

**Connections**



**SUMMER NEWS 2024**

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.**

**\*NEW WALK\***

Every  
**MONDAY**  
from  
**1-2pm.**  
**DOLLAR PK.**



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](mailto:maureen.forbes@nhs.scot) by **Wednesday 11th September.**

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



[braveheartstaff@outlook.com](mailto:braveheartstaff@outlook.com)



01324 673703  
01324 633505





## 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. We 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 back—your time and care can mean the world to someone. Contact us today and be part of something truly rewarding!

*Thank you!*

**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.

Una Madill from Podiatry recently carried out some training for a few new recruits. New date coming soon - follow us on Facebook for more.



## ★ 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 to 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 quiz 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

### EVENTS SCHEDULE

# 2024

MORNING

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 1PM-2PM

FRI

SEW AND CHAT 10AM-12PM

BEGINNERS SEW 12PM-1PM

FREE TIME

WWW.BRAVEHEART.UK.NET



### Away Day Walk

Thursday 26th September 2024  
Townhill, Dunfermline



Both 2 or 3 mile walks available (approx.)  
Bus Collection Points  
Camelon Education Centre @ 1pm  
Carron Medical Centre @ 1.10pm  
Returning around 4.30pm

Free to attend  
**BOOKING IS ESSENTIAL**  
Booking closes on  
**Wednesday 11th September 24**

01324 673703 / 07795283508

Braveheartstaff@outlook.com

The Braveheart Association

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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