

# Braveheart's End of Year Newsletter 2019



The last 8 months have been extremely busy for Braveheart but in a good way! We've recruited new members of staff, launched our very own health hub and also a new Self Management programme for people living with term conditions. Keep reading to find out more...

*Braveheart's next newsletter is due out in Spring 2020*

## Thank you

Braveheart staff would like to thank all our service users, volunteers, community partners and funders for all their support over 2019.

We celebrated our Volunteers Christmas Lunch at Ross Priory, Loch Lomond earlier this month. This was just a small thank you to our volunteers for all their hard work, commitment and enthusiasm over the year.



## Smart Move with Braveheart- Falkirk



It's been a great year for our Smart Move project in Falkirk encouraging the use of active travel throughout our community. We've welcomed over 50 new walkers to join our 11 health walks across Falkirk and had highs of 55 walkers on our Monthly Walks. Our weekly walks have options of 30min, 45min or 1hour walks to support people to become physically & socially active and support those living with long term conditions, sensory impairments or Dementia.

Our September Sponsored Walk raised £800 towards our walking project, a big thank you to our 50+ walkers who donated and joined us at Callendar Park on the day!

Around 20 walkers took part in a September Step Count Challenge to encourage people to walk more for short journeys. Our final total of steps over 1 week was....drum roll...\*1014,053\* or 450 miles!! This is the equivalent of one walker walking from Falkirk to Bergen, Norway! Well done to all involved!

\*Our 2020 Walk Cards are due out mid January- ask your Walk Leader or keep a look out on our website\*

Thank you to Walk Leader Robert for all our wonderful photographs from our walks throughout 2019

For more information on our Falkirk walks, please contact Eva on [eva.finlayson@nhs.net](mailto:eva.finlayson@nhs.net) or 01324 673703 / 07795283508



Thoughts are with the family and friends of Braveheart walker Bob Ray who sadly passed away this month. Bob was a long standing walker on our Bonnybridge walk who brought many laughs and stories about his 90+ years. A friend and welcoming gentleman to everyone



## Smart Move with Braveheart- Clackmannanshire



Braveheart is delighted to have been successful in receiving further SCSP funding to expand our walking project to Clackmannanshire. Walking Development Officer May would like to say Thank You to everyone who has contacted her since taking up this post in Clackmannanshire- it is lovely to reconnect with so many other groups. As always we are looking for anyone who would be interested in Walk Leader Training to allow us to expand the project to an even wider audience.

### **Current walks in Clackmannanshire are:**

Tuesdays- Bowmar Centre Local History Walk, 12-12.30pm  
Tuesdays- Resonate Circular Nature Walk, 11.30am-12.30pm  
Wednesdays- Community Circular Walk. 11-11.30am  
Thursdays- Sauchie Circular Walk 11-12noon

A Merry Christmas & Happy and Healthy New Year to all of our Walkers, Walk Leaders and partners who we work with. A special mention to the Staff at CCHC for all their support.

For more information on our Clackmannanshire Walks, please contact May on [may.richmond1@nhs.net](mailto:may.richmond1@nhs.net) or 01259 290323 / 07795283804



Are you interested in becoming a Volunteer with Braveheart?  
We'd love to hear from you  
01324 673706

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

## Health Mentoring

### Be Well with Braveheart

Thanks to funding being granted from Health and Social Care Scotland (The ALLIANCE), Braveheart is excited to announce a new development within the existing Health Mentoring programme for people from ethnic minority groups and living with one or more long term health condition. The aim of the group is to provide participants with knowledge and skills to better self-manage and live well with their condition. For more information please contact [munira.farara@nhs.net](mailto:munira.farara@nhs.net)/01324673702

### Community Meet and Eat

By focusing on the connectivity of food and the way it is woven into our communities, Braveheart hosted two community meals in Grangemouth and Camelon. The aim was to showcase the best of what Braveheart has to offer to these communities, while at the same time bringing together communities to share their views, discuss and identify the support needed to improve people's health and wellbeing. As a response, Braveheart is now running a Mental Health Peer Support Group at Kersiebank Community Centre with volunteers from the Community Centre also being trained to be Walk Leaders and to start a walk in the area. We are also delighted to announce that 'Healthy Way with Braveheart' supporting people achieve a healthy lifestyle and healthy weight is due to start at **Camelon Community Centre on Tuesday 7th January from 11am- 12:30pm**



For more information please contact [munira.farara@nhs.net](mailto:munira.farara@nhs.net) or 01324673702

### Braveheart Connections Launch & AGM

Provost Bill Buchanan officially opened Braveheart's new Health Hub which is located in Falkirk Howgate Shopping Centre. Over 60 individuals and supporters of Braveheart joined us in October for our official opening, followed by our AGM which highlighted key achievements from across 2018/19. This is a fantastic facility for our new Braveheart Connections Hub which will be a free facility open to the public to learn about Braveheart services, gain health advice and support, have a chat and join many of the activities we will be running from our hub. Please continue reading... ☺



### Braveheart Connections Hub

We are delighted to welcome Maureen Hill to our Braveheart team as Braveheart Connections Hub Coordinator. Maureen will be working part time in the hub to help drive volunteer recruitment, community partnerships and hub activities. We're delighted to be following the following free activities within our hub:

- ✓ Short Mall Walks with Strength & Balance- Mondays at 12.15pm and Wednesdays at 1.15pm
- ✓ Healthy Way/ Weight Management sessions- Mondays at 11.30am
- ✓ Keep Well Health Checks- various dates
- ✓ Wee Blethers Group starting Wednesday 18<sup>th</sup> December, between 11am-2pm. This will return again in the New Year and run weekly!
- ✓ Come and try Yoga Session- Wednesday 15<sup>th</sup> January at 10am-10.45am

Come and join us ☺



For more information about Braveheart Connections then please contact Hub Coordinator Maureen Hill on [maureen.hill2@nhs.net](mailto:maureen.hill2@nhs.net) or 07979700112