



Annual Review

April 2018 – March 2019



The Braveheart Association



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"The walks give you a purpose, to get out, get exercise, socialise and meet new people."

Bob, Bonnybridge

"The aging well workshop taught me the importance of eating well, healthy exercise and other healthy living habits and because of it, I am positive about some changes to remain healthy now and for long."

Community Talks and Workshops participant

Introduction

People across Forth Valley are living healthier and living longer. At the same time, the gap between those living in the most affluent and the most deprived areas continues to widen and preventable long term disability and ill-health increases.

Tackling those realities requires a real team approach across many organisations. There is a growing realisation of this across NHS Forth Valley and Braveheart is mentioned in many of the more recent documents dealing with the public health challenge, which is tremendously encouraging.

Throughout this year we consulted local communities to identify where Braveheart can deliver the most benefit. Based on the results, we plan to deliver a range of new wellbeing hubs in our local community, initially in Grangemouth, Camelon and Langlees.

Going forward we will work with key partners to develop a hub in the Howgate Shopping Centre offering an accessible one stop shop for community health and wellbeing.

This year Braveheart made an impact by:

- Working through partners and networks to deliver frontline operational support
- Showcasing examples that deliver transformational outcomes, some of which you can read about here
- Championing co-production, ensuring that the people who use our services are at the heart of our programmes



"I'm walking on paths and seeing areas of my community which I didn't know existed!"

Dawson walker

"I feel healthier now than I have in years."

Weight Management Group participant

Chair's Report

As always, we had a very busy year, characterised by increasing our capacity and the quality of what we do.

We encouraged more people to take gentle exercise through our walking programme. More people took part in peer support groups to help them make healthier choices in life. We established closer links with a number of communities across Forth Valley where the need is greatest. We hosted three health and wellbeing events in community centres and now we have space in the Howgate Centre in Falkirk.

Those initiatives, in particular, have helped Braveheart forge closer relationships with other partner organisations across Forth Valley which helps increase access to Braveheart for a number of communities that have not previously engaged.

We have also been able to support people with a variety of different needs: for example, those suffering with a disability and those suffering with mental health issues.

It is important that organisations do not stand still, so early in 2019 we worked with Quality Scotland and gained European Federation for Quality Management (EFQM) Committed to Excellence Accreditation. This has been designed to help organisations understand their current level of performance and to identify, prioritise, and implement improvement projects and Braveheart successfully focused on three projects:

- updating our strategy
- improving recruitment and retention of volunteers
- increasing engagement with key partners to seek their support to help secure funding

This initiative also sets out a direction of travel for Braveheart for the future so we can continue to work as efficiently and effectively



as we can. We received a very positive feedback report but I would highlight one sentence that is important: the enthusiasm of the board members, staff and volunteers shone through.

As our activities increase, and the number of people who benefit from what we do increases, so too do the resources we need to fund our activities. As you can see from our accounts, the money coming into Braveheart in 2018/19 was the highest for many years. Also up was the contribution from donations and fundraising. All this reflects the positive profile that Braveheart has earned amongst funders and those members of the public that know the work of Braveheart.

During this period, we also recruited two new Board members in the positions of Secretary and Treasurer. We now have five Board members and we need to make sure that all staff and Board are supported to play their role in Braveheart's continued success.

"We have also been able to support people with a variety of different needs: for example, those suffering with a disability and those suffering with mental health issues."

“The enthusiasm of the board members, staff and volunteers shone through.”

In the coming year we want to continue to deliver effective programmes to more members of the public across Forth Valley. We see the new community hubs, in particular the space at Howgate Shopping Centre, as playing a key role in this. They also offer great opportunities for Braveheart to work with partner organisations to increase the scope of the resources available. We will increase our engagement with some areas of Forth Valley, in particular Clackmannanshire, where we know there is unmet need.

We will also continue to forge relations with organisations who have the same aims and objectives as Braveheart and where there is value in working together.

Quality will remain a high priority and we will put a number of initiatives in place to support this:

- resources to train staff and Board members
- regular reviews of the organisation using The Scottish Governance Code for the Third Sector
- align what we do and how we do it with the Quality Scotland Committed to Excellence programme

I would like to record my special thanks to everyone that enables Braveheart to do the

good work that it does.

Once again, we saw the year through with the same quality four members of staff. The fact we have such a stable team, in such a turbulent environment, is testament to their individual dedication. The skills of our manager is also a key element of our success.

The Board have worked very hard and played their part in the delivery of everything that we do.

Last, but definitely not least, are our volunteers. They are at the cutting edge of delivery and without them the efforts of everyone else would be fruitless. We should all recognise the great work we do and strive to do even more of it, together, so that more people across Forth Valley might be just that little bit healthier and happier than they might otherwise have been.

Gordon Thomson
Chair

The Braveheart Association



Key Achievements 2018/19

7,618



people joined
461 Walks with Braveheart walks
across Forth Valley (up 17%!)



Record individual walk with
72 participants.



218 community individuals
benefitted from healthy living
sessions including exercise,
nutrition, cardiovascular and
Type 2 Diabetes awareness



162 people took part
in Community Health
and Wellbeing events in
Grangemouth, Camelon
and Dawson



35 joined our Annual Big Fit
Walk with Get Out Get Active
Forth Valley



25 members of the
Camelon 50 + Group
participated in Braveheart's
Weight Management
Programme

New Braveheart/Partnership Initiatives

- Smart Move' project promoting walking and active travel
- Unit in Howgate Shopping Centre to reach a wider audience
- Inclusive Camelon walks with Forth Valley Sensory Centre & Get Out Get Active

Strengthened Community Relationships



- Three well attended 'Enjoy Your Health' community events led with over 20 local and national health organisations and community groups in key areas of high deprivation
- 30 local people take a hearing test and 28 a blood pressure check at just one event with GP referrals where needed
- 12 healthy living sessions delivered to local community groups
- Regular self-management support groups delivered to people with Diabetes and heart problems
- 60 new walkers join our weekly and monthly walks

"The monthly walks get me out and about visiting new places and experiencing all the different nature around us. Without these walks I wouldn't be able to get there myself."

Monthly walker



Organisational Highlights



- New 3 Year Strategic Plan
- Achieved Committed to Excellence Award
- Short film about Braveheart produced by Production Attic for Paths for All
- Two new Board members
- Board/Staff Away Day



Developing Volunteering

- Support for over **50** volunteers
- **9** new volunteers recruited and trained - **5** Health Mentors and **4** Walk Leaders
- **15** volunteers given added experience of planning and delivering Community Health and Wellbeing events
- **6** volunteers trained in disability inclusion and Food and Health

New volunteer Recruitment and Retention Plan launched

Volunteer thank you event held at Ross Priory, Loch Lomond

Strengthened Partnership Working

with Key NHS partners from Health Promotion, Public Health, Keep Well and Dietetic Departments; Forth Valley Sensory Centre & Get Out Get Active; Falkirk Council; Clackmannanshire Council; and Falkirk Travel Hub



Funding Success

- New 2019 grant funding from 'Smarter Choices, Smarter Places'; Awards for All; and various new trusts and funders
- NHS and Robertson Trust funding maintained
- Record £1,000 raised through annual Sponsored Walk (this year around Linlithgow Loch)
- £800 raised through Friends of Braveheart fundraising programme

"It was a very positive experience for me. The programme was well targeted and I felt part of the group and community in a more personal way."

Weight Management Group participant

Future Plans 2019/20

Our key aims for the coming year are to:



Support the health and wellbeing of people across Forth Valley with new opportunities in the communities of greatest need with:

- New Community Health and Wellbeing Hubs in Camelon, Bainsford and Grangemouth including support with eating for health, ageing well, weight management and strength and balance
- Community meals for 250+ people
- Programmes supporting individuals experiencing a range of risk factors including loneliness, obesity and inactivity
- More support for those with Type 2 Diabetes, coronary heart disease and living with dementia
- New mall walks and low level activity options for the least active
- Continued promotion of active travel and strength and balance across existing walks and through new walks in new areas
- Increased links with NHS to signpost individuals to Braveheart walks

Continue to develop and maintain strong partnership by:



- Working closely with the NHS, Keep Well, local ethnic minority groups and community organisations to promote integration and inclusion within our new Health and Wellbeing Hubs
- Increasing our engagement with local community groups with a focus on the Health and Social Care partners in Clackmannanshire
- Meeting regularly with key personnel within NHS Forth Valley to plan and co-ordinate future work



Grow and support Braveheart volunteering by:

- Recruiting and training volunteers for the new Health and Wellbeing Hubs
- Continuing to develop, train, recognise and reward our volunteers

"I feel more energetic and healthier with improved physical and mental health."

Weight Management Group participant



“The live well, feel well session inspired me to change my relationship to food and other long-standing habits around how I feed myself.”
Community Talks and Workshops participant

Secure funding by:



- Continually reviewing and honing our fundraising strategy
- Investigating options for new funding streams and to develop income generation through social enterprise
- Securing funding to further develop our work in Clackmannanshire
- Holding a yearly Sponsored Walk and Friends of Braveheart draw to generate funds

Develop the capacity and quality of Braveheart by:



- Seeking feedback from partners and service users throughout the year
- Continuing to work with Quality Scotland to develop Braveheart in line with the EFQM quality standards
- Working towards the next level of Committed to Excellence, European Foundation of Quality Management accreditation
- Conducting and implementing a 'check up' in line with The Scottish Governance Code for the Third Sector
- Organising a Board/Staff Away Day to build the Braveheart Team and plan ahead
- Allocating resources for training staff and Board members to develop skills to meet the challenges and opportunities of today's environment

Volunteering



"For a while I have been gaining weight. The weight management group with Braveheart was the stimulant to me assessing my weight and focusing on reducing it in a guilt-free manner."

Community Talks and Workshops participant

Our fantastic volunteers, which are well known as the friendly face of Braveheart in the community, help ensure we continue to deliver and grow our healthy lifestyle mentoring and walking programmes.

Our healthy lifestyle mentor volunteers provide weight management support, healthy eating and stress management sessions and general practical advice on how to improve health and wellbeing.

Our walking volunteers help lead our wide range of accessible walking opportunities in the Falkirk and Clackmannanshire areas. Through the walks, they also help people with a range of health conditions with gentle exercise and strength and balance.

Together, we are told, our volunteers offer much valued social support too.

As well as our ongoing volunteer programme, in 2018, we worked with people in Camelon, Grangemouth and Dawson to develop local health and wellbeing events in their local areas. Through the success of these events, we now have a new team of

volunteers who are now leading the development of community health hubs.

Sadly, during the period, we said goodbye to two long-serving volunteers who passed away, Tom Kelly and Janette Broadfoot. Tom, who was a retired nurse and a committed health mentor and Janette, who was a dedicated walk leader, supported Braveheart for many years and, though now gone, will never be forgotten.

A huge thank you goes to all our volunteers, for their commitment to Braveheart and the support they provide service users throughout the year. Their friendliness and enthusiasm is key to our success in promoting better health and wellbeing in the communities of Forth Valley.

Thank you



Thank You to Braveheart's staff team - Anne Black, Maureen Forbes, Eva Finlayson and Munira Farara - and the Board of Trustees - Gordon Thomson, Charlie Colliar, Jamie Bomber, Nina Saunders and Blair Alston.

**THANK
YOU!**

Thank you to NHS Forth Valley; Smarter Choices, Smarter Places; The Robertson Trust; Awards for All; Falkirk Council; Clackmannanshire Council; Paths for All; The James Tudor Foundation; Barchester Charitable Foundation; Baillie Gifford Community Awards; The Corra Foundation; and the WG Edwards Charitable Foundation for their financial support in making the achievements of the year possible.

Thank you to all our supporters who contributed to our Sponsored Walk and Friends of Braveheart draw.

We are also grateful to all those who donated individually to help our services to continue including support given through our Just Giving page which can be found through the Braveheart website, www.braveheart.uk.net

"One of the greatest things about being in the Braveheart group was the constant motivation to make better choices, and stick with it, for better results."

Community Talks and Workshops participant

Start a Healthier Life

People who are active and involved in communities, and who feel able to access formal and informal support, are both happier and healthier.

Braveheart programmes have been designed to provide resources and support to improve the health and wellbeing of communities in Forth Valley.

Braveheart creates community led activities and outreach health services to improve the health and wellbeing of local people.

We support our community to:

- Learn about and make healthy lifestyle choices
- Participate in peer support groups
- Take part in gentle physical activity
- Enjoy regular social activities
- Attain and maintain a healthy weight

You can support our community by becoming a Braveheart volunteer:

- Board Member
- Community Hub Volunteer
- Walk Leader
- Health Mentor
- Fundraiser

All our services are free and delivered with the support of trained volunteers.

For further information or to get involved, visit our website or contact the Braveheart team.

Telephone: 01324 673706

Email: maureenforbes@nhs.net

www.braveheart.uk.net

If you would like to donate to Braveheart, you can now do so through Just Giving

www.justgiving.com/braveheartassn

