

APRIL 2022

# Braveheart

*Spring Newsletter*



## **THIS ISSUE'S NEWS AND UPDATES:**

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**'Meet' our new staff  
member**

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**Walking Groups**

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**Healthy Living  
Projects**

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**Top Toes**

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

## **WELCOME**

### **START YOUR HEALTHIER LIFE**

Here at Braveheart we have had a very busy year helping people across the Forth Valley lead healthier lives.

Despite the pandemic, we have not only continued our activities, we have added to them and hope to encourage more people to get involved in the coming months.

**Braveheart**  
For healthy lives



## Introducing... Joyce Kent



We are really pleased to welcome our new Volunteer Coordinator Joyce to the team.

Joyce lives in Stirling, having been exiled from England ten years ago!

Joyce has worked for several volunteering organisations in the past. She enjoys healthy eating and is a keen walker.

Joyce also loves meeting new people and is looking forward to meeting all the Braveheart Volunteers, Board and Staff.

You can contact Joyce at [joyce.kent@braveheart.org.uk](mailto:joyce.kent@braveheart.org.uk)



## Congratulations!



On 20th January 22 everyone in Braveheart was thrilled to welcome Eva and Luke's beautiful baby son, Nico Finlay Hollinshead into the world.

Nico has already attended some of the Braveheart walks and is looking forward to meeting everyone as soon as he can,

Congratulations on your bundle of joy!



# Walking Groups!

## BECOME A BRAVEHEART WALK LEADER TODAY!

- Do you have a keen interest in walking?
- Are you keen to support others to improve their health?
- Are you looking to give back to your community?

We would love to hear from you.

If you have some free time and wish to become a Braveheart Walk Leader please get in touch. The charity is currently recruiting walk leaders to help support the variety of health walks we run across the Forth Valley. The next training session will be on Saturday the 30th April 2022 from 10 am to 12:30pm. Training will be facilitated via Zoom.

Once trained, new walk leaders will also be provided with equipment and clothing and offered out of pocket volunteer expenses.

For further information, please contact May on 07795 283 804 or email [may.richmond@nhs.scot](mailto:may.richmond@nhs.scot)



Photo credit: Charlie Colliar

## WALK CARDS

Braveheart current walk cards are now available from May our Development Officer. Please contact May on 07795 283 804 or email [may.richmond@nhs.scot](mailto:may.richmond@nhs.scot)

There is no need to book these weekly walks, however, booking is recommended for the monthly walks.

## DEMENTIA FRIENDLY MONTHLY WALK – ALLOA

We are delighted to be working in partnership with Alzheimer's Scotland at their new Dementia Resource Centre. We are currently offering Dementia Friendly Walks leaving from the Centre, every second Thursday of the month at 1:30pm.

These walks are open to everyone and there is no need to register, just turn up.

This is also a great opportunity to support individuals living with dementia, or other long term conditions, to stay active and socialise. The Dementia Resource Centre address is 2-4 Mill Street, Alloa, FK10 1DT

For further information, please contact May on 07795 283 804 or email [may.richmond@nhs.scot](mailto:may.richmond@nhs.scot)

# Walking Groups cont...

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## 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. We look forward to welcoming you. Social Distancing Rules apply.

Wednesdays - Community Circular Walk 11-11:50am. Meeting at Clackmannanshire Community Healthcare Centre.

Thursdays - Sauchie Circular Walk 11-11:50am. Meeting outside Sauchie Community Hall

Anyone interested in 1-2-1 walks please contact May on the number below.

For further information, please contact May on 07795 283 804 or email [may.richmond@nhs.scot](mailto:may.richmond@nhs.scot)





# First Aid Course

Braveheart recently held two specialised Outdoor First Aid Courses in Clackmannanshire and Falkirk that were delivered by Phil Robinson of Outdoor Pursuits Scotland.

They were both well attended by our Volunteer Walk Leaders. We received some very positive feedback from all of the participants. Fifteen volunteers took part in the training.

The course itself was interactive and easy to understand, as well as being extremely informative, thanks to Phil, who is an excellent trainer and communicator.



*'Some of the things Phil explained were so obvious, once he told us. He was very laid back and could handle any question thrown at him. It was a joy to be on his course and I personally learned a lot more than I realised, because he made it fun.'*



**"THANK YOU TO ALL THE WALK LEADERS WHO TOOK PART"**

# Healthy Lifestyle

## WEIGHT MANAGEMENT & HEALTHY LIFESTYLE!

Our Healthy Way With Braveheart Group continues to meet every Monday. Come along and enjoy a weekly session aimed at supporting you in areas such as healthy eating, exercise, maintaining a healthy weight, sleep & mindfulness, and stress management.

You can attend as many or as few sessions as you wish. This is a great chance to meet new people and chat over a cup of tea or coffee.

We hope you can join us!

The group can support you to:

- Eat well
- Keep physically active
- Manage your weight
- Get good quality sleep
- Reduce stress and anxiety



## SUPPORT FOR LONG TERM CONDITIONS



Our Braveheart Plus Group provides peer support for people aged 18+, living with health conditions, to stay emotionally and physically well and to remain independent.

The group continue to meet every third Monday of the Month and enjoy practical lifestyle support to help them look after their physical and emotional wellbeing in a friendly and supportive environment

Last meeting the group were having great fun painting rocks!

**For further information about our Lifestyle projects, or to join please email [munira.farara@nhs.scot](mailto:munira.farara@nhs.scot) or tel 07747 457 418**



# Healthy Lifestyle cont....

## HEALTH & WELLBEING SUPPORT FOR WOMEN

In partnership with the Rainbow Muslim Women's Group, we have been busy running a well-attended weekly support group for young mothers.

This fantastic Healthy Mums Programme offers everything women need to know to provide a healthy lifestyle for themselves and their families.

Our group is open to mums with children of any age, at any stage of motherhood.

You might be pregnant, have a baby or toddler, school age children or older teenagers and grown-up children.

Whatever your circumstance please come along and be supported by like-minded peers. If you want to feel better, less stressed, more joyful, and energised please contact Munira.



## SHARED CONNECTIONS



### Resilient Communities

We support New Scots to -



As part of our New Scots Refugee Integration Project "Resilient Communities" that supports the New Scots refugee integration strategy 2018 - 2022, we hosted a multicultural and fun event at Sauchie Hall, Alloa on 26th March which was very well attended.

Refugees from the Forth Valley had a great time socialising, meeting new people, and enjoying amazing performances from around the world!

We continue to support refugees throughout the Forth Valley area through a variety of activities aimed at enhancing refugees confidence to access health and social care services and improve physical and mental health outcomes.

**For further information about our Lifestyle projects, or to join please email [munira.farara@nhs.scot](mailto:munira.farara@nhs.scot) or tel 07747 457 418**





Forth Valley Top Toes provides a personal toenail clipping service to anyone who has no underlying medical conditions that requires NHS treatment, but is unable to cut their own toenails.

Clients can receive toenail clipping every 6 - 10 weeks by an NHS Trained Personal Footcare Volunteer. All Personal Footcare Volunteers have been trained by NHS Forth Valley Podiatry team and have learned the skills to carry out basic foot assessments, nail clipping, filing and give foot care advice.

**To book an appointment or for more information please contact Maureen Hill or Doreen Fullerton on 01324 633505.**

Top Toes services are held in the following clinics.  
(please note these are subject to change)

The cost of this service is £15.00

Bo'ness  
B H Connections Hub - Thistle Centre  
Bonnybridge Health Centre  
Forth Valley Sensory Centre - Camelon  
Tullibody Health Centre  
Dollar Hive  
Ochil Medical Practice  
Stirling Bellfield Centre

To find out dates and times of available bookings go to the Top Toes section of our website [www.braveheart.uk.net](http://www.braveheart.uk.net) or contact Maureen Hill on 01324 633505

## VOLUNTEER FOR US

People are our strength! Being a small charity, we are largely volunteer-based.

We have loads of opportunities within our projects for volunteers. Walk Leaders, Top Toes Clinicians, Healthy Living Volunteers!

We are also looking for people interested in being on our Board of Trustees!

If you want to find out more about the variety of volunteering opportunities available why not contact Joyce Kent, our Volunteering Coordinator.

All training and expenses will be provided if you decide to volunteer for us.

**Joyce - [joyce.kent@braveheart.org.uk](mailto:joyce.kent@braveheart.org.uk)**



If you wish to find out more about each project please contact the following individuals for further information -

### **Top Toes**

Maureen Hill - [maureen.hill@nhs.scot](mailto:maureen.hill@nhs.scot)

### **Walking Groups**

May Richmond - [may.richmond@nhs.scot](mailto:may.richmond@nhs.scot)

### **Lifestyle Projects**

Munira Farara - [munira.farara@nhs.scot](mailto:munira.farara@nhs.scot)

### **Board of Trustees**

Anne Black - [anne.black3@nhs.scot](mailto:anne.black3@nhs.scot)

## Meet one of our volunteers

### Introducing... Lorraine Mitchell

## Where do I start!

Two and a half years ago, while recovering from throat cancer, a good friend of mine said Maureen was looking for volunteers to train as footcare assistants and receptionists at their Alloa clinic based within Clackmannanshire Community Health Centre. This opportunity was very timeous as I had recently been told by my oncologist that I could not return to my career in construction.

I had volunteered previously for a Women's Support charity, but this was something totally different and, if I am honest not something that had ever crossed my mind to pursue. I pondered over the role descriptions for a week and was quite certain that I didn't want to cut toenails but was only too happy to help with the paperwork.

I contacted Maureen and met to go over just exactly what would be involved and in no time I began my journey with Forth Valley Top Toes.

In the first instance, I helped with the reception duties and watched the footcare assistant in clinic. After a few weeks she showed me how to cut toe nails and asked if I would like to try, I was hooked. I asked to be put forward for training as a footcare assistant and received my training from NHS Forth Valley. At first, I only helped with a couple of clients each week and gradually gained my confidence fast forward two and a half years and I absolutely love what I do.



I have excellent support, and now do three clinics a week – Braveheart Connections, Dollar and Tullibody. I am currently participating in a Foot Health Practitioner course to gain further knowledge about the wonderful world of feet.

I love meeting our clients who are lovely and extremely interesting. I have built up a good rapport with my regular client base and love hearing their stories and learning about their past careers and families.

I get a great deal of satisfaction from my role as a volunteer with Forth Valley Top Toes and seeing the difference I make to people after having their toenails cut.

My highlight and absolute delight is when they request me for their appointment. It makes me feel very honoured!

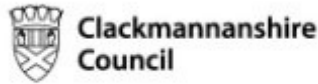


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# Funders

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Braveheart would like to thank the following funders. Without funding we would be unable to run the variety of projects and activities we organise and develop!



**Thank  
you!**

## TALK TO US

07707 800 999

The Braveheart Association is a Scottish Charitable Incorporated Organisation (SCIO)  
Charity Number SC034617

## Follow us on Social Media



The Braveheart Association



[braveheart.uk.net](http://braveheart.uk.net)



[maureen.forbes@nhs.scot](mailto:maureen.forbes@nhs.scot)