

# NEWSLETTER '24

Welcome to our latest newsletter, highlighting our project achievements, funding successes, volunteer training and information on upcoming activities and events.

## Community Wellbeing day - love yourself!

We were delighted to be joined by many partners at our recent Wellbeing event with many activities on offer including Paracise, hand massages and a special performance from Freedom of Mind Community Choir.



**Freedom of Mind Community Choir**

## 💫 FUNDING SUCCESS! 💫

Thanks to the National Lottery Community Fund, we have secured 3 year funding to support the development of an exciting Living well hub where we will be offering a full range of health, fitness and social support activities.



## A special launch event will take place on Wednesday

29th May from 11.30am - 1.30pm



## Walk with Braveheart - away day walk 24

Our first away day walk of 2024 took place recently, where approximately 50 walkers went on a trip to Charlestown and Limekilns. Our next away day walk will take place on THU 27th JUNE. Watch out for details on social media soon.



### New Walk Leader support



Rumbie Muza

In addition to her role in Top Toes, Rumbie will now cover some areas of the walking project. Look out for her at a walk soon.

### Mall Walk & gentle exercise

Jenn has started a Mall walk every Thursday from 1-2pm, including some gentle exercise.



Jenn Landrum

To find out more about our walk, please get in touch on the details below.

Many of you will know that our colleague Eva Finlayson went on Maternity leave in Mid February. We're delighted to share of the safe arrival of her second child, Maya. Please join us in congratulating her and wishing the family well.

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

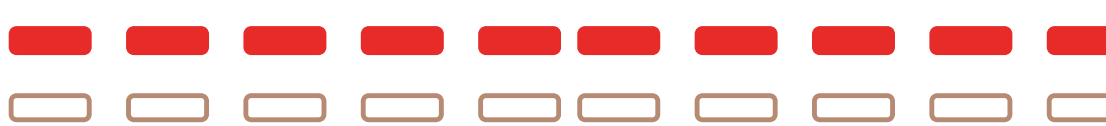


[braveheartstaff@outlook.com](mailto:braveheartstaff@outlook.com)



01324 673703  
01324 633505





## Volunteer training News



## New recruits



We welcomed some new Top Toes volunteers in March who undertook some training with Una Madill from NHS Podiatry. The training consists of an informational session followed by some practical experience. We welcome **Fiona Wilson, Maria Coffey, Kel El-Tayer and Yvonne Robertson**. We look forward to working with you ladies and thank you for your service.

## First-Aid for Volunteers

Recently, we provided First-Aid training to our volunteers. This was a great session and included learning placing people into the recovery position, CPR and how to use a defibrillator. Thank you to Jim at Sticky Plaster training who provided this in a very professional and personable way. We hope to offer further First Aid training soon.



## EVENTS SCHEDULE

# 2024

### MORNING

### AFTERNOON

**MON**

HEALTHY WAY WITH  
BRAVEHEART 10AM-12PM

FREE TIME

**TUE**

WOMEN'S CAFE  
10AM-12PM

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

**WED**

FREE TIME

MEN'S CAFE  
12.30PM-2.30PM

PARADISE  
3.30PM-4.30PM

**THU**

ARTS & CRAFTS  
10AM-12PM

MALL WALK & 1PM-2PM  
GENTLE EXERCISE

**FRI**

SEW AND CHAT  
10AM-12.30PM

FREE TIME

[www.braveheart.uk.net](http://www.braveheart.uk.net)



## VOLUNTEER WITH BRAVEHEART

We offer various opportunities to volunteer in your community from being a Walk Leader, helping to support our healthy living groups, becoming a Board Member to serving with our toenail clipping service.

**GET IN TOUCH TO FIND OUT MORE**

# Thank you for reading!

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



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



01324 673703  
01324 633505

