

# Braveheart's Autumn Newsletter



**Braveheart**  
For healthy lives



We are very pleased to announce that The Walking Programme has been awarded two further years funding from The Robertson Trust.

Read on for more about this year's AGM, news of a national award, positive feedback from the NHS Forth Valley Board and more.....

**Braveheart's next  
newsletter is due out in  
December 2017**

## National Award for Eva

Congratulations to Braveheart's Eva Finlayson who was named Volunteer Manager of the Year at the Paths For All Volunteer Awards Ceremony in Glasgow on 25<sup>th</sup> October!

Eva was nominated for her enthusiasm in developing the Walking Programme. She has expanded the walking programme to include walkers who are living with dementia, epilepsy and those with visual impairments and organises the necessary training for volunteers to ensure they have the right skills to support their walkers.

Volunteers said,

*"She coordinates everything and is constantly developing new ideas by liaising effectively with other groups - always with a smile on her face".*

Eva is pictured below with volunteers Charlie and Ian and John who walks with Braveheart.



## Walk & Talk Feedback

Braveheart volunteers, staff and walkers met with the NHS Forth Valley Board last month to highlight the work of Braveheart. NHS Board members then joined us on a short walk from Forth Valley Royal Hospital.

NHS Forth Valley Chairman, Alex Linkston said,

*"The whole experience was very informative and interesting. It was apparent that staff and volunteers for Braveheart provide an outstanding service."*

*"I am delighted to be able to acknowledge the outstanding commitment and obvious dedication of the team."*

Well done the Braveheart Team!

## Weight Management Success

Munira, our Optimise Development Officer, is having great success with 3 new weight management programmes that started in August.

Through our strong partnership with NHS Forth Valley Health Promotion, Dietetic and Healthy Working Lives teams, we are piloting a weight management programme for NHS staff from different departments. Fourteen staff are currently taking part.

We are also running a new, community based weight management group with 13 local people participating.

We hope to report good progress from all participants in our next newsletter.

## Hopetoun House Trip

Our next fundraising trip to Hopetoun House will be on Friday 1<sup>st</sup> December.

If you have ideas for next year's fundraising trips or would like to join the planning group, please email [Anne.black1@nhs.net](mailto:Anne.black1@nhs.net)

## Braveheart Volunteer Opportunities

Braveheart has need of more volunteers as we continue to grow and develop. The following opportunities currently exist:

Walk Leaders  
Fundraisers  
Braveheart Trustees

Interested? Please contact the Braveheart Office on:  
01324 673706 / 673703

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

FB: The Braveheart Association /  
[www.braveheart.uk.net](http://www.braveheart.uk.net)

## Going From Strength to Strength: Braveheart AGM 2017

The Braveheart AGM took place at the Sensory Centre on Tuesday 10<sup>th</sup> October.

Our Keynote Speaker this year was Dr Graham Foster, Director of Public Health and Planning at NHS Forth Valley. Graham spoke eloquently about the changes in the NHS over the years and brought us up to date with the current Healthcare Strategy for NHS Forth Valley 2017-22. Graham spoke about his long involvement with the organisation and stressed that Braveheart has always been ahead of its time but it is now right on time and well placed to tackle the challenge of ill health prevention and provide supported self management.

A presentation on the organisation's performance over the year and plans for the future was delivered and the Braveheart Annual Review was launched, demonstrating that we are reaching more and more people in the communities of Forth Valley with our health and wellbeing services. Our committed Braveheart volunteers then received Certificates in recognition of their valued contribution throughout the year.

Attendance on the day was the best we have ever had with extra chairs having to be found! Special thanks to Stan for all his help in promoting the AGM. A big thank you to everyone who attended the AGM and made the day so positive. Looking forward to next year already...



Thank you to Robert Snedden for taking the photographs.

**The Braveheart Association is a Scottish Charitable Incorporated Organisation. Charity No: SCO 34617**