



Falkirk Community Hospital
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About Us

Braveheart offers a range of wellbeing related activities to support people to live healthier lives.

Volunteering

Volunteers are at the heart of everything we do at Braveheart, and we have a number of opportunities to get involved.

- ★ Walk Leader
- ★ Living Well Leader
- ★ Footcare Assistant/Receptionist
- ★ Board of trustees

“
Volunteering can make a difference to everyone - including yourself!
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www.braveheart.uk.net

The Braveheart Association is a Scottish Registered Charitable Organisation SC034617



Supporting local people to improve their wellbeing and live a happy life



TOP TOES

We provide a toenail clipping service to anyone unable to cut their own toenails.

Good footcare improves mobility and independence, and reduces the risk of falls.

Clients can receive toenail clipping every 8-12 weeks (depending on availability) by a NHS trained Personal Footcare volunteer. 1st appointment is £30, which includes a clipper pack and further appointments are £20.



LIVING WELL

I've learned so much about my health and wellbeing. I've been supported to make small changes and I already feel the benefits.

Our FREE living well programme supports you to reach personalised lifestyle goals relating to; healthy eating, increasing physical activity, alcohol reduction, smoking cessation, managing stress and achieving a healthy weight.

We also run various peer support groups for those living with long term conditions. Enjoy practical support to help look after your physical, mental and emotional wellbeing.

FEEL GOOD FALKIRK - a variety of social and practical activity groups to support you being more socially connected. Look out for our schedule of weekly events.

WALK with Braveheart

We support individuals to increase their physical and social wellbeing through our free, low-level, local walks. We also promote active travel for short, local journeys. We run both weekly and Away Day walks, ranging from 2-4 miles.

Our walks are open to everyone, and we support those living with long-term conditions, dementia and sensory impairments.

All walks are led by locally trained Walk Leaders who will support you throughout, and welcome you back each week.

Braveheart has been a major part of my life since my husband passed away. The Walk Leaders are lovely!