

Braveheart's Summer Newsletter 2017!

Braveheart has had an extremely eventful and rewarding few months! Here are a few of our highlights...



**Braveheart's next
newsletter is due out in
October 2017!**

BRAVEHEART'S RECIPE FOR SUCCESS!

How do we know that Braveheart makes a difference in people's lives?

One of the strategic aims of Braveheart is that we will evaluate all that we do. This month we have been evaluating both our health mentoring and walking programmes and are excited about what people are telling us....

Weight Management Interim Evaluation

- 98.9% of participants rated their experience with Lose Weight with Braveheart as an excellent experience
- It was evident that Lose Weight with Braveheart was viewed as well-structured and provided participants with more in depth information that was easy to understand:
"It was a great experience; the way Munira put it across has been easy to understand"
- The group setting was positively perceived by participants and they welcomed the opportunity to learn about weight management and found the practical, group based approach very useful:
"The group make it easy for me to take the decision to change and I felt really motivated"
- 99% of participants reported that the sessions have helped them gain more confidence in managing their weight:
"This was a good kick start to my weight loss, after needing to lose weight for many years"

Walk With Braveheart Evaluation Quotes

- "Good to meet new people. Have a choice of what walk to take"
- "I think it is a very good thing and if I didn't have the walk I would probably not be out. I also have increased my social life through Braveheart"
- "Good exercise, good company"
- "Have discovered many local areas which I didn't know existed"

SAVE THE DATE! **Braveheart AGM**

**10th October 2017 at 3pm
@ The Sensory Centre**

OOT AND ABOUT WI' BRAVEHEART

In these days of increased competition for a diminishing pot of funding, Braveheart has been meeting with volunteers to plan ways to generate income to support our core services.

Our social enterprise idea is to organise day trips to areas of interest that we know people will enjoy visiting. We charge a ticket price, aiming to make a small profit after costs. This will be used to support our health and wellbeing services in the community to continue.

The first trip we organised was on 20th April to the Transport Museum in Glasgow. Feedback from those who went was excellent and we made the princely sum of £6! The second trip was to Edinburgh Botanic Gardens on 17th July. This time we made a little more...£40.

The planning group now has 5 volunteers including Linda, David, Helena, Charlie and Rod. We can be contacted with your ideas for future trips by email to anne.black1@nhs.net The next trip will be on 14th September going to Summerlee. Please look out for our booking forms or contact for more information.



HEALTH MENTORING

Small changes..... Big benefits

Taking just one step to improve your lifestyle choices can drastically enhance your health and the key to make a successful change is to be aware that you don't have to make lots of changes in your food selections and physical activity all at once. Instead, start by improving just one or two of your lifestyle choices and nudge your food and physical activity habits toward better health.

Braveheart health mentoring sessions encourages people to adopt this attitude by making small informed changes and to return to the basics of healthful eating and active living.

The contents of the sessions are adaptable and provide an overview of the Eat well guide, physical activity advice as well as providing free NHS resources and available for all adults in Falkirk area and offered to a wide range of community groups.

If interested please contact us on:
01324 673702/ 01324673706
Or e mail us on: munira.farara@nhs.net

Upcoming:

- Pilot weight management programme for the NHS Staff starting 24 August 2017- the programme is a joint initiative between Braveheart, NHS Forth valley health promotion team and the Dietetic team.
- 18 people from Falkirk area took the offer of joining **Get in Shape with Braveheart**, weight management programme and two groups are starting in August 2017 for 8 weeks.

Please turn over...

Thank you



In May 2017 Braveheart hosted a food and Health (Nutrition) REHIS accredited course as part of the new volunteer health mentors training programme.

4 of our new volunteer health mentors joined by our friends from the rainbow Muslim Women group had greatly enjoyed the course and for that we would like to thank Susan Kennedy (Health Improvement specialist, NHS Forth valley Dietetic Department) for taking the time and effort to provide us with such a valuable training. (A small party to celebrate and receive the certificates will be held on 24 August at the Braveheart office at Falkirk Community Hospital).

Did you see Braveheart at the Car Boot Sale at Falkirk Stadium on Sunday 23rd July?

We raised £100. Thanks to all who contributed items and to Walk Leader Rod for organising!

WALK WITH BRAVEHEART

We have had another extremely successful quarter on the walking front with highs of 43 on our Monthly walks and welcoming highs of 33 walkers to our Stenhousemuir/larbert Weekly walks! Our joint Inner Forth Landscape Initiative and Braveheart walks are also going strong- with IFLI project ending in early 2018 we are hoping to continue our joint walks after our September walk, having one each month up to December...keep a look out for information.

We have also been providing specialist Monthly walks to individuals in Clackmannanshire and our Friends of Forth Valley walks in partnership with F.V Sensory Centre & F.V Disability Sport have also been doing well each month in highs of 7 walkers. Many of our WLs completed History & Wildlife Training kindly delivered by IFLI- they're hoping to pass their knowledge on when out on our walks!

Walk with Braveheart now aim to continue supporting our current walkers, welcome new people to our variety of walks and furthermore TRAIN NEW WALK LEADERS. If you are interested, or know if anyone who would be interested then please get in touch with D.O Eva Finlayson. We're looking for enthusiastic individuals who would like to give something back to their community, support others or perhaps take up a new hobby after retirement. No experience necessary, full training and equipment given.

Date for your diary- Braveheart's Big Fit Walk with take place on Monday 18th September, 11am- information to follow

Big thank you to everyone who joined us for our 'Friends of Braveheart walk' at the Falkirk Wheel & Canada Woods in June- we raised £332!



Featuring this month is Morag & Helen enjoying their ice cream on our Monthly walk in May to South Queensferry. Photograph by WL Rodney Moore

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

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