

Braveheart's Spring Newsletter



May 2023

Highlights

- Welcomed new staff members to Top Toes
- 7 additional Walk Leaders are Dementia Friendly Trained
- 4 additional Walk Leaders Strength & Balance Trained
- Staf trained to deliver 'Confident Conversations' Training
- Review of our Volunteer Handbook
- Secured future funding
- Ran our first Volunteer Open Day
- Successful Braveheart Open Days



Funding

We're delighted to be supported by:

- *NHS Forth Valley
- *Paths for All
- *Living Well
- *Alliance
- *SVE
- *CTSI
- *CVS
- *Scottish Government
- *Volunteer Support Fun



Volunteer Open Day Event

Thank you to everyone who was involved in our first ever Volunteer Open Day, in April. We enjoyed revamping our Connections Hub, chatting to everyone and welcoming potential new volunteers. Volunteers are at the heart of Braveheart and without them, our services would not be the success they are!



If you were unable to join our event and are keen to volunteer, then we'd love to hear from you. We have the following volunteer opportunities:

- Walk Leader
- Living Well Leader
- Footcare Assistant / receptionist
- Board of Trustee
- Hub volunteer

E: eva.finlayson@nhs.scot

T: 01324 673703

Come into our Connections Hub to meet our volunteers and read all their quotes >



Volunteer Celebration Day

We look forward to bringing all our volunteers together on Wednesday 7th June to celebrate Volunteers Week. We have a special afternoon planned for our volunteers to thank them for all their commitment and support over the past year. Keep a look out in our next Newsletter to find out what we go up to!

Braveheart Open Days

In celebration of the Mental Health Awareness Week, Braveheart has planned and hosted a range of fun and exciting social activities open for all. Thank you to all who attended, we hope to see you again soon.



Braveheart

For healthy lives

Braveheart Open Days

15, 17 and 18 May 2023

Come join us in the many free fun filled activities, organised to bring about and celebrate the Mental Health Awareness week.
All are welcome

<div>Monday 15th May</div>	<div>Coffee & Connect: 10am - 12noon Music Quiz: 2pm - 4pm At Braveheart Connections, Howgate</div>
<div>Wednesday 17th May</div>	<div>Craft & Create: 10am - 12noon Walk & Chair exercise: 2pm - 3pm At Braveheart Connections</div>
<div>Thursday 18th May</div>	<div>Coffee & Connect: 10am - 12noon Paracise with Kristy: 2pm - 3pm At Braveheart Connections</div>



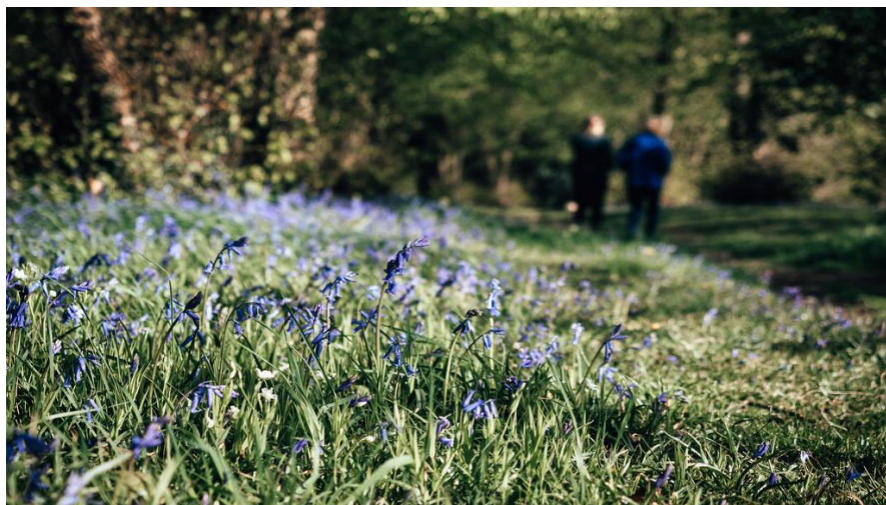
Braveheart Walks

Night Walks

We're delighted to have our evening walks back (April - October). These walks are a great way to enjoy the evening fresh air, meet others, or even something to do once you've finished work for the day. No need to sign up, just turn up!:

***Tuesdays - Polmont Canal @6.30pm** (meet in car park behind bowling club for 1hr walk)

***Thursdays - The Helix Park @7pm** (meet in Falkirk Stadium car park for 1hr walk)



Strength and Balance Training

Thank you to Scott Burton, NHS Health Promotion, for training 4 of our Walk Leaders on how they can support our walkers to do simple Strength and Balance exercises before, during or after their walk...and even at home! Doing these simple S&B exercises just x2 per can significantly improve your strength, balance, independence, and confidence. Keep a look out next time you're around FVRH loch and you can try these yourself.



Walker Muriel Masey

The woman who came to be known as “Mum”, Muriel first joined our Braveheart walks in late 2009. She quickly became a regular walker, popular with her fellow walkers through her friendly disposition and her direct, no-nonsense, common sense approach to life. She had a posture that belied her age, learned through her early years in the Women's Air Cadets and never forgotten. She was often sounded out by other walkers for her opinions and wisdom. Even in her terminal decline she maintained a positivity and strength of spirit that is an example to us all. She is missed by many as shown by the attendance at her Celebration of Life and she will be fondly remembered by all in Braveheart who knew her as a wonderful human being. Written by Walk Leader, Ian Parker.

Muriel is photographed second from the right



Away Day Walks

We had a fantastic turn-out of 51 walkers for our frst Away Day walk of the year! A sunny and delightful day at Pittencrieff Park, Dunfermline. Thank you to our wonderful Walk Leaders for supporting.



Our next Away Day Walk...



Summer Away Day Walk

South Queensferry

Thursday 6th July

closing date Thursday 22nd June

2mile
and
3.5mile
walk
available
(approx)



FREE

First
come
first
served

Bus pick ups:

Camelon Education Centre @1pm

Carron Medical Centre @1.10pm

returning for 5pm, after refreshments

Please book through Eva:



01324 673703 / 07795283508



eva.finlayson@nhs.scot



Living Well

Weight Management and Healthy Lifestyle Group

Our Healthy Way With Braveheart Group continue to meet every Monday and enjoy weekly sessions aimed at supporting participants in areas such as healthy eating, exercise, maintaining 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 others and share your experiences over a cup of tea/ coffee.

The group meet 10 am to 12.30 pm at the Braveheart Connections, Howgate Shopping Centre, Falkirk.

Support for Long term health conditions- Braveheart Plus Groups

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

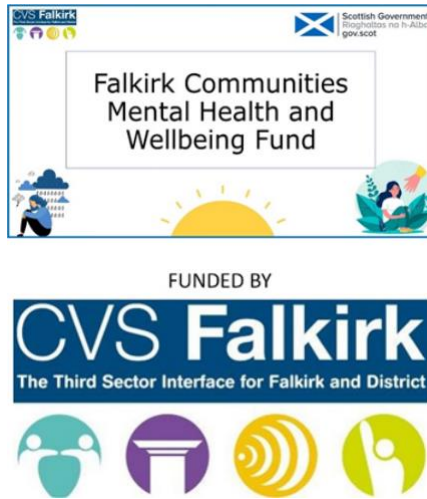
The group meeting every third Monday of the Month at 1.30 – 3pm and enjoy practical support to help them look after their physical and emotional wellbeing in a friendly and supportive environment.



Falkirk Community Mental Health and Wellbeing Support

We're delighted that our application to the Falkirk Communities Mental Health and Wellbeing Fund was successful! The fund will allow us to start new groups and activities at the Braveheart Connections Hub and at different community locations.

Women's support group is starting 16th May at Westfield Community Centre and a range of creative, and wellbeing activities from our hub in the Howgate Shopping Centre to encourage individuals try new things, meet new people, and share their skills and experiences are planned, so please look out for these in our webpage <https://braveheart.uk.net/> and Facebook page <https://www.facebook.com/braveheartfalkirk/>



Stirling Community Mental Health and Wellbeing Support

We were absolutely delighted to have received funding from Clackmannanshire and Stirlingshire Communities Mental Health and Wellbeing Fund. To run much needed activities targeting the most isolated and vulnerable in the community of Stirling, this funding will help to reduce isolation and improve mental and physical health locally.

Our Wellways group meets every Thursday 11 am to 1 pm at Mayfeld Community centre, Stirling. The group is now established and provides a place where like-minded individuals from the community can come together in a welcoming environment.

For further information about any of the above groups and to join please contact Munira Farara at munira.farara@nhs.scot or call 07747457418



Top Toes

We're delighted to have welcomed Top Toes Development Ofcers, Eleanor and Rumbie, to our Braveheart team. Our clinics remain busy as ever and we hope to welcome new volunteers on board to support this demand. We'd love to hear from you if you'd like more information.

Unique Training Opportunity - Top Toes Nail Clipping

Braveheart is delighted to have up and coming Toe Nail Clipping training. Training is delivered by an NHS Podiatrist and will last 2 hours.

As a volunteer Footcare Assistant, you will support local people within our community to practice good foot health, and in turn improve their overall well-being. You will get a chance to meet many different people, enjoy a chat along the way, and give something back. If you're interested, we'd love to hear from you.

For more information, please contact us below:

E: rumbie.muza@nhs.scot

T: 01324 633505



Thank you for reading

Our next Newsletter will be out in summer

