

Braveheart's Spring Newsletter 2018



Since our last newsletter back at Christmas, we've moved premises, received new funding and sadly said goodbye to one of Braveheart's long standing Walk Leaders, Janette.

Braveheart's next newsletter is due out in August 2018

Braveheart Office Move

Braveheart has moved premises! We are now located a little further down the same corridor in Falkirk Community Hospital.

You are welcome to drop in for a visit, have a cup of tea and see our new offices. We look forward to seeing you!

Social Enterprise

Now that we have moved premises, the Social Enterprise Planning Group will be meeting on 16th May.

A social enterprise speaker is coming to the meeting to help us plan the way forward.

The idea is to raise funds to help support the vital work Braveheart does in the community.

Watch this space for news of fundraising Day Trips happening in 2018!

Website:

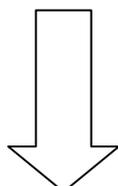
www.braveheart.uk.net

FB: The Braveheart Association

You can also donate to Braveheart online at

www.justgiving.com/braveheartassn

Please turn over



Friends of Braveheart Draw

It's time to sign up for our "Friends of Braveheart" monthly draw.

Complete a membership form and pay £20 by cash or cheque to have the chance to win two prizes in 12 monthly draws.

50% of membership fees are allocated as prize money and the remainder goes directly to support Braveheart's work

Existing "friends" will be mailed rejoining forms. New supporters please call or email me for a form or download on www.braveheart.uk.net maureenforbes@nhs.net 01324 673706

easy! - good luck everyone!

Walking with Braveheart

Our walkers have been busy venturing from Polmont to Valleyfield on our monthly walks and also attending our Inner Forth Landscape Initiative walks which are planned each month up to August this year. We also teamed up with Scottish Natural Heritage for a one off walk to Blawthorn Moss, West Lothian, where we enjoyed exploring a new area



Walk with Braveheart

We've welcomed 14 new walkers this year...and counting...

Our night walks are now back: Tuesdays, 7pm at Polmont Canal (meet behind bowling club) and Thursdays, 7pm at The Helix Park (meeting in Falkirk Stadium car park).

Our Larbert and Stenhousemuir walks have now been going for 12 years! Starting out with half a dozen walkers to now welcoming up to 30 walkers each week! Our long standing members of this group are Jessie Murray, Pat Godfrey and Dorothy George. Our Saturday Calendar Park walk also turned 12 last month!

Our Bonnybridge walker Bob Rae celebrated his 92nd birthday in early April and Stenhousemuir walker Irene Young celebrated her 89th birthday in March. Happy birthday to the both of you!

Braveheart's 2018 Sponsored Walk is going to be a big one! Who wants to walk parts of the John Muir Way? More information to follow.

We're calling on new walk leaders! If you'd be interested in supporting our walking project then we'd love to hear from you.

Free training and equipment given. This is a great way to give something back to your community and get out in the fresh air. Please contact Eva on 01324 673703 or eva.finlayson@nhs.net

Community Health Events

Braveheart always focuses on meeting the wellness needs of the community through meaningful programs and activities. Good news, we secured Awards For All funding in February! We now have a wonderful opportunity to host a series of free health events for the community in Falkirk district.

We are gearing up to put on the first of these events with over 12 health, wellness and outreach stalls on offer, this event seems poised to provide an abundance of health information to the community. The event will be held on 19th June 2018 from 10am to 2pm at the Forth valley Sensory Centre.

NHS Forth Valley will be represented at the event. Free screenings for type 2 diabetes, as well as body mass index (BMI) screenings, blood pressure checks and many other health related services will be on offer. By partnering with great local community organisations, these health events will showcase the wide variety of services we and other organisations have to offer and brings these services closer to home.

With our hands on activities and interactive workshops, attendees will have the opportunity to meet with health mentors and learn helpful hints about living a healthy lifestyle, illness prevention and how to build healthy habits.

We are looking for volunteers to help make these events a great success! If you would like more information please contact Munira Farara on 01324673702 or email her on munira.farara@nhs.net

Janette Broadfoot

We're all deeply saddened by the loss of our wonderful volunteer, Janette. Janette joined Braveheart walks many years ago and then trained as a walk leader in October 2008. She welcomed everyone to our walks and was a friendly and helpful person who always thought of others. She listened, laughed and shared stories of her travels and other community groups she was involved in. These memories will stay with us all.

Everyone here at Braveheart, especially our Larbert and Stenhousemuir walkers and all her friends she made over the years, will greatly miss Janette. Always in our thoughts x



Pictured left on a sunny monthly walk back in 2011

For a coloured version of our newsletter, please visit our website

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