



Braveheart's April 2017!



What a wonderful start to 2017 it's been for Braveheart. Here are two pages of our best bits, with some highlights of what's to come!

Braveheart's next newsletter is due out in July 2017!

Social Enterprise Trips!

Braveheart has been working on an exciting new venture called "Oot and About With Braveheart." The idea is to organise day trips to areas of interest that people will enjoy visiting and to raise some funds for Braveheart at the same time.

A group of volunteers and staff have planned our first trip to the Transport Museum in Glasgow on Thursday 20th April. Tickets for this trip are priced at £6. The cost has been kept very low for this first trip, but we hope to at least break even!

We are planning to organise another trip a bit further afield during the summer. A trip to the seaside may be in order! Watch out for more news about this in the coming month....

Any ideas you may have for future trips please let us know.

Friends of Braveheart

One of our walk leader volunteers, Rob, has agreed to organise our new fundraising club called "Friends of Braveheart." The idea is similar to the 200 Club we used to run. People paid a modest yearly subscription and monthly draws were made with cash prizes given to the winners.

We are looking for new Friends of Braveheart who would like to join us in this new prize draw. Please contact us if interested in taking part.

Talks

Braveheart provided a talk to both Denny Local Wasp Group & Larbert Women's Group; thank you both for your kind donation and we hope to see you all again.

If you have a group who would like to hear about The Braveheart Association, then please get in touch.

Optimise/ Weight Management

Optimise provides health awareness topics to improve people's health in Falkirk and we got off to a great start in 2017, reaching various community groups and new service users.

During the first quarter of the year, Braveheart delivered 15 Optimise sessions, talks, workshops, ongoing weekly weight management, and monthly weight maintenance sessions benefitting over 100 participants.

Sessions are always interactive and informative focussing on general health, eating well, maintaining a healthy weight, avoiding negative effects of stress and preventing and managing common health problems.

Many of us feel that we should make some healthy changes in our lifestyles to regain control of our health, but changing long ingrained behaviours can be a never-ending battle! The good news is whether you want to lose weight, move more, or eat healthier; you don't need to do it alone.

Braveheart Optimise groups are free for everyone and they can provide the extra motivation and new skills you need to help you achieve your personal goals.

Volunteering is good for your well-being

Four Braveheart Volunteer Health Mentors enjoyed a valuable Strength and Balance training session from Paths for All in March.

Further training in relation to healthy living and group dynamics starts on Saturday 29th April.

If you are interested in becoming a health mentor, please get in touch!

Recipe Book

Thank you to everyone who got involved in my project during my time on placement. I am pleased to inform you all that we have a final product ready to be printed. The recipe book includes healthy recipes from the service users and some stories behind their recipes. Once the recipe book is in the printing process, a suggested donation of £3 is required to get your hands on your very own copy!

Anyone who would like to get involved and help with the printing process please contact The Braveheart Office on 01324 673703 or email helena.ormond@nhs.net.



Community Hub

Braveheart joined with our partners from the Sensory Centre, Living it Up and Dance 4 Passion extending invitations to shoppers to join in free taster sessions at The Community Hub in the Howgate Shopping Centre on 22nd March.

Look out for us there again on Wednesday 26th April 11am- 2pm.

When there will be free weight management advice, Strength and Balance exercises and other exciting activities and information.

Walk with Braveheart

WWB has had a tremendous start to 2017! You'll see our new 2017 walk cards and publicity around the Falkirk District where we hope to encourage new walkers to join our walks.

We kindly ask current walkers to update us with any new details that they may have, this allows us to keep our records as up to date as we can, thank you.

From January to March Braveheart have led 105 walks, welcomed 1,587 attendances with 167 walkers exploring further afield on our Monthly walks; specifically our Inner Forth Landscape Initiative walk to Black Devon Wetlands!

A further 5 Walk Leaders have trained in Strength & Balance which we plan to continue using at both the Community Hub and to any groups we provide talks to who wish to have a taster session. We also trained a further 4 WLs to be Dementia Friendly and furthermore trained 5 WLs in Epilepsy Awareness and we can now support individuals on our FVRH walk and hope to further develop this. We are also delighted to have our new Walk Leader Rod join our squad.

Braveheart night walks are back!! It's smashing weather for a walk on either a Tuesday night, 7pm along Polmont Canal (meet behind bowling green) or Thursdays, 7pm at Helix Park (meet at Falkirk Stadium Car Park). Our Walk Leaders look forward to seeing you there.



Stenhousemuir



Bonnybridge

Happy Birthday to Stenhousemuir & Bonnybridge

Our Walk Leader Stanley Stewart kindly highlighted to us that both our Stenhousemuir & Bonnybridge walks officially turned 11 years old on week beginning 20th March. Wow!

A HUGE thank you to all of our volunteers and walkers who have made these walks a great success over the years!

Below figures are taken from March 2005 to March 2017. Wow:

Stenhousemuir- 9,481 attendances, 511 walks led!

Bonnybridge- 4,952 attendances, 529 walks led!

Some photographs that may take you back.....



Walk Leader Maurice

Everyone at Braveheart, staff members, volunteers and walkers, would like to say a warm thank you to Maurice Benham for all his volunteering over the past 9 years with us!

After a super 9 years as a volunteer Walk Leader, firstly starting out on our Bonnybridge walk many years ago, Maurice is giving up his blue Braveheart hat. We are, however, delighted to see Maurice returning to our walks as a walker- you're not getting away that easily!

Maurice has supported many walkers over the years, touched many people's lives, brought much laughter to our groups and finally he has ensured the Christmas spirit stays with us for 12 months of each year haha.

Maurice is 3rd standing from the right hand side (with his blue hat)



Happy Birthday to Braveheart walker Irene Young who turned 88 at the end of March!

Condolences

Thoughts are with the family and friends of Jessie Gibson. She will be solely missed on our walks

FB: The Braveheart Association / www.braveheart.uk.net