



CHRISTMAS 2024

Welcome to our last newsletter of 2024. Where has this year gone? It feels as though it has flew by. Perhaps that is a sign of being busy, and the phrase "time flies when you're having fun" comes to mind. Its certainly been such a fun year for everyone at Braveheart. So much great activity going on at the hub; meeting new people, building relationships and creating connections. As we head towards the end of the year, it is good for us to reflect on what has gone by, as we look ahead to 2025, with great positivity and excitement.

WALK WITH BRAVEHEART



Great to see all our walks thriving, with new walks also making their mark. We hope to have updated printed walk cards available in the new year which will include new walks.

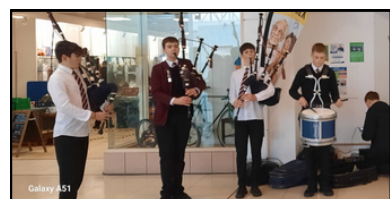
A great away day walk took place through at Drumpellier Park. Over 50 people joined to walk a 2.5m and 3.5m walk in this beautiful surrounding. This year's sponsored walk took place in Camelon, starting at Falkirk Golf Club. Thank you to everyone who helped us raise over **£500!**



OLDER PEOPLE'S DAY 2024

We were delighted to be able to host this year's Older People's day at our Howgate hub in November. Over 24 organisations gathered together to offer their services, information and resources available to older adults in Falkirk.

Falkirk High School music students treated us to many performances! Many thanks to Falkirk HS teacher, Jaclyn Conington.



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



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BRAVEHEART AGM 2024

Thank you to everyone who came to our AGM. It was great to gather together and celebrate Braveheart's success over the past year. We enjoyed a video highlighting our successes over all three areas of the organisation: If you would like a copy of our Annual Review, please don't hesitate to get in touch on the details below.



UPCOMING EVENTS AND ACTIVITIES

NEW Living Well activities starting in January 2025! TAKE YOUR NEXT STEP!

Braveheart+PLUS

Take charge of your health!

A goal-focussed peer support group for people with ongoing health problems.

Last Monday of the month, 2-4pm

ADULT WEIGHT MANAGEMENT GROUP

15 weeks weight management group followed by 15 weeks of weight maintenance.

Overseen by a trained facilitator

Key benefits:
Physical activity, behavioural change, nutritional support

VOLUNTEER TRAINING *FREE*

Confident Conversations
Tuesday 14th January 25

Hub Fire Safety training
Tuesday 28th January 25

NHS Podiatry training
Wednesday 5th February 25

First-Aid
dates to be confirmed

PLEASE CONTACT A MEMBER OF STAFF TO BOOK A PLACE

COMING SOON!

Wellbeing day - 12th February 2025
More details to follow.



*A very merry Christmas to you all!
Every blessing for a wonderful new year, 2025!*

Thank you for reading!

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