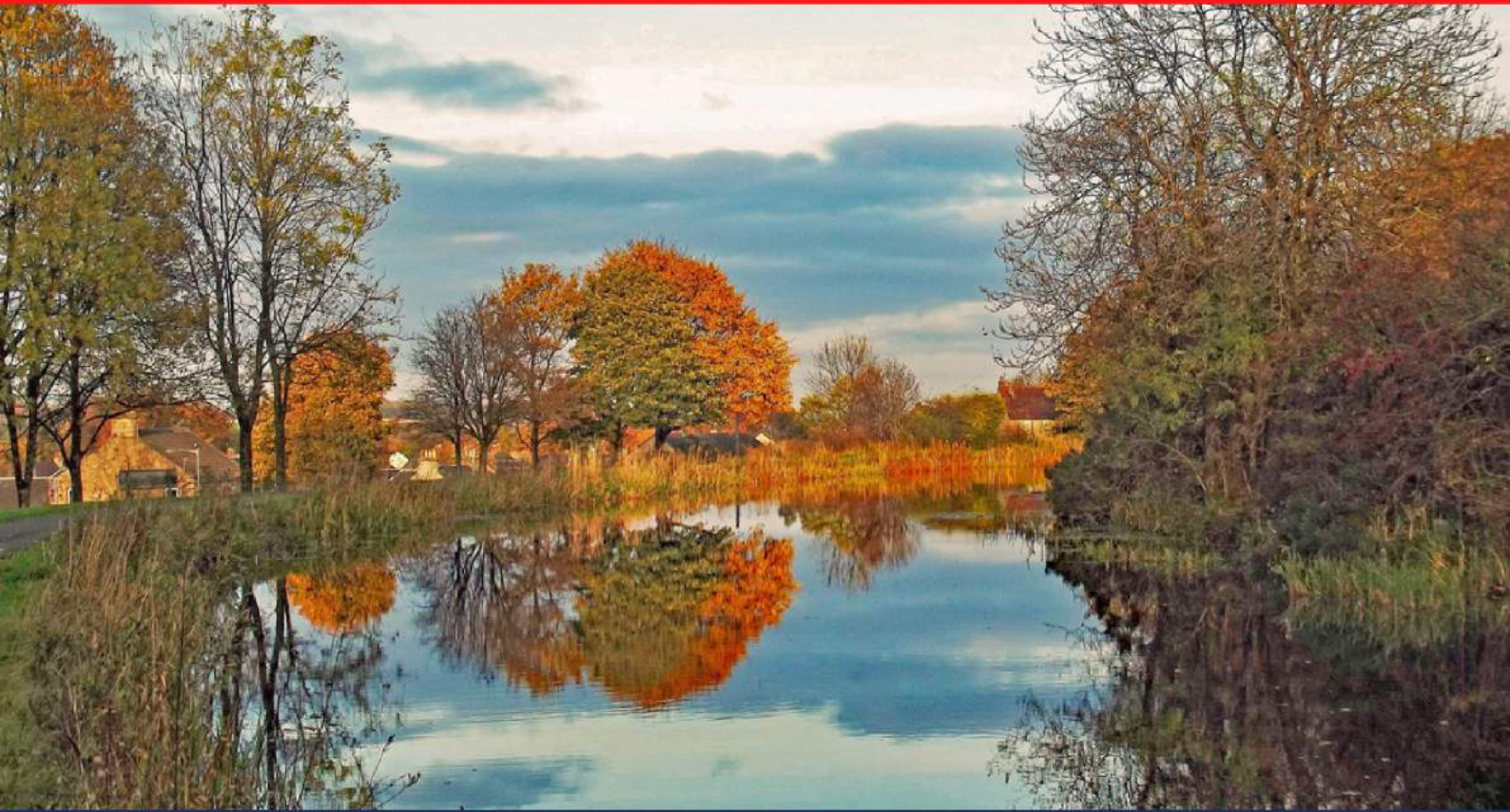


SEPTEMBER 2022

Braveheart

Autumn Newsletter



THIS ISSUE'S NEWS AND UPDATES:

Braveheart AGM

Upcoming Events

Walking Groups

Top Toes

**Healthy Living
Projects**

www.braveheart.uk.net

WELCOME

START LIVING A HEALTHIER LIFE

Welcome to our Autumn newsletter, which is full of opportunities and ideas to help you get more active and healthy.

Braveheart has been working flat out over the last few months, as more and more people are using our services.

Please spread the word about the services and opportunities Braveheart offers to community members across the whole of the Forth Valley area!

Braveheart
For healthy lives

About Braveheart?

Braveheart registered as a charity in August 2003. At that time it was set up to provide peer support for people in Falkirk who had heart conditions.

The charity has grown massively over the last few years and we now offer services that can help improve the quality of life for local people across the Forth Valley who have some form of health condition, or who feel marginalised.

We work to redress the balance between people living with disabilities or health conditions, and those who are able bodied, by providing services that are not usually available to everyone.

We provide walks within woodland communities, healthy eating groups, exercise classes, self management, peer support and a unique toe nail cutting service.

Most of our services are free, except the toe nail cutting which costs £15 per appointment. The demand for this service continues to grow.

You'll find more about our activities within this newsletter, along with the contact details for each project. If you are considering volunteering please read Ian's story on page 9 for some inspiration.

Our beneficiaries include elderly individuals, refugees, people with or at risk of long term conditions, young mothers, and families of those living with long term conditions.

We are building communities in Falkirk, Stirling and Clacks where people can get involved in activities that improve or maintain health.

We work across many NHS departments including GP's, public health, diabetic nurses, Health & Social Care partnerships, community groups, physios, the Dementia Centre, befriending groups, plus many more.

All our volunteers are trained in the services provided by each project. Please get in touch if you wish to find out more about volunteering opportunities or you wish to take part in any of our activities.

Upcoming Braveheart Events

Braveheart Charity Walk - 22th September 2022

This year's Annual Charity Walk will take place on Thursday the 22nd September and will start at 1.30pm from Dollar Park, Falkirk. We hope to raise essential funds for the Braveheart Association.

There are two options a 3.5-mile route and a 2.5-mile route. I do hope you can join us on the day to raise vital funds for The Braveheart Association.

The long walk has a gradual ascent of about 150 feet from Forth and Clyde to Union Canal and quite a steep descent from Union Canal to Gartcows Road, however this is on a good footpath. The short walk is a more level pathway.

For further information or to take part, please contact call 07795 283 804 or email may.richmond@nhs.scot After the 16th September email maureen.forbes@nhs.scot or call 07795 283 508

Upcoming Braveheart Events

KNOW YOUR NUMBERS - 5TH TO THE 8TH SEPTEMBER 2022

Do you know that 1 in 2 adults with high blood pressure don't know they have Diabetes, or are not receiving treatment?

On the 5th, 6th and 8th of September 2022 we are taking part in **Know Your Numbers Week**, a chance for those who have high blood pressure, and don't know it, to find out about the treatment and support available.

Please look out for our blood pressure station at the Braveheart Connections Hub, Howgate Shopping Centre 9:30 am – 12:30 pm and 2:00 – 4:00 pm

BRAVEHEART AGM - 18TH NOVEMBER 2022

The Braveheart Association AGM will take place in the Braveheart Hub in the Howgate Centre, starting at 1pm. This is an opportunity to find out about all the work we have been involved in over the last year. You will also get the chance to meet the board of trustees, the staff and our many volunteers.

To find out more please contact maureen.forbes@nhs.scot

WORLD DIABETES DAY - 14TH NOVEMBER 2022

To mark World Diabetes Day 2022, Braveheart is organising a diabetes friendly Lunch and Open Day with resources and information to take home.

This is open for all people with diabetes, and their carers.

To book a place, please contact Munira on 07747457418 or email munira.farara@nhs.scot or you can book via Eventbrite (a link will be posted in our Facebook Page near the time)

NATIONAL SELF CARE WEEK 14 - 20 NOVEMBER 2022

We at Braveheart are passionate about empowering people to better look after their own physical health and wellbeing.

Please watch for our fun, interactive, get together activities during this week at the Braveheart Connections Hub, Howgate Shopping Centre, Falkirk.

Arts & crafts, Health Walk, and Tea & Talk will be in our calendar of activities for this week.

1st to the 5th November 2022

Trustees' Week is an annual celebration of the role trustees play in governing charities. It takes place from the 1st to the 5th November and is an opportunity to recognise and value the work that thousands of trustees contribute to charities across the UK.

The charities on the OSCR register are hugely diverse in their aims, the work they do and the beneficiaries they support. However, they have one thing in common, they are all run by a board of trustees, a group of individuals who are responsible for the governance and leadership within the organisation, and who make sure the charity delivers on its purposes.

Trustees' week is about taking a moment to shine a light on these trustees, about saying thank you to the thousands of people in Scotland who volunteer their time for the causes they care for. These trustees get involved in important work most often on top of their already busy lives, and this week is about recognising their contributions.

While Trustees' Week is a time to showcase the invaluable role that trustees undertake, it is also an opportunity for trustees to reflect on what it means to be part of the board that is responsible for implementing good governance in the organisation.

During Trustee' week there will be lots of exciting events and activities to get involved in. **Please check our website for information about events and workshops nearer the time.**

Here at Braveheart we are looking for passionate individuals who want to be involved in the governance side of this charity.

If you are interested in the work we do and being a trustee for our charity please get in touch
anne.black3@nhs.scot



Braveheart AGM

YOU ARE CORDIALLY INVITED TO JOIN US AT OUR ANNUAL GENERAL MEETING

**November 18th, 2022 Time 1pm in the
Braveheart Hub, The Howgate Centre,
Falkirk**

THE FOLLOWING BUSINESS WILL BE COVERED

- A review of our main achievements from 1st April 2021 to 31st March 2022.
- The annual accounts for 2021 to 2022
- The election of Trustees

All members of the charity and the general public are welcome to attend.

The AGM will start with a networking session where light refreshments will be served.

RSVP maureen.forbes@nhs.scot



Braveheart Board of Trustees -
Gordon Thomson, Nina Saunders & Charlie Colliar

For further information, please
contact Anne Black on
07522 247 676 or email
anne.black3@nhs.scot or visit
our website braveheart.uk.net



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

Walking Groups

ONE STEP AT A TIME



Ralph Waldo Emerson

Braveheart offers a variety of walking experiences across the Forth Valley. These walks support adults of all abilities to become more physically and socially active.

We offer Weekly and Monthly walks throughout Forth Valley for individuals of all abilities.

Our Weekly walks have various walk options- 30 minute slow paced walk, 45 minute medium paced walk & 1 hour brisker paced walk. These finish

Our Monthly walks venture further afield and are of longer duration (45 minutes -1.5 hours long) . All walks finish with a tea and a chat in the café afterwards.

We also support individuals living with Dementia, long term conditions and vision or hearing impairment.

If you want to find out more about the walks, when and where they start from, please contact Maureen Forbes - maureen.forbes@nhs.scot or 07795 283 508

The Timetables for all walks can be found on our website or contact Maureen.

Our walk leaders are fully trained, have expert knowledge of the areas they take their guided walks.

Monthly Walks 2022		
Date	Location	Time
Thurs 24th Sept	BH Charity Walk Callander Park	1.30pm
Tues 25th Oct	Fallin	1.30pm
Thurs 24th Nov	Bonnybridge Centre	1.30pm
Booking is essential, book your place no later than one week before walk date.		
To book contact Maureen Forbes on 07795 283 508		



Walking Groups cont...

Falkirk Weekly Walks 2022

Day	Location	Time	Meeting Place	Walk Option
Mon	Polmont Woods	10.30am	Aldi Car Park	1 hr or 45 mins medium pace
Mon	Callendar Park	2pm	Callendar House	1 hr brisk, 45 mins med, 30 mins slow
Tues	FV Royal Hospital	10.30am	Entrance at bike rack	1 hr brisk, 45 mins med, 30 mins slow
Tues	Grangemouth	11am	Community Ed Centre	1 hr med or 30 mins slow
Tues	Polmont Canal (Sep/Oct)	6.30pm	Polmont Railway Station Car Park	1 hr medium pace
Wed	Dawson	10.30am	Carron Medical Centre Car Park	1 hr brisk or 1 hr med pace
Wed	Bonnybridge	10.30am	Old Station Bar	1 hr med or 45 mins slow pace
Thurs	The Helix Park (Sep/Oct)	7pm	Falkirk Stadium Car Park	1 hr medium pace
Frid	Stenhousemuir	10.30am	The Plough Hotel	1 hr brisk, 45 mins med, 30 mins slow
Frid	Camelon	11.30am	FV Sensory Centre	1 hr medium or 30 mins slow pace
Frid	Denny	2pm	Sports Centre	1 hr medium or 30 mins slow pace
Sat	Callendar Park	10.30am	Callendar House	1 hr brisk/medium or 30 mins slow
Sat	the Helix Park	1.30pm	Falkirk Stadium Car Park	1 hr medium pace

Clackmannanshire Weekly Walks 2022

Wed	Community Circular Walk Meet at Clacks Community Healthcare Centre	11am
Thurs	Sauchie Circular Walk Meet outside Sauchie Community Hall	11am

Free, friendly, low level half hour walks. Just turn up on the day!

Anyone requiring a 1-2-1 walk please contact Maureen Forbes - maureen.forbes@nhs.scot or 07795 283 508.

Walking Groups cont...



Our Sauchie Thursday morning group enjoyed a day out at the wetlands followed by a picnic and some vegetable picking at the newly refurbished Wimpy gardens. The sun shone and everyone enjoyed the day.



Volunteer Awards

The Volunteer Awards were held locally this year in Sauchie Hall on the 2nd of June 2022. Braveheart was nominated for all their hard work throughout the year.

Thankyou!

Braveheart thanked all of their volunteers for the outstanding work and dedication to the project by sending everyone a hand written card and holding an Afternoon Tea.

It was lovely to see those who could make it and have a good old blether. Everything was low calorie!!



Volunteer Spotlight

Introducing...
Ian Parker

Volunteer Walk Leader

I started volunteering with Braveheart in January 2006 as a Walk Leader. This was 3 years after the walking programme was initiated, as Braveheart was initially set up in 1998 as a mentoring programme to provide continuing support for people who were discharged from the local hospital's Cardiac Rehabilitation Programme.

I took early retirement in 2003 from a local petrochemical factory and was looking to find a volunteer role that kept me active both physically and mentally. I saw an advert for volunteer walk leaders in the Falkirk Herald and after initial training in walk leading, CPR and First Aid, became a Walk Leader.

In my initial years, I along with other walk leaders led various weekly walks, probably averaging three walks per week. In 2009 I along with other leaders started the Dawson walk, initially beginning from the Dawson Centre in Langlees before moving to its current location at the Carron Medical Centre in 2011.

For the first few years we averaged 9 to 10 walkers each week but from 2016 our numbers have grown to 25 to 30 walkers each week. This walk was known as the fastest of the Braveheart weekly walks but since 2019 we have also offered a slower 1 hour walk.



I find that most walkers are interesting and pleasant company. With a small group, it was easier to have regular conversations with the walkers but as the numbers have grown, this is more difficult to achieve.

However, it has been fulfilling to see new walkers integrate into the group and many friendships have developed through the social interaction of the walkers.

In 2008 through my Braveheart connection, I joined the Helix Project as a volunteer on the paths network. This project transformed an area of scrub land between Falkirk and Grangemouth into today's Helix Park. It also completed the reconnection of the Forth and Clyde canal to the river Forth, allowing boats to once more travel between the East and West coasts.

Volunteer Spotlight continued...

I had various roles within the project including a Helix Bus Tour guide, and on completion of the Project, as an ambassador and presenter of the project to various other charitable organisations and church social groups.

In 2015 I met Princess Anne who officially opened the Helix Park and the Kelpies, and was present when HM Queen Elizabeth II opened the canal extension named after her.

I have also volunteered with Sustrans, the cycling charity, and been a volunteer at various golf events at Gleneagles including in 2012 the Ryder Cup and in 2019 the Solheim Cup.

I believe that volunteering has enriched my life, getting more out of it than I put in and helping to improve my observational skills and maintain my interaction with other people.

And it's fun!

I would definitely encourage people to volunteer with Braveheart, either within the walking programme or in any of the other projects that Braveheart now delivers.

Interesting Fact: I have had two holes in one!

If you are interested in coming along to Ian's walk, they are on Wednesdays at 10.30am starting at Carron Medical Centre, next to Lidl and the Coop. Just turn up five minutes early

***"Come little leaves said the wind one day,
Come to the meadows with me and play.
Put on your dresses of red and gold;
for summer is past and the days grow cold."***

George Cooper



Here at Top Toes we not only provide a personal toe clipping service, we also like to chat. We also believe that good personal footcare can help with mobility and reduces the risk of falling.

As long as you have no underlying medical conditions, that requires NHS treatment, we can cut your toenails.

All our personal footcare volunteers are trained through the NHS Forth Valley Podiatry team, and have learned the skills to carry out basic foot assessments, nail clipping, filing and to provide foot care advice. Appointments can be made every 6-10 weeks.

Details of our clinics are below.

Howgate - Braveheart Connections

Monday 1pm - 4pm
Tuesday 9am - 4pm
Thursday 9am - 12noon
Friday 9am - 12noon

Bo'ness Baptist Church

Every second Monday 1pm - 3.30pm

Dollar Health Centre

Wednesday 2pm - 5.30pm

Stirling - The Bellfield Centre

Thursday 9pm - 12.45pm

Bannockburn Health Centre - Starts 13th September

Tuesday 1.30pm - 4.30pm

Bonnybridge Health Centre

Thursday 12.45 pm - 3.45pm

Meadowbank Health Centre

Friday 9am - 4.30pm

Tullibody Health Centre

Friday 9am - 12.30pm

Ochil Medical Practice - Clackmannanshire Community Health Centre

Friday 1pm - 4.30pm

Forth Valley Sensory Centre

Friday 9am - 12noon

Anyone wishing to access the service please call 01324 633505 to register and make an appointment.



Healthy Lifestyle

Our Healthy Living programme offers a variety of health and wellbeing opportunities to members of the community living in the Forth Valley are.

WEIGHT MANAGEMENT & HEALTHY LIFESTYLE!

Losing weight isn't just about the numbers on the scales - it's about how you feel inside.

Healthy Way With Braveheart is a free adult weight management programme to help people learn and practice the tools and skills necessary to make real-time decisions while modifying their diet, physical activities, and behaviours that are key to effectively managing their weight.

The group meets every Monday at the Braveheart Connections at the Howgate Shopping Centre in Falkirk.

If you live in Stirling or Clackmannan and interested in starting new group there, or for further information and to join please contact munira.farara@nhs.scot/ 07747457418



WEIGHT MANAGEMENT & HEALTHY LIFESTYLE!

Dealing with the stresses of long-term illness can be demanding and it puts extra pressure on you.

Come and join our monthly Braveheart Plus support group and enjoy practical lifestyle support to help you look after your physical and emotional wellbeing in a friendly and supportive environment.

We are looking to start a new group in Clackmannan, so if you are interested in joining, please contact munira.farara@nhs.scot/ 07747457418



Healthy Lifestyle

HEALTH AND WELLBEING SUPPORT FOR WOMEN

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

Whatever your circumstance you can come along and be supported by like-minded peers.

Two groups are meeting weekly every Wednesday and Friday if you feel like you could and should feel better, less stressed, more joyful, and energised, please get in touch munira.farara@nhs.scot/ 07747457418



SUPPORT FOR REFUGEES (NEW SCOTS)



Through our inclusive and community engagement activities, we support New Scots build confidence and strengthen their resilience to thrive, integrate and live a full functioning life in the Forth Valley Community. Empowering Refugees through opportunities to:

- Understand and access Health Services
- Participate in Health and Wellbeing Groups and Workshops
- Volunteer



For further information about our Lifestyle projects, or to join please email munira.farara@nhs.scot or tel 07747 457 418

Healthy Lifestyle

VOLUNTEER WITH BRAVEHEART, BECOME A HEALTH MENTOR



Volunteering with Braveheart can be very rewarding, and we are always very grateful for local community members willing to give up their time and knowledge to benefit others.

We are constantly ensuring that we offer a wide range of training opportunities, that equips our existing and new volunteers with the appropriate skills to take on new volunteering roles within our local community.

The role of volunteer health Mentors is to:

- facilitate healthy living group sessions in the community
- support and encourage participants to take steps towards a healthier lifestyle
- keep records as required
- attend training sessions
- attend regular support group meetings and individual support meetings
- promote the concept of a healthy lifestyle

We provide:

- Full training
- Volunteer support meetings and opportunities for involvement in events and social activities
- Regular support from the Development Officer
- Out of pocket expenses



For further information, or to volunteer as a health mentor please email munira.farara@nhs.scot or tel 07747 457 418

Volunteering Opportunities

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 have an interest in the governance side of our charity please get in touch.

If you want to find out more about the variety of volunteering opportunities please get in touch or come to our AGM (see above).

We are particularly interested in volunteer walk leaders and Top Toes clinicians. All training will be provided and all out of pocket expenses incurred, whilst volunteering, will be reimbursed.

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

Top Toes

Lindsay Staveley -
lindsay.staveley@braveheart.org.uk

Walking Groups

Maureen Forbes - maureen.forbes@nhs.scot

Lifestyle Projects

Munira Farara - munira.farara@nhs.scot

Board of Trustees

Anne Black - anne.black3@nhs.scot



Funders

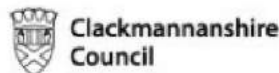
Braveheart would like to thank the following funders. Without funding we would be unable to run the variety of projects and activities we organise and develop!



European Union
European
Social Fund



Scottish Government
Riaghaltas na h-Alba
gov.scot



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



maureen.forbes@nhs.scot