

# Braveheart's Spring Newsletter 2019



Braveheart has had an extremely eventful and successful start to 2019! From being awarded 'Committed to Excellence', securing new premises & funding, having a great turn out at our final Health & Wellbeing Event, which launched our new 'Smart Move' project. Keep reading for our highlights!

*Braveheart's next  
newsletter is due out in  
Summer 2019*

## Committed to Excellence Award

Following an independent assessment of our organisation by Quality Scotland, Braveheart has been awarded Committed to Excellence, an internationally recognised accreditation and acknowledgement of a culture of excellence. Well done to everyone involved.



## Premises in The Howgate Centre!

Braveheart is delighted to have the use of premises inside the Howgate Centre, Falkirk- old Bank of Scotland Unit opposite M&S. We're hoping to use this a couple of times a week to provide drop in information sessions, Weight Management, Eat Well Live Well workshops, Strength & Balance Workshops and taster walks.

We're looking for Volunteers to help support us at The Howgate Centre, if you're interested in finding out more then please contact Maureen on 01324 673706 or [maureenforbes@nhs.net](mailto:maureenforbes@nhs.net)



## Grangemouth's Health & Wellbeing Event

Under the theme "Enjoy Your Health" we have planned and hosted three health and wellbeing events in the three underserved areas in Falkirk and district namely, Camelon, Bainsford and Grangemouth. The Grangemouth Health And Wellbeing Event was a great success as it attracted more than 65 people and 14 local and national health organisations, community and voluntary groups who supported the event by providing their free services and resources to participants.

Everyone at Braveheart would like to take this opportunity to pass on a special thank you to all volunteers who actively participated in the planning and running of these events.



Following on the success of the events, we are currently recruiting new volunteer Health Mentors to be trained and help deliver our new project which will be in three areas of Falkirk (Camelon, Bainsford and Grangemouth). 'Enjoy Your Health' Community Hubs will be operating weekly for 20 weeks offering practical, interactive activities and healthy lifestyle support on topics such as eating for health, ageing well and weight management on a regular basis with lots of fun in the way! For further information on our Enjoy Your Health Community hubs please contact Munira Farara on 01324673702 or [munira.farara@nhs.net](mailto:munira.farara@nhs.net)

## Launch of our new 'Smart Move' project

Braveheart was delighted to launch our new Walk with Braveheart project 'Smart Move', at our above Health & Wellbeing Event. This project is funded through Smarter Choices Smarter Places fund, which will continue to support local people to become physically and socially active through walking, along with raising awareness of active travel within their local area.

Walk with Braveheart has a variety of Weekly and Monthly walks across the Falkirk District for individuals of all abilities and needs. For more information on our new 'Smart Move' project please visit [www.braveheart.uk.net](http://www.braveheart.uk.net) or contact Walking Development Officer Eva Finlayson on 01324 673703 or [eva.finlayson@nhs.net](mailto:eva.finlayson@nhs.net)



## Our night walks are back!

**Tuesday- Polmont Canal 7-8pm**  
(meet in car park behind train station)  
**Thursday- The Helix Park 7-8pm**  
(meet in Falkirk Stadium car park)

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

## Landscape, Industry & Work - a Great Place project

Places, people, traditions, industry... the rich heritage of the Falkirk area makes it a great place to live and visit. Thanks to the Heritage Lottery-funded Great Place scheme is going to spend 2019-21 celebrating and exploring landscape, history and heritage across the whole Falkirk district. Learn new skills, enjoy a day out with the kids, discover local history, share your family stories, or up your step count exploring our heritage trails - they have activities for all ages right in your community. For more information or to get involved in volunteering please contact Helen on [GreatPlace@falkirkcommunitytrust.org](mailto:GreatPlace@falkirkcommunitytrust.org) or visit GreatPlaceFK- Facebook, twitter & Instagram.

