

# Braveheart's Summer Newsletter 2015

We hope everyone enjoyed our new spring newsletter that was launched earlier in April. We're now ready to tell you what Braveheart has been up to over the summer months!

**Braveheart's next newsletter is due out in December 2015!**

## Braveheart Volunteers

Braveheart has been awarded Investing in Volunteers accreditation for the next 3 years! Many thanks to Maureen McMillan (Health Mentor) and Charlie Colliar (Walk Leader) who worked with us to achieve this and to all Volunteers who took part in the assessment process.



In June all Volunteers were invited to the Inchrya Grange Hotel to pick up their CVS general, 5year & 10year service awards. A big thank you to everyone for your on going commitment and support.

In August Braveheart invited all Volunteers to join us at Hopetoun House to thank them for their continuous support, commitment and enthusiasm. Everyone had a super day touring the house and gardens.



## Big on the Walking Front

In May Braveheart supported the TAG group for their Sponsored Walk around the Helix Park, 28 people enjoyed a nice evening stroll where many now join us on our Helix Park night walk every Thursday.

Braveheart's first evening Big Fit Walk brought 51 walkers to the Helix Park in June. A big thank you to everyone to come to support, the rain didn't put us off!

We've reached a new walker record for Monthly Walks in August. Airthrey Castle summoned 55 walkers together to enjoy a marvelous walk around the grounds and not forgetting the wonderful tea and scones afterwards!



## Living It Up Community Challenge

In July Braveheart joined this challenge to get their feet moving over summer. Over all of our weekly walks, both 30minute and 1 hour walks Braveheart walkers and Walk Leaders completed a massive 681,370 steps in the space of just one week!!!! Well done everyone!

## Exciting Walk Development

Braveheart is delighted to announce our new Callendar Park walk on Saturdays, 10.30am. Leaving Callendar House for a lovely 30min slow walk or 1hour brisker walk around the beautiful grounds of Callendar Estate.

Braveheart is now expanding out to Clackmannanshire. Our new FREE health walk from the Hawkhill Centre starts on Wednesday 16<sup>th</sup> September, 11am. This is led by our very own trained leaders from this area. Why not come and join them for a 30minute walk in the fresh air, with some chitchat along the way!

Our dedicated Walk Leader Charlie Colliar was returning from his holiday where he couldn't wait to get back to Braveheart, he ran for his flight and badly tore a muscle in his leg!

Charlie is now safely home and resting his leg for the next few months or so. We hope Charlie makes a full recovery and as we all know he can't wait to get back on his feet!

Please turn over...

## GROWL (GRumpy Old Walk Leader)

Summer, what flaming summer? When Ah was a boy you could fry eggs on the pavement in summer, mind you they would probably stick tae the melting tar so there widnae be much point. Nowadays ye cannae tell what season ye're in, apart from the darker nights in winter.

Ah should introduce masel' at this stage. Ah'm a grumpy auld Walk Leader. Ah once thought that a' auld folk were grumpy because they had so many things wrong wi' them but now that ah've joined the band, ah realise that it's because o' a' they youngsters that havnae a clue. Maist o' them have one ear glued tae a phone and they never watch where they're gaun and ve're near run ower when ye're walking up the High Street. And look at them, fat hingin' everywhere, mair rolls than Dalziel of Airdrie and mair chins than the Chinese phone book. And a' covered in tattoos in various colours of ink. Mark ma words, in 40 years' time they'll a' be in the hospital havin' laser treatment tae get rid o' them, mind ye they can have their gastric bands fitted at the same time.

No that they're the worst when ye're up the High Street, a' they folk wi' sticks or in they motorised scooters getting' in yer road, nae wonder the country's gaun tae rack and ruin wi' a' the benefits that they'll be gettin'.

And bus drivers, another breed o' scoundrels that wait until ye're halfway up the bus then take aff like John Surtees and leave ye hurtlin' up tae the back seat. If ye go upstairs then ye need to press the bell and take yer life in yer hands coming doon because if ye wait till the bus stops, ye get halfway doon an' he takes aff again thinking some joker's rung the bell for a lark. At least they put big numbers on the buses noo so that ye can see if it's the wan that ye want, used to be that it whizzed past afore ye'd a chance tae put yer haun oot cos ye couldnae read where the flaming thing wiz gaun until it wiz 5 yards fae ye.

Ah could go oan a' day about litter, bin men, gress cutters, shop assistants, drivers wi' fancy cars that havenae indicators but ah'll leave a' that for another day.

Well TTFN (that's textspeak for auld folk), I'll see ye next time if ah dinnae get run ower by a bus – it's bein' sae cheery that keeps me gaun!

By Walk Leader Ian Parker

Will be sadly missed on our  
Braveheart Walks

Cyril Godfrey  
Frank Murphy  
Freda Craig

### Up and coming Months

- \* FREE Walk Leader Training
- \* Luminare
- \* Braveheart's Annual Review & AGM on 20<sup>th</sup> Oct 3pm

Feel free to contact Braveheart with suggested news for our next newsletter: 01324 673703

### Date for your Diary!

Braveheart's Sponsored Walk is on Saturday 10<sup>th</sup> October, 10.30am at Callendar Park, meeting outside Callendar House. Come and join us to celebrate 10 years of Walk with Braveheart, with a 30min or 1hour walk! No sponsors required however donations to join our walk would be greatly appreciated to help support the great work we do. Family, friends and all ages welcome!