

Welcome to our summer newsletter for 2024. Even though we haven't had the best summer weather thus far, there's certainly been lots going on at Braveheart to keep us all uplifted and encouraged. New walks, new volunteers, new staff, and continued growth of our Feel Good Falkirk project. Read on for some more about our work over the past few months and what is ahead. Connect with us on Facebook for the most up to date information, activities and events.

WALK WITH BRAVEHEART



The well established walking programme carries forward with new members joining regularly. Some walks are more popular than others but they all continue to provide a space each week to get some gentle exercise whilst making some lasting friendships and connections in your community. We'd like to highlight our new walk at Dollar Park on a Monday from 1pm and our newly-established MALL WALK, every Thursday at 1pm - specifically designed for those recovering from injury OR looking to begin exercising.







The latest away day walk took place in June where over 50 walkers headed through to Drumpellier Country Park in Coatbridge. The weather wasn't the best but it was a good day, nonetheless.

The next Away Day Walk will take place on Thursday 26th September 2024 where we will be going to the old coal-mining village of Townhill, north of Dunfermline. Booking is essential. Please contact Maureen @: maureen.forbes@nhs.scot by Wednesday 11th September.

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





LIVING WELL



Our Feel Good Falkirk project is thriving with many different physical & social activity groups on offer. It has been great to watch the growth of groups like the Sew and chat with Sheena, Arts and crafts with Isabel and the Men's group with Charlie. Seeing the friendship bonds forming is lovely. It is clear that this project is really impacting people on a personal level. We look forward to seeing everyone that comes along every week. For an up to date weekly activity schedule of all that is on, please get in touch on the details below OR pop into the hub from Monday to Friday.

Nurse Claire is still available to be booked for a 1-2-1 health check appointment at the hub. Last Weds of every month. Booking essential.



WELCOME

We are delighted to welcome a new board member and a staff member dedicated to volunteer recruitment.



Welcome to Fiona Grant, who is our newest volunteer to join the board. Fiona has a background in nursing for 40 years, and now retired, enjoys travelling and soaking up the culture of different countries. She is a trained Walk Leader and will be a great addition to the Board. We look forward to working with her.

We welcome Tzaritsa Asante to our Braveheart staff team. Tzaritsa will be focussing on volunteer recruitment across all areas of our Organisation, particularly Top Toes. welcome Tzaritsa and hope you get the chance to meet her soon.



STEP UP and Make a Difference with TopToes!

Do you want to make a real impact in your community?

Join the TopToes team as a Footcare Assistant and help bring comfort and care to those in need.

Our clinics provide an essential toenail clipping service to the elderly and vulnerable, and we need compassionate volunteers like YOU!

No prior experience? No problem! We offer full training and a supportive environment.

Take a step towards giving backyour time and care can mean the world to someone. Contact us today and be part of something truly rewarding!

Than

Thank you to Susan Anderson for her contribution, serving on the Board of Trustees. She has now stepped down but continues to volunteer as a Walk Leader.

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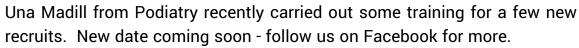




TOP TOES SERVICE



The Top Toes service continues to be in great demand, as we support the work of NHS Podiatry. Our clinics are busier than ever and we're glad that they have stabilised throughout this year, with great thanks to our committed volunteer team who put our clients needs first, and selflessly give their time in service of them.







FEEL GOOD FALKIRK PROJECT LAUNCH









We were delighted to be joined by Baillie Kerr, who officially launched our Feel Good Falkirk project at our Braveheart Connections hub in the Howgate shopping centre. Feel Good Falkirk is funded by the National Lottery Community Fund provide activities supporting physical and mental health.









The Freedom of Mind community choir also treated us to some wonderful performances, and everyone enjoyed the beautiful celebration cake thanks to Darrells of Falkirk, and our volunteer, Heba. Find out more about Feel Good Falkirk on our website & see the events schedule below.





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VOLUNTEER CELEBRATION

It was a great time celebrating our volunteers at the hub in July. Involving volunteers from all areas of our organisation, we enjoyed some food and fellowship together. Thank you to Charlie Yorston, who conducted a guiz amongst the volunteers. The winning team (pictured right) comprised of volunteers from all three areas of our

service provision - a nice wee coincidence!





UPCOMING EVENTS AND ACTIVITIES



2024

AFTERNOON

MON

HEALTHY WAY WITH BRAVEHEART 10AM-12PM

FREE TIME

TUE

WOMEN'S CAFE 12.30PM-2.30PM

READING CLUB EVERY 4TH TUES, 1PM-3PM

WED

FREE TIME

MEN'S CAFE 12.30PM-2.30PM

PARACISE 3.30PM-4.30PM

THU

ARTS & CRAFTS 10AM-12PM

MALL WALK & GENTLE EXERCISE

FRI

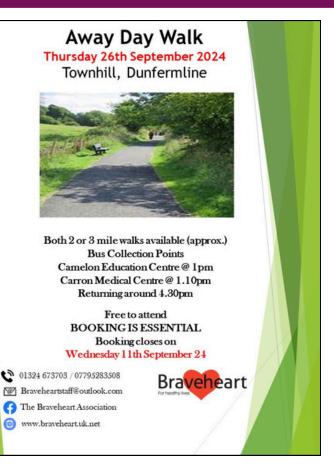
SEW AND CHAT 10AM-12PM

BEGINNERS SEW 12PM-1PM

FREE TIME

WWW.BRAVEHEART.UK.NET







We're delighted to be involved in the CVS exhibition 'Capturing Volunteer Stories: 1984 -2024', taking place from Tuesday 10th - Friday 20th SEP 2024 at Arnotdale House, Dollar Park. Two of our volunteers will feature in the exhibition - Charlie Colliar from the walking programme and Fiona Wilson from the Top Toes service. Well done folks!

Thank you for reading!

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