

DECEMBER 2022

Braveheart



Winter Newsletter



THIS ISSUE'S NEWS:

Braveheart AGM

Walking Groups

Top Toes

**Volunteer
Christmas Party**

www.braveheart.uk.net

WELCOME

....AND THANKYOU!

There is no doubt that this has been an incredibly challenging year for so many people within our communities across the Forth Valley.

Nonetheless, our volunteers and staff have continued to provide services and activities to our most vulnerable beneficiaries.

Braveheart would like to take this opportunity to thank all the amazing, compassionate, dedicated and inspirational volunteers and staff, whose work will have a lasting legacy in our communities.

We also want to wish everyone a warm and happy Christmas and New Year!

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 any 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 projects.

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.

A Scottish Winter Poem

It's winter here in Scotland
And the icy breezes blow
At seventy miles an hour
And at 20 degrees below

Aye, I love my Scotland
When the snow is up yer butt
Ye take a breathe o' winter air
And yer nostrils just freeze shut!

Aye the weather here is wonderful
So I guess I'll stick around
I could never leave my Scotland
Cause I'm frozen tae the ground!

Braveheart - A Year of Change!

A YEAR OF EFFECTIVE CHANGE FOR BRAVEHEART!

Our AGM took place on Wednesday the 16th November 2022. Over 30 members attended the meeting that was held in the Hub.

Little did we know that the work of this little charity would increase so much over the last 12 months. Braveheart has been involved in a variety of projects that have made a positive difference in many people's lives.

We wish to thank all our wonderful volunteers who have made a big difference to so many people.

Volunteers Walk Leaders are leading people into social connectedness, as well as improved physical and mental health.

When you walk and talk with others, enjoy a chat, a moan, or a laugh, you are making somebody's day, week, or month! Thank you to all our walk leaders and walkers.

When you cut someone's toenails who can't manage it for themselves, you may shrink away at the thought, but it makes the person feel a whole lot better. Small things become big things when there seems to be no help around. Thank you Top Toes volunteer cutters and receptionists.

When you have the support of a peer group to help motivate you to eat well and stay active and you celebrate your successes in managing to move closer to your weight loss goal, everyone in the group contributes something. When the week hasn't gone so well for you, they are there to support and encourage you. This is community. Thank you, health mentors and members of our lifestyle groups.

Internally, it has been a year of growth and change for Braveheart. There have been a lot of changes in our staff team with new people joining us and others moving on to pastures new. We wish them well going forward.

"Thank you to all our wonderful volunteers. Without you, Braveheart could not provide our much needed activities & services!"

Braveheart Board of Trustees

This year, we have again increased in size and we are now bringing in three times the income we had two years ago. A significant proportion of this success has been due to the extremely hard work and skill of our staff who take a key role in preparing funding applications. This is our best ever year of raising grant funding.

The Board of Trustees has also had a very busy year. All three trustees have contributed a lot of their time, effort, and skills to support organisational change and growth.

If you feel you can support the governance of the charity, or you know of someone who may be interested please contact anne.black3@nhs.scot

Thank you to everyone, it has truly been a team effort. We look forward to continuing our work in 2023.

For further information about volunteering with us please email Munira Farara munira.farara@nhs.scot



Walking Groups

SCHEDULED WALKS

There will be no lead walks on the following dates -

25 December

26 December

1st January

2nd January

Please check the website for the updated walk programme that will be available in the New Year, or contact Eva on eva.finlayson@nhs.scot

www.braveheart.uk.net

FEW PEOPLE KNOW HOW TO
TAKE A WALK. THE
QUALIFICATIONS ARE
ENDURANCE, PLAIN CLOTHES,
OLD SHOES, AN EYE FOR
NATURE, GOOD HUMOR, VAST
CURIOSITY, **GOOD SPEECH,**
GOOD SILENCE AND
NOTHING TOO MUCH.

Ralph Waldo Emerson

ONE STEP AT A TIME

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 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

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.

Thankyou!

Thank you to all of the walk leader volunteers for the outstanding work and dedication to the Walking Project.



Healthy Lifestyle

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

Livingwell Projects

The Weight Management Group starts back on Monday the 9th January from 10 am to 12 noon at the Hub, Howgate, Falkirk.

The Self Management Group runs on the third Tuesday of each month. The next session will be held in the Hub on the 17th January 2023 from 1.30pm to 3.30pm.

Please contact Munira if you wish to come along.



Mental Health and Wellbeing Support Group.

Starts Monday the 12th January 2023 at the Mayfield Centre, St Ninians from 12.30pm to 2.30pm.

This project has been funded through the Community Mental Health and Wellbeing Fund and will promote positive mental health.

Anyone who feels that they need support, need some company or just a chat please contact Munira.

Activities will include Arts and Crafts, Cooking, Exercise, Mindfulness, etc.

for further information please contact munira.farara@nhs.scot/ 07747457418

Top Toes



Our personal toe nail clipping service clinics start back on -

Thursday 5th January-Falkirk and Clacks
Thursday 12th January - Stirling

Please check out the website for clinic venues, dates and times.

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



Braveheart Job Opportunity

Braveheart Development Officer

Braveheart is looking to recruit a Development Officer (20 hours per week) for its Top Toes Project, based in the Hub, the Howgate, Falkirk. The post will include some travel across Forth Valley.

Salary: £23,709 pro rata

The closing date for applications is 16th January.

Top Toes is a project within Braveheart that provides a personal toenail clipping service to the many people across the Forth Valley who are unable to do this for themselves, due to ill health or mobility issues. Good foot care encourages increased mobility and independence and reduces the risk of falls. The service is provided by trained volunteers.

The successful candidate will be responsible for:

- The smooth-running of the footcare service, including managing volunteers, service delivery, and monitoring and reporting on performance.
- Management of clinic rotas and appointments
- Reporting to the Manager and recommending efficient and cost-effective solutions for identified challenges.

If you wish to make a significant, positive difference in people's lives and you are ready for a new challenge, we look forward to hearing from you!

A driving license is desirable for the role as it may involve some travel throughout Forth Valley.

An application pack is available to download below, or you can access this from the website <https://braveheart.uk.net/news/>

Job Description – Braveheart Development Officer **Braveheart Job Application**

For more information, please contact Anne Black, General Manager on 07522 247676 or by e-mailing anne.black3@nhs.scot

Please send applications to maureen.forbes@nhs.scot

Volunteer Christmas Party

Our Volunteer Christmas Party took place on Wednesday the 14th of December in the Hub. It was lovely to see so many volunteers come along and enjoy the food, a highly competitive quiz, and a mingle. This was a great opportunity for volunteers from all the different projects to meet each other.



**"My thanks to you all
for a smashing lunch
event today.
A well presented
tasty buffet and the
quiz certainly
got the old brain
cells working!"**



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!



Thank you!

TALK TO US

07707 800 999

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

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The Braveheart Association



braveheart.uk.net



maureen.forbes@nhs.scot