



Photo Credit:
Volunteer Walk Leader
Charlie Colliar

Team Update

The Braveheart Association

It has been a great time of progress for Braveheart this year, with project developments and new appointments made to our Top Toes service. We are now a team of 7.

From left to right: **Eleanor Paterson** (Top Toes Development Officer), **Maureen Forbes** (Support worker), **Rumbie Muza** (Top Toes Development Officer), **Anne Black** (General Manager), **Eva Finlayson** (Volunteer Coordinator), **Iain Currie** (Admin & Finance Asst.) and **Munira Farara** (Living Well Development Officer),

NEWSLETTER '23

Welcome to our latest newsletter for 2023. Where has the time gone? So much is happening at Braveheart and it is great to be able to update you on the activities of our service areas. Braveheart is a local charity offering a range of wellbeing related activities to support people to live healthier lives..



Top Toes on top form!

Our toenail clipping service continues to grow with new volunteers coming on board. NHS Podiatry conducted training recently, with new volunteers starting to shadow and build their confidence & experience. Clients show their appreciation in a way that touches our hearts, reminding us of how valuable this service is for them.



Welcome to our new volunteers...



→ **Left to right:** Anne Montgomery, Top Toes Development Officer Rumbie and Sjihoon Dovaston. The ladies have been shadowing at some clinics and building their experience. We hope you can meet them both soon.

Anne Conway & Emma Dallymore are previous volunteers who have recently rejoined us.



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Walk with Braveheart

Our second Away Day Walk of the year took us to the beautiful South Queensferry, where 50 walkers thoroughly enjoyed their walk and the scenery. [Pictured right]

Our next Away Day walk is in October. Keep a look out for more information coming soon!

Our Big Fit Walk, held in Bonnybridge this year, welcomed 20 walkers for a lovely walk through the nature reserve and canal. [below left]

We have our weekly Walk here every Wednesday, 10.30am, meeting outside the Old Station Bar. No need to sign up, just turn up!

We were joined by 8 walkers on our Saturday Callendar Park walk for Refugee week, kindly arranged by CSREC. [below right]

We're thinking of the family and friends of walker **Anne Schiel** who sadly passed away. Anne was a regular walker on our Stenhousemuir and Larbert walks and thoroughly enjoyed many Monthly Walks over the years. She will be greatly missed.



We welcome you all to join our 'Centurion Way' Sponsored Walk on **Wed 13th September, 1.30pm**, leaving from Falkirk Carmuir's Golf Club car park. 2.5 & 3.5 mile routes. Donations requested. Details from Eva.

Welcome to Susan!

Our newest board member is Susan Anderson. Many of you may recognise her as an existing Walk Leader. Susan retired early five years ago & read that helping other people makes you feel good. So, she volunteers with various charities and can confirm that volunteering does make her happy and it's much better than working!

It also allows Susan to continue her travelling hobby. Becoming a Grandmother for the first time last year inspired Susan to volunteer as a Braveheart Board member - she wants to keep her brain sharp for all the tricky questions Oliver will have for her in the future.



Braveheart immediately appealed to me because it combines two of my favourite hobbies - walking and chatting! Volunteering does make me happy and it's much better than working!

www.braveheart.uk.net

The Braveheart Association is a Scottish Charitable Incorporated Organisation SCIO No. SC034617



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Living Well with Braveheart

Our Living Well programme continues to offer access to a number of services and resources to support people who want to improve their health and wellbeing, through the following projects:

Healthy Way with Braveheart:

This weekly free Adult Weight Management and healthy lifestyle service combines nutrition, workshops and physical activity sessions delivered by our trained and very friendly team of staff and volunteers. The group meets every **Monday 10am - 12.30pm** at the Braveheart Connections Hub, Howgate shopping centre.



Living Well: Emotional Support Matters!

Braveheart continue to support to those living with long term health conditions to improve their health and wellbeing. Our Braveheart Plus group meets every third Monday of the Month at 1.30 – 3pm at the Braveheart Connections Hub.

Our Stirling group meets weekly every Thursday afternoon 1- 3 pm. The Braveheart Plus group in Falkirk is now open for new members to join. If you are someone living with or caring for some one with a health condition and would like to improve your health, then this group is for you!

Community Mental Health & Wellbeing:

Our weekly groups in Stirling and Falkirk offer a range of creative, and wellbeing activities from our hub in the Howgate Shopping Centre, the Westfield Community Centre, Falkirk and the Mayfield Community Centre, Stirling. Participants enjoyed a variety of fun and educational activities over the summer period ranging from cooking together, art and craft, singalong, and exercises to fit all needs and tastes.



Breast Cancer Awareness month - October 2023



Know Your Numbers Week 4th -10th September 2023:

Free Health Checks:

In collaboration with NHS Forth Valley Keep Well Service, we are offering free Keep Well health assessments to both men and women. The Keep Well health assessments will check your general health and can do a wide range of health checks such as blood pressure, diabetes risk assessment, cholesterol checks, advice on a healthy lifestyle and issues specific to women's or men's health. Booking is essential. We would like to extend our appreciation to Claire (NHS Nurse) for her dedication and support.



A TIME TO SAY THANKS

Find out more

VOLUNTEERS' WEEK

1-7 JUNE

VOLUNTEERS WEEK

We celebrated our volunteers over afternoon tea, plenty of chit chat, a fun music quiz, and certificate handouts. We're delighted so many of our volunteers joined us, and we will be handing out our remaining certificates very soon! We can't thank our volunteers enough for their ongoing support and enthusiasm. Braveheart wouldn't be here without you!



Braveheart's Centurion Way Walk

Help support our thriving walking programme by joining our annual Sponsored Walk

Wednesday 13th September @1.30pm

Meet in Carmuir Golf Club Car Park



No sponsor sheets required, we kindly ask for a donation of your choice to join this walk.

Both a 2.5mile and 3.5mile walk available.

Refreshments in Carmuir afterwards.

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The Braveheart Association

www.braveheart.uk.net

Braveheart

For healthy lives

Braveheart
For healthy lives

Connect

Be active

Community Wellbeing Day

Wednesday 6th September
10am - 2pm
at
Braveheart connections, Howgate Shopping Centre, Falkirk

This is a free community event, with various health and wellbeing focused advice and information stalls from local groups and organisations

For more information please email braveheartstaff@outlook.com or call 01324673702

Thank you for reading!

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