

# Braveheart's June Newsletter 2020



As we say goodbye to June we look towards a joyful July. We hope this newsletter brings you optimism, hope and perhaps something to get involved in...

# Braveheart

For healthy lives



Our next Newsletter is  
due out in July 2020

## Volunteers Week

The start of June marked Volunteers Week; a week where we thank and celebrate the work of our wonderful Braveheart volunteers. Each year we plan a day trip to a place of interest for everyone to come together and as a small token of our thanks. Unfortunately this year was very different however we look forward to a time where we can plan something extra special ☺



## Braveheart Contacts

With the Braveheart team working from home during this time, you can reach us on the following numbers:

07979700112- Eva

07747457418 – Munira

07795283804 - May

## Website/ Facebook

We're posting weekly updates on our Website & Facebook pages for anyone able to access these and stay connected:

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

FB: The Braveheart Association (we also have a private members group you can join!)

A kind reminder to send us anything you'd like us to add to our next newsletter

[eva.finlayson@nhs.net](mailto:eva.finlayson@nhs.net)

## Diabetes.... The Big Picture

8<sup>th</sup> – 14<sup>th</sup> June 2020 was The Diabetes Week and we at Braveheart wanted to help paint the big picture.

Diabetes can affect both your body and your emotions. It is common to have mixed feelings about your condition and experience emotional highs and lows. These emotions can affect your ability to manage your daily life and condition.

Successful self-management is a vital part of living with any long term health condition and emotional well-being has a big impact on your ability for self-care. This is especially true if you have diabetes.

Here are few tips to help you find healthy ways to cope and mark your steps on the road to reaching your health goals:



**Seek support:** It's important to have a network of people you can turn to. Attending diabetes education classes or a diabetes support group can help you both manage your diabetes and better cope with your feelings. Remember that you are not alone!



**Move your body:** When you are sad or worried about something, go for a walk or bike ride. Research shows when you are active; your brain releases chemicals that make you feel better.



**Think positive:** It may sound too simple but having a positive attitude really helps. Think about and celebrate the successes you've had managing diabetes (even small ones).



**Be good to yourself:** It's important to feel good about your successes. But it's also important not to beat yourself up if you fall short of a goal. Do the best you can, look at what worked and what didn't, and then move on.

Finally, the most important thing is to realise that help is available and no matter how long you've had diabetes or how much time you spend on your diabetes care, there's more to you than just diabetes.

## Spinach, red onion and potato tortilla

**Serves: 4 Prep: 10 mins Cook: 45 mins**

Each 258g serving contains

Calories 216 Fat 10.2g Saturates 2.5g

Carbs 21.4g Sugars 5.1g Salt 0.4g

Protein 11.1g

### **Ingredients:**

400g new potatoes

250g frozen leaf spinach (130g once defrosted and excess water squeezed out)

1tbsp olive oil

1 large red onion, thinly sliced

5 eggs

Pinch salt and pepper, to season

### **Method:**

1. Boil the potatoes for 15 minutes. Drain and run them under a cold tap, before cutting into 0.5cm-thick slices.
2. Meanwhile, defrost the spinach, squeeze out the excess water and chop it slightly.
3. Add the oil to a large, non-stick pan on a medium heat. Cook the onion for 2 minutes until soft.
4. Beat the eggs and add the salt, pepper, spinach and potatoes.
5. Pour into the frying pan. Use a spatula to press the tortilla down, and press in the sides to create an even shape.
6. Cook for 5 minutes on each side. Reduce the heat and turn the tortilla twice more, cooking for 2 to 3 minutes on each side.
7. Slide the tortilla onto a plate and leave to cool a little before serving.



### **Follow the Tower Trail**

Four impressive medieval towers (more per square mile than anywhere else in Scotland) and a manor house have survived at Alloa, Clackmannan, Dollar, Sauchie and Menstrie and represent just a few of the great houses which once existed in Clackmannanshire.

The tall tower houses (dating from the late 14th and 15th centuries) were built by the Bruces, Erskines, Argylls and Schaws, who were among the most distinguished families in medieval Scotland. These houses were required to be near the royal court in Stirling, partly for defence, but mainly as a way of showing off the status, wealth and style of their owners.

The towers, their locations and the way they evolved are all different and each has its own fascinating story – some have been attacked, most played host to royalty, one was at the centre of an amazing formal landscape and another even witnessed the ‘knighting’ of the poet Robert Burns!

Have a look at Clackmannanshire Council’s Tower Trail Booklet to find out more about these impressive buildings and what makes them special.



### **Buddy Walks**



With Government guidance having evolved, and as it continues to evolve, we’d like to encourage our walkers (and everyone for that matter) to make contact with fellow walkers or friends to head out for a walk, if they’re able to. This is a great way to keep active, socialise and get some fresh air.

Braveheart is keen to resume our group walks as soon as it’s safe to do so and we’ll update everyone when we can.

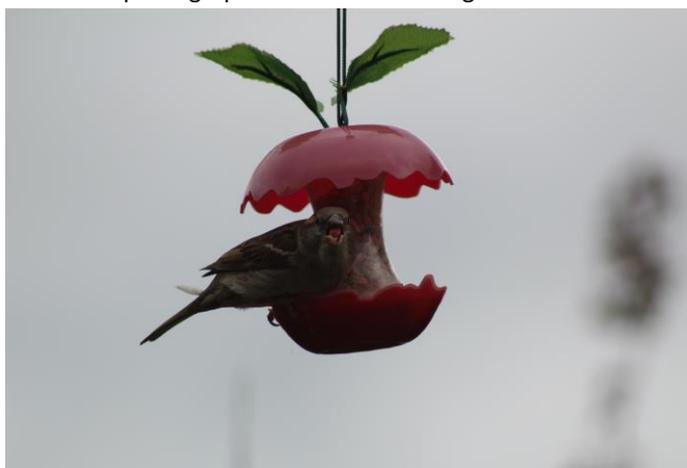
In the meantime our Walk Leaders are keen to support our walkers where they can. We are looking at doing this in the form of ‘Buddy Walks’. Our Walk Leaders will meet you outside your house, or somewhere suitable to you, and lead you on a walk around your local area. This can be done on a weekly basis for example. If this is something you would benefit from, would like more information or put your name down for a Buddy Walk then please contact:

Falkirk- Eva- [eva.finlayson@nhs.net](mailto:eva.finlayson@nhs.net) / 07979700112

Clacks- May- [may.richmond1@nhs.net](mailto:may.richmond1@nhs.net) / 07795283804

### **Garden Friends**

Clackmannanshire Walking Development Officer May shares this wonderful photograph of a Coal Tit in her garden....



### **Walk Leader Carol's Bluebell Walk**

Bluebells are really spectacular this year! The road leading past new houses down from Forth Valley Royal Hospital are now opened; this means you could walk along pavement from Larbert Cross and burn right into new houses. Continue walking parallel with road until junction, where there are two houses. Turn left and when you are at bottom of road you will see gate and track on right hand side...just follow this. This takes you to cemetery en route to Denny. Walking there and back from crossroads is around 3 miles, maybe less. Or follow this photo trail from Old Denny Road. You’ll see some lovely sites ☺

Visit our News section at [www.braveheart.uk.net](http://www.braveheart.uk.net) for full photo trail of this walk



## Kindly Thoughts

By John Reid

While reading the May issue of Braveheart's Newsletter I noted that the words 'kind' and 'kindness' appeared in several of the articles. These same words often appear in mediaeval writs relating to land-holding; but in their original context. Language has a habit of evolving through everyday usage and 'kind' and 'kindness' are classic examples of this.

Writing to his grandson in the late 1500's Lord Ogilvy told him, 'They say rich tenants make a rich master'. In those days the greater part of the wealth of the upper classes in society came from the produce of the land and to and to achieve and maintain the fertility and productiveness of the land meant having tenants who were both industrious and skilled. Obviously, having found them, it was in their interest to retain their service. Among the principal means of doing this was to house them, give them a portion of land to maintain and to let them share in the proceeds. The children of hard working parents also tended to hold these ethics and so, not only did the master want to hold on to the active generation, he also wanted to have the service of those following on. To do so the tenants had to have security in the tenure of their piece of land and this led to the concept of hereditary possession. These early land-holders were styled kindly tenants and their right to possession was called kindness. The reason for these terms was that the words, kind, kindly and kindness all stem from the same root as kin and kinship. When you treat someone in a kindly way you are giving them the same degree of consideration as a close relation.

As mentioned, historic records of these kindly tenants often appear such as one from 1564 in which James Auld assigned to his son, Alexander Auld, his kindness, right and title to the 36 shilling land of Linhouse, lying in the barony of Slamannan Moor and sheriffdom of Stirling.

Perhaps the present situation is an opportunity for of us to treat all of our friends and associates in a kindred manner.



## How was it for you? Lockdown reminiscences

Can you help us? We are looking for volunteers to record Falkirk's experiences of the Coronavirus Pandemic. Pandemics, fortunately, are rare. The earliest known were occurrences of Bubonic Plague or 'Black Death' which visited the Falkirk area several times. We know that men were appointed to mark afflicted homes, bury the victims and clean the affected houses. During the 1645 outbreak, large gatherings including weddings, funerals and parties were banned, isolation hospitals were set up, the uninfected stayed at home as much as possible and, eventually, the plague abated.

While we can see similarities with today's attempts to control the spread of the epidemic, we are only getting a glimpse of the actions of those who governed. There is not a single surviving report from the ordinary people who lived through it.

Today, we are in an ideal position to record our experiences for future generations. Each of us has a story to tell, from the everyday to the special. Some may be funny and entertaining; others will describe great loss and sadness. We want to reach out to as many people as possible to record their experiences of lockdown. These can be about any aspect of your lockdown experience and may take the form of prose, poetry, music, photographs, drawings or paintings. How these will be presented is yet to be decided and we are also looking for volunteers to form an editorial team. This is your opportunity to tell your great, great, great grandchildren about the pandemic.

If you are interested in taking part in this initiative, either as a contributor or as part of the editorial team, please contact Eva at [eva.finlayson@nhs.net](mailto:eva.finlayson@nhs.net) or 07979700112

### **SIDE HIP STRENGTHENER:**

07

Stand tall beside a bench or table.

Hold on and keep your exercising leg straight, with the foot straight forward. Slowly lift the leg out to the side and return. Try and keep the body upright and only move the leg, rather than swinging over to the side.

Repeat 5 times, build up to 10 times. Swap round and exercise the other leg. Lift the leg out to the side, hold for a slow count of 3 and return.

Try to keep the body upright and only move the leg, rather than the top part of your body.

This strengthens your hip muscles and helps you with stepping up over pavements or kerbs.



### **SIDWAYS WALKING:**

Stand up tall and place your hands on your hips.

Use a support in front of you if needed such as a wall or railing. Take 10 steps to the right, pause and then take 10 steps to the left.

This exercise is good for moving in a sideways direction, for example stepping out of the way on a pavement to allow someone past.



### **HEEL WALKING WITH NO SUPPORT:**

10

Use side support if required, such as a wall or railing.

Stand tall and look ahead. Come back onto your heels, raising the front of your feet off the floor. Make sure your body stays nice and straight and you don't lean forward or stick out your bottom.

Walk 10 steps on your heels. Lower the feet to the ground, turn around and take 10 steps back on your heels the other way as before.



### **TOE WALKING WITH NO SUPPORT:**

09

Use side support if required, such as a wall or railing.

Stand up tall and look ahead. Come up on your toes slowly. Walk 10 steps on your toes, then lower your heels back down and turn around.

Walk 10 steps the other way on your toes. Toe and heel walking can help improve balance when reaching up, for example into high cupboards or supermarket shelves.



## Strength & Balance Exercises

Following on from last month's Newsletter, here are our final Strength & Balance exercises for you to try 😊

## Answers to last months 'Interpret the Following'

1. Sandbox	13. Big chair
2. Man overboard	14. Pair of dice
3. I understand	15. Touchdown
4. Reading between the lines	16. 6 feet under (although there are only 5 feet showing)
5. Long underwear	17. Mind over matter
6. Crossroads	18. He's beside himself
7. Downtown	19. Backward glance
8. Tricycle	20. Life after death
9. Split level	21. G.I. overseas
10. Three degrees below zero	22. Space program
11. Footlights	23. See-through blouse
12. Circles under the eyes	24. Just between you and me



## News from the Board

It is now some 4 months since lockdown measures were put in place and all our lives have dramatically changed during that time, but hopefully we can start to look forward with some optimism. The Scottish Government has laid out a route map to exit lockdown, based on a 4 phased approach and has recently announced that due to the reductions in new coronavirus cases and deaths, as well as scientific guidance Scotland will now enter the second phase of the easing of lockdown restrictions albeit some of the relaxations proposed in this phase will be gradually introduced. Being able to move forward and introduce phase 2 of the route map is in part down to us all having adhered to the strict lockdown procedures which we all have had to endure during the last few months but equally so, we cannot now become complacent. The cautious approach being shown by the Scottish Government in easing of the lockdown procedures will hopefully allow the country as a whole to start getting back to some level of normality in the coming months. We are aware of the difficulties being faced by everyone associated with Braveheart and how the normal activities which we have all previously enjoyed have been put on hold during this difficult time of worldwide crisis.

As lockdown restrictions are being eased the Board, along with our dedicated and hardworking staff who have continued to work tirelessly from home during the lockdown period, regularly hold virtual meetings to discuss ways in which we could slowly consider restarting our various activities. In considering any resumption of these activities it is incumbent on the Board to ensure that we take cognisance of all safety guidance available to us to ensure the safety of staff, volunteers and all our service users. In doing so it will be necessary for us to take a pragmatic approach to this and carry out detailed risk assessments and put in place robust safety measures to protect everyone involved with our organisation. Even when we do gradually resume our activities it maybe some time before we return to pre corona virus normality and obviously this will be dependent on further guidance promulgated by the Scottish Government. Prior to the corona virus outbreak we know that Braveheart were delivering a quality service involving a variety of health activities, something that we were proud of and despite the challenges that may lie ahead for us in the near future, we intend to recommence these activities as soon as we feel it is safe do so.

As the weeks go by we are aware that many of you may have started to feel the adverse effects of the lockdown with not being able to carry out your normal activities and possibly being confined to your homes, which we appreciate can not only affect your physical abilities but also your mental health and wellbeing. We at Braveheart continue to care about your wellbeing during these difficult times and therefore if you feel you are in need of help in anyway please do not hesitate to get in touch with us. Contact details are available in this newsletter, after all Braveheart would not exist without all of you who participate and support us in our various activities and for which we are grateful.

At this time we also think it is important not forget, and therefore give a thought to all those that have sadly lost their lives to the virus and to their families who have suffered the devastating loss of their loved ones. Additionally we should also reflect on the heroic efforts by all NHS workers and other key workers who have worked selflessly and tirelessly on our behalf during the past few months in sometimes very trying, difficult and at often very harrowing conditions. Let us also remember the army of volunteers who have willingly given of their time and stepped up to help the more vulnerable in our society. We will be eternally grateful to them all for their commitment during this time.

At this time we can hopefully see some green shoots of recovery in the country but we have to be patient, and therefore we ask that you continue to take care, keep yourself safe and well, in the hope we will see you all back participating in our activities sooner than later.