

NEWSLETTER '23



We need you!

We are currently recruiting Personal Footcare and Reception Volunteers at our busy toenail clipping clinics throughout Forth Valley

As a volunteer you'd be supporting older and disabled adults within your community for just a few hours per week

Training Dates available soon

All training and expenses are provided

We'd love to hear from you



Our Christmas Newsletter will highlight our project achievements, volunteer celebrations, funding success and what's to come in early 2024.



We need you!

Volunteer with Braveheart today

Our Volunteer Networking Drop In is taking place on Wednesday 24th January, 10am-12noon, at our Connections Hub. Come along to find out about our opportunities.

Annual General Meeting

The Braveheart AGM took place on 8th November in our Connections Hub in the Howgate Shopping Centre. We were celebrating 20 years since becoming a charity and 10 years as a Scottish Charitable Incorporated Organisation.

The theme for our AGM was 'Finding Purpose in Volunteering'. Our volunteers are the heart of everything we do at Braveheart, and we recognise and value the great contribution they make to the health and wellbeing of people in Forth Valley. Our volunteer numbers have increased by 48% in the last 10 years and we were able to employ a Volunteer Co-ordinator through funding secured from the Volunteer Support Fund. This has helped us to support and train volunteers, increase volunteer diversity and support the development of a new Volunteer Handbook.

During the AGM, volunteers from Top Toes, Living Well and the Walking Programme took part in a Question Time panel to speak about their experiences of volunteering with Braveheart.

The Braveheart Annual Review was launched at the AGM, highlighting key achievements over the year. The Annual Review and the new Volunteer Handbook are both now available on our website.

Gordon Thomson gave the Chairman's report and financial report and thanked everyone for their hard work throughout the year.



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Walk with Braveheart

We're delighted to announce we have our 5th year of Smarter Choices, Smarter Places funding to help support our project

Our Sponsored Walk welcomed 40+ walkers, raising over £650 for our walking project. Thank you to everyone involved

3 new Walk Leaders trained to support our project

9 volunteers took part in All Abilities Walk Leader Training

64 participants took part in our week-long winter step count challenge. 1,338,573 steps taken! averaging around 621 miles! Well done everyone!

Walk Leader Ernie Martin (Bonnybridge walk) and Walk Leader Jane Tingle (Stenhousemuir walk) have resigned their role with Braveheart. After years of supporting our project we're delighted to continue seeing them on our walks as a walker. We can't thank them enough for their years of support.

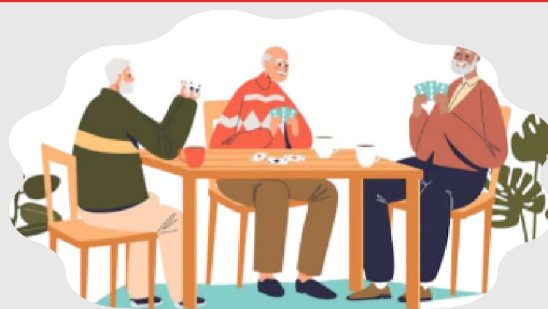


Thoughts are with the family and friends of walkers Walter Martin and Maureen Grey who have sadly passed away. They'll be missed on our walks



47 walkers present at on our final Away Day Walk of the year to Drumpellier Country Park

Men's Cafe



We were delighted to run our first ever Men's Cafe in December. We had lots of tea, chat and board game competition! This cafe encourages social interaction, reduces isolation, and allows those attending to take part in different activities, if they wish.

We aim to provide this cafe on a regular basis throughout 2024, please keep a look out of our social media and website for an update!

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



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Living Well with Braveheart

Our Living Well programme continue to offer a variety of health and wellbeing activities to members of the community living in the Forth Valley.

Weight Management and Healthy lifestyle Groups



"Getting healthy is not a two-week process, it's a change of lifestyle"

Healthy Way with Braveheart groups offers free support for people, by helping them to design their own healthier lifestyle.

The group gives you free access to low fitness classes and gym equipment, organised health walks and Weekly meetings where you'll learn everything you need to know to help you to manage your weight and make lasting lifestyle changes.

New Group starting Monday 8th January 2024

From 10am to 12 noon at the Braveheart Connections, Howgate Centre

Self-Management Support Group

Braveheart's Living Well groups provide resources and tools for getting started, and staying on track, with self-management and support you to develop the skills which will help you to live well with a long-term health condition.



The group will be back on 22rd January 2024 from 1.30 to 3.30 pm and will be meeting every last Monday of the month at the Braveheart Connections, Howgate Centre.

Mental Health and wellbeing support Groups

At Braveheart, we're proud to say that supporting people with their mental health weaves its way through almost every service we offer. Our Wellbeing groups are fun, interactive and provide a safe place to go along to and find new ways to cope better and feel happier, healthier, and less pressured by daily life.

Our Falkirk groups funded by the Falkirk Community Mental Health and Wellbeing Fund will continue to meet on Wednesday and Friday

Here is some of the activities we had over the last Autumn:

- ♥ Held a successful Community Wellbeing Day on 6th September 2023
- ♥ Breast Cancer Awareness in different locations over the October month
- ♥ Information table at Older People's Day 17th October



Coming up:

“Feel- good Falkirk ” is a three year project funded by the Big Lottery Fund will launch officially in the New Year 2024
We're delighted to announce that we've recently been awarded a 3 year grant by the Big Lottery Community Led Fund to create and develop an exciting Living Well Hub with a full range of health, fitness, and social support activities.
We can't wait to share further information about this programme with you, so make sure you keep up with our News page for further announcements, opportunities, and the full project launch!

Volunteer Open Day January 2024

Community Wellbeing Day February 2024



Volunteer Christmas Celebration

We were delighted to be joined by 32 staff and volunteers for our Christmas Lunch in December. We enjoy this time of year to bring everyone together to socialise and thank our volunteers for all their commitment throughout the year. A big thank you to Forth Valley Sensory Centre for hosting us.



Seasons Greetings

We wish all of our volunteers, service users , partners and funders a Merry Christmas and a Happy New Year.

We look forward to seeing you all in 2024!



Thank you for reading!

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