsletter 2021**



*We've had a busy few months with securing new funding, welcoming new staff members, re-launching our Falkirk Monthly Walks, and much more. Keep reading for more highlights...*

**Braveheart's next newsletter is due out Christmas 2021**

## **Braveheart Calendars**

Charlie's wonderful wildlife calendars are on sale now and selling fast!

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

You can collect one of these from our Connections Hub in Falkirk Howgate Centre, or contact below.

For more information please contact [eva.finlayson@nhs.scot](mailto:eva.finlayson@nhs.scot)



**Braveheart**  
Scottish Wildlife  
Calendar 2022

## **Braveheart's AGM**

Everyone is welcome to join us for

**Braveheart's 17th Annual General Meeting  
Wednesday 10<sup>th</sup> November, 2021 at 2.30pm**

**Via Zoom**

**We will also have 20 chairs available in our Connections Hub in Falkirk Howgate Centre for anyone unable to join online**

**To secure your place online, or book a seat, please contact [Maureen.forbes@nhs.scot](mailto:Maureen.forbes@nhs.scot)**

**Please book no later than 1 week before AGM**

**Featuring guest talk "The Lairig Ghru" by Nina Saunders**



## **Walker John Reid**

Thoughts are with the family and friends of Braveheart walker John Reid. We're all deeply saddened to hear of the passing of John last month. John had been on our Falkirk walks for many years and brought great friendship, stories and laughter to all. Many will pay their respects to John this week. Always in our thoughts.





## New project in Forth Valley to support Integration of New Scots Refugees



We are delighted to announce the launch of our brand-new project “*Resilient Communities*”, in Forth Valley funded by the Scottish Government through the European Union Asylum, Migration and Integration Fund.

Refugees often have difficulty accessing healthcare and other public services. In many cases, they may be unfamiliar with the way these services are organised which can prevent them from getting effective care to improve their health and wellbeing and integrate in the society.

The project aims to provide various community activities that seek to reduce social isolation, promote healthy living and create volunteering opportunities to ensure that refugees in our communities across Falkirk, Clackmannanshire and Stirling are informed of health services and can take decisions and actions affecting their individual health. The project is now underway, and we look forward to bringing you more updates about the project over the coming months.

If you need more information or would like to help in this project, please contact Munira on [munira.farara@nhs.scot](mailto:munira.farara@nhs.scot) / 07747457418



We are excited to be one of eight organisations all over Scotland chosen to be part of a new partnership between the Health and Social Care Alliance Scotland and the Mental Health Foundation to support the mental health and emotional wellbeing of people living with long term health conditions.

Life with a chronic illness can feel lonely. Isolation, mental health issues, and physical restrictions all make it difficult to connect with other people and get the support you need. That's why it's essential to surround yourself with support, including your personal support system. We are fortunate to be able to continue to grow our capacity and expertise and offer support for people living with long term conditions in our community through our “*Braveheart Plus*” Peer Support groups.

The Group will meet every Friday of the Month 2- 4 pm at the Braveheart Connections Hub at the Howgate Shopping Centre and is open for new members.

Upcoming Meetings are:

- 🚩 Friday 29th October 2 pm
- 🚩 Friday 26th November 2pm
- 🚩 Friday 17th December 2pm



If you are interested in joining the group or for more information, please contact Munira on [munira.farara@nhs.scot](mailto:munira.farara@nhs.scot) / 07747457418

**Braveheart has a busy year planned with many events, initiatives, and projects. We cannot do the work we do alone. Volunteers are needed to make our events, initiatives, and projects a success. Join us and be a part of this success.**

**We would love to hear from you! Please Contact Munira on above details.**



## Falkirk Walks

We're delighted to welcome two newly trained Walk Leaders to our Falkirk Walks. Plans are continuing for the launch of our new Grangemouth walk...watch this space.

We were joined by Paths for All on our Bonnybridge walk to take part in filming to showcase how we promote active travel across our Falkirk Walks. Keep a look out for film launching soon!

Falkirk Carers group joined our Wednesday Dawson walk to see what our walks are about – everyone thoroughly enjoyed and we hope to see them again soon.

We continue to welcome new faces to our Mall Walk with Strength & Balance – every Wednesday, 1.30pm, Braveheart Connections Hub, Falkirk Howgate Centre. Open to everyone.

August meant Canal Encounters Month where we led a walk along the Forth and Clyde canal, welcoming 18 walkers.



**Braveheart**  
For Healthy Lives

*Come and Join our  
Monthly Walks*



| Walk                                              | Details                                                                                                                                                     | Book                                                                                                                                                                                                        |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Braveheart's 2021 Sponsored Walk<br>Camelon       | Thursday 30 <sup>th</sup> September, 1.30pm, leaving from Carmuir Golf Club car park.<br>Both a 3 or 4 mile walk option.<br>Refreshments at Carmuir.        |                                                                                                                                                                                                             |
| Monthly Walk<br>Falkirk Wheel to Bonnybridge      | Tuesday 12 <sup>th</sup> October, 1.30pm, leaving from outside Falkirk Wheel visitors centre.<br>Both a 3 or 4 mile walk option.<br>Refreshments available. | <b>*ESSENTIAL*</b><br>Book no later than one week before walk date<br><br>Please contact<br><a href="mailto:eva.finlayson@nhs.scot">eva.finlayson@nhs.scot</a><br>or 07795283508<br><br>All walks are FREE. |
| Monthly Walk<br>Falkirk Wheel to Roughcastle      | Tuesday 26 <sup>th</sup> October, 1.30pm, leaving from outside Falkirk Wheel visitors centre.<br>Both a 3 or 4 mile walk option.<br>Refreshments available. |                                                                                                                                                                                                             |
| Monthly Walk<br>Falkirk Wheel to Canada Woods     | Tuesday 9 <sup>th</sup> November, 1.30pm, leaving from outside Falkirk Wheel visitors centre.<br>Both a 3 or 4 mile walk option.<br>Café Closed.            |                                                                                                                                                                                                             |
| Monthly Walk<br>Falkirk Wheel to Lock 16 & beyond | Tuesday 23 <sup>rd</sup> November, 1.30pm, leaving from outside Falkirk Wheel visitors centre.<br>Both a 3 or 4 mile walk option.<br>Café closed.           |                                                                                                                                                                                                             |
|                                                   |                                                                                                                                                             |                                                                                                                                                                                                             |

For more information on anything above, please contact Eva on [eva.finlayson@nhs.scot](mailto:eva.finlayson@nhs.scot)/07795283508

## Clackmannanshire Walks

As we approach the autumn and winter months, it is important that we all keep up with our weekly walks. I know it is only too easy to say "it's cold and wet out there, I don't think I'll bother today" but I'm sure everyone will agree that once you're there and meet all the other walkers and have a good blether you feel so much better.



Please note at the moment we are only running two weekly walks in Clackmannanshire due to a shortage of walk leaders.

**Wednesdays, 11am, meeting outside  
Clackmannanshire Community Healthcare Centre**  
**Thursdays, 11am, meeting outside Sauchie Hall**

If anyone is interested in training as a walk leader, please contact May by email at [may.richmond@nhs.scot](mailto:may.richmond@nhs.scot).

We will be introducing some strength and balance exercises to those who wish to do so after their walk on a Wednesday at CCHC with the installation of the new Clacks Power boards. Thank you to Aileen Schofield from NHS Health Promotion for arranging this.



## New Top Toes Clinics



**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](mailto:maureen.hill@nhs.scot)

We **DO NOT** do home visits

Forth Valley Top Toes is the trading arm of The Braveheart Association SCIO Charity No SC034617

**Braveheart**  
For healthy lives



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



Appointments Available at:  
**Dollar Community Development Trust**  
**The Hive**  
**Park Place**  
**Dollar**  
**FK14 7AA**  
**Wednesday : 11.00 am – 2.00 pm**

Contact the Forth Valley Top Toes team on 07596 375674 or email [maureen.hill@nhs.scot](mailto:maureen.hill@nhs.scot)

We **DO NOT** do home visits

Forth Valley Top Toes is the trading arm of The Braveheart Association SCIO Charity No SC034617

**Braveheart**  
For healthy lives

### 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](http://www.braveheart.uk.net)

FB: The Braveheart Association