

# VETERANS SCOTLAND

COMRADESHIP



SUPPORT

## INFORMATION BOOKLET

Online PDF Version

11 June 2019

A VOICE FOR VETERANS  
IN SCOTLAND

VS Veterans  
Scotland

# VETERANS SCOTLAND INFORMATION BOOKLET

## INTRODUCTION

This booklet includes details of the Armed Forces and Veterans Champions who have been established across Scotland to ensure that those who are serving and have served are not disadvantaged as a result of their service. It also brings together a wide range of help available to both the Armed Forces Community and those supporting them, the majority of which is available via the Internet. It lists some but not all of the organisations that provide support and advice to the Armed Forces Community. Additional information is available from the Veterans-Assist website.

### The Armed Forces Community consists of:

1. Serving personnel, including reservists.
2. Service Leavers; those who have served for more than 4 years in HM Armed Forces whether as a regular or a reservist.
3. Early Service Leavers; those who have served for more than one day but fewer than 4 years.
4. Families; consisting of spouse/ partner/ children of both serving personnel and veterans.
5. Veterans; those who served in HM Forces for more than one day.

A common fact that applies to all members of the Armed Forces, irrelevant of service or branch is that at some point they will leave the Armed Forces.

This will result in a period of transition for all personnel and their families. One of the aims of Veterans Scotland is to ensure that when this period is approaching that the service person and the family have all the relevant information, advice and guidance available to them that they may require to ensure that they have a successful transition back to civilian life.

To assist in this process Veterans Scotland has developed the Veterans- Assist website [www.veteransassist.org](http://www.veteransassist.org), which acts as a central information hub in the form of an online directory providing such useful information as housing options, GP practices and employment routes as well as both public sector and voluntary sector support and advisory services.

Veterans Assist provides signposting for: those in the transition period, veterans and very importantly those supporting veterans to engage with the organisations that are best suited to meet the overall needs of the Armed Forces Community. In doing so the website is contributing to the achievement of successful transition and by doing so ensuring a successful transition and thereafter as need arises.
















Website: [www.veterans-assist.org](http://www.veterans-assist.org)

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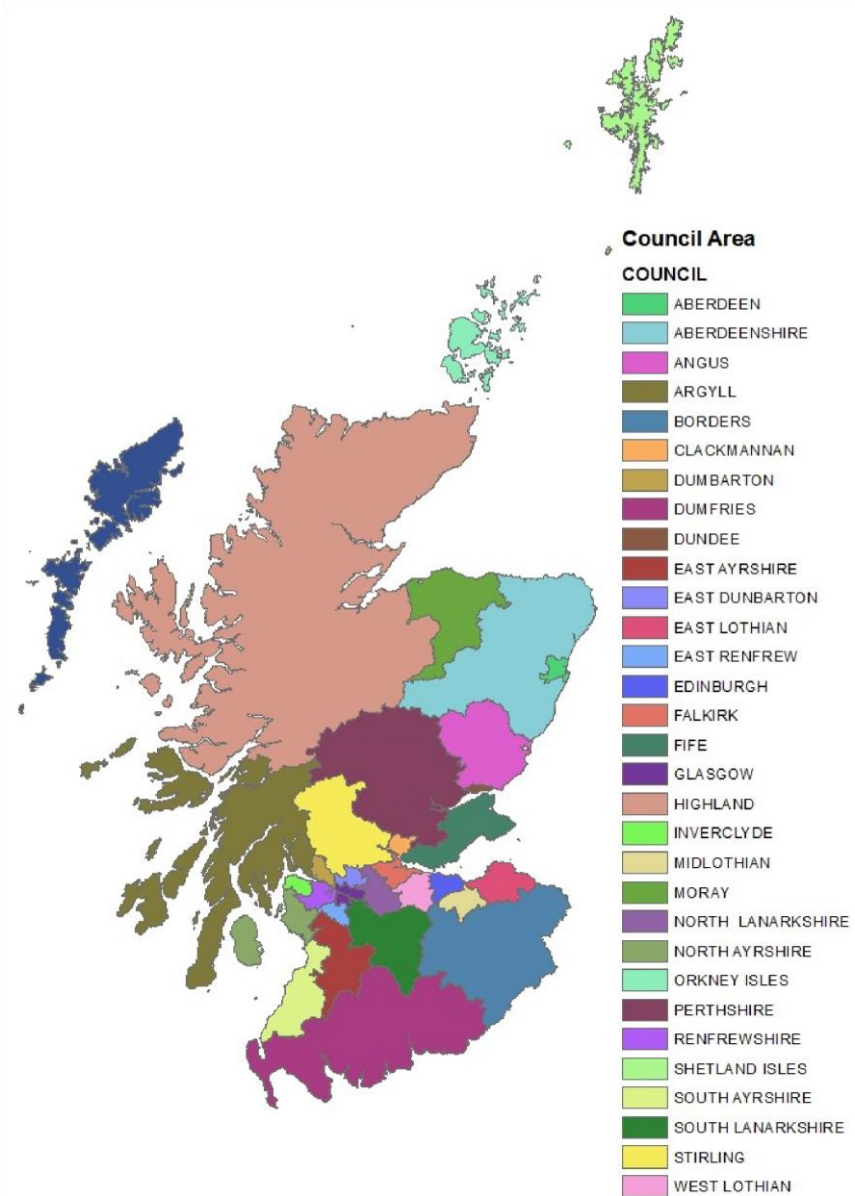
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# CHAMPIONS AND POINTS OF CONTACT

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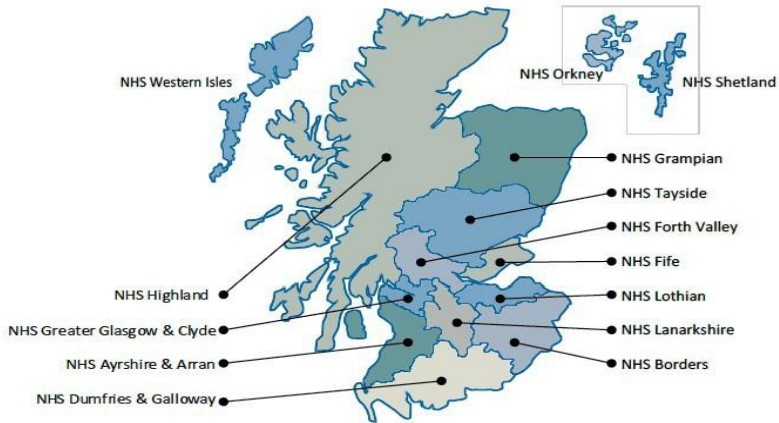


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## NHS SCOTLAND CHAMPIONS



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Speak to [your local GP](#) first if you're a veteran with health problems.

The Scottish Government's [Renewing our Commitments](#) publication explains that veterans are given priority NHS treatment for conditions relating to their service in the armed forces, based on clinical need. That means if there's another medical emergency or an urgent case, that will take priority. Find more information on [Scottish Government's healthcare objectives for veterans](#). [NHS inform](#) explains veterans' health rights and the services available to them.



## POLICE SCOTLAND CHAMPIONS

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Support for Armed Forces leavers and veterans

Additional information is also available on the My World of Work website:

<https://www.myworldofwork.co.uk/support-armed-forces-leavers-and-veterans>

# ARMED SERVICES ADVICE PROJECT CONTACTS



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Aberdeen & Aberdeenshire	Demi Gbenle / Jaishri Kumar / Iris Pirie Valerie Evans (Unforgotten Forces, part-time)  01224 569764 Mobile: 07946 525 165 <a href="mailto:asap@aberdeencab.org.uk">asap@aberdeencab.org.uk</a>	Aberdeen Banff and Buchan Kincardine & Mearns Turriff & District SW Aberdeenshire
Argyll & Bute	Sandra Staniland  Lisa Ross (Unforgotten Forces Assistant) (Contact ASAP Helpline)	Argyll & Bute Helensburgh Extension
Ayrshire	Jayne Mackie 01563 543243 Mobile: 07383094496  <a href="mailto:Jayne.mackie@eastayrshirecab.casonline.org.uk">Jayne.mackie@eastayrshirecab.casonline.org.uk</a>  Referrals: <a href="mailto:referrals@eastayrshirecab.casonline.org.uk">referrals@eastayrshirecab.casonline.org.uk</a>	East Ayrshire North & South Ayrshire through outreach – no bureaux
Edinburgh & Lothians	Alan Hamilton <a href="mailto:Alan.hamilton@CABWestLothian.casonline.org.uk">Alan.hamilton@CABWestLothian.casonline.org.uk</a>  Charlie Walker <a href="mailto:Charlie.walker@CABWestLothian.casonline.org.uk">Charlie.walker@CABWestLothian.casonline.org.uk</a>  Susan Proudfoot (Unforgotten Forces) <a href="mailto:Susan.Proudfoot@CABWestLothian.casonline.org.uk">Susan.Proudfoot@CABWestLothian.casonline.org.uk</a>  01506 444814	Citizens Advice Edinburgh: Dundas Street Gorgie/Dalry Leith Pilton Portobello CAB West Lothian Dalkeith Haddington Musselburgh Penicuik
Falkirk	Charlie MacFarlane (part-time) 01324 829160 Mobile: 07918 715211 <a href="mailto:Charlie.MacFarlane@DennyCAB.casonline.org.uk">Charlie.MacFarlane@DennyCAB.casonline.org.uk</a>	Denny & Dunipace Grangemouth Falkirk

Fife	<p>Lorraine Reid 01592 765447 Mobile: 07702 917866 <a href="mailto:lreid@carfonline.org.uk">lreid@carfonline.org.uk</a></p> <p>Leslie Hugh (Unforgotten Forces, part-time; fuel debt / energy efficiency specialist) 01592 765444 <a href="mailto:LHugh@carfonline.org.uk">LHugh@carfonline.org.uk</a></p>	Citizens Advice and Rights Fife (CARF)
Inverness, Moray & Nairn	<p>Elke Ambrose (part-time) (Inverness &amp; Moray) 01667 456699 Mobile: 07512 116038 <a href="mailto:Elke.Ambrose@NairnCAB.casonline.org.uk">Elke.Ambrose@NairnCAB.casonline.org.uk</a></p> <p>Barry Nichols (part-time) (Nairn) 01667 456699 Mobile: 07787 925923 <a href="mailto:Barry.Nichols@NairnCAB.casonline.org.uk">Barry.Nichols@NairnCAB.casonline.org.uk</a></p> <p>Bryan Bain (Unforgotten Forces, volunteer) 01667 456699 <a href="mailto:bryan.bain@nairncab.casonline.org.uk">bryan.bain@nairncab.casonline.org.uk</a></p>	Inverness Moray Nairn
Lanarkshire	<p>Audrey Cuthbertson 01698 259305 <a href="mailto:Audrey.Cuthbertson@MotherwellCAB.casonline.org.uk">Audrey.Cuthbertson@MotherwellCAB.casonline.org.uk</a> Referrals to: Janette Smyth (ASAP Administration) <a href="mailto:ASAPadministration@motherwellcab.casonline.org.uk">ASAPadministration@motherwellcab.casonline.org.uk</a></p> <p>Sonya Brown (Unforgotten Forces, part-time) 01698 265349 <a href="mailto:Sonya.Brown@MotherwellCAB.casonline.org.uk">Sonya.Brown@MotherwellCAB.casonline.org.uk</a></p>	Airdrie Bellshill Clydesdale Coatbridge Cumbernauld East Kilbride Hamilton Motherwell & Wishaw Rutherglen & Cambuslang
Renfrewshire (& Inverclyde)	<p>Mark Oswald 0141 881 3660 <a href="mailto:Mark.Oswald@EastRenfrewshireCAB.casonline.org.uk">Mark.Oswald@EastRenfrewshireCAB.casonline.org.uk</a></p>	East Renfrewshire Renfrewshire Inverclyde through outreach – no bureau
Stirlingshire	<p>Alistair Gemmell 01786 451225 Mobile: 0758 0811807 <a href="mailto:Ally.Gemmell@StirlingCAB.casonline.org.uk">Ally.Gemmell@StirlingCAB.casonline.org.uk</a></p>	Clackmannanshire Stirling
Tayside	<p>Shona Ross, Dundee (part-time) 01382 307486 <a href="mailto:Shona.Ross@Dundeecab.casonline.org.uk">Shona.Ross@Dundeecab.casonline.org.uk</a></p> <p>Suzanne Dissel (part-time) 01241 870661 <a href="mailto:Suzanne.Dissel@anguscab.org.uk">Suzanne.Dissel@anguscab.org.uk</a></p> <p>Emma Schneider, Perth (part-time) 01738 450591 Mobile: 07916 325875 <a href="mailto:emma.schneider@perthcab.org.uk">emma.schneider@perthcab.org.uk</a></p>	Angus – Arbroath Angus – Forfar Angus – Montrose Dundee Perth & Kinross



# VETERANS FIRST POINT (V1P)



Area	Contact Details
V1P Ayrshire & Arran	Phone: 01294 310400 Email: <a href="mailto:aa-uhb.veteransfirstpoint@nhs.net">aa-uhb.veteransfirstpoint@nhs.net</a>
V1P Borders	Phone: 01896 668551 Email: <a href="mailto:V1P@borders.scot.nhs.uk">V1P@borders.scot.nhs.uk</a>
V1P Fife	Phone: 01383 565393 Email: <a href="mailto:fife-uhb.veteransfirstpoint@nhs.net">fife-uhb.veteransfirstpoint@nhs.net</a>
V1P Lanarkshire	Phone: 0300 303 3051 Email: <a href="mailto:lanarkshirev1p@lanarkshire.scot.nhs.uk">lanarkshirev1p@lanarkshire.scot.nhs.uk</a>
V1P Lothian	Phone: 0131 220 9920 Email: <a href="mailto:enquiries@veteransfirstpoint.org.uk">enquiries@veteransfirstpoint.org.uk</a>
V1P Scotland	Phone: 0131 221 7090 Email: <a href="mailto:V1P.Scotland@nhslothian.scot.nhs.uk">V1P.Scotland@nhslothian.scot.nhs.uk</a>
V1P Tayside	Phone: 01382 424029 Email: <a href="mailto:vfp.tayside@nhs.net">vfp.tayside@nhs.net</a>
Veterans First Point Website:	<a href="http://www.veteransfirstpoint.org.uk">www.veteransfirstpoint.org.uk</a>

## COMMUNITY ENGAGEMENT (FIRM BASE) TASK FORCE - UNIT AREAS & CONTACT NUMBERS

Local Authority Area	CTF Unit	Unit Contact Number
Aberdeen City	Aberdeen UOTC	01224 483861
Aberdeenshire	Aberdeen UOTC	01224 483861
Angus	225 Med Regt	01382 456602
Argyll & Bute	HMS Neptune	01436 674 321
Borders	6 SCOTS	0131 310 3833
Clackmannanshire	154 Regt RLC	01383 722 814
Dumbarton	32 Sig Regt	0141 224 5073
Dumfries & Galloway	6 SCOTS	0131 310 3833
Dundee	225 Med Regt	01382 456602
East Ayrshire	Scottish & North Irish Yeomanry (SNIY)	0141 224 5878
East Dunbartonshire	32 Sig Regt	0141 224 5073
East Lothian	Scottish & North Irish Yeomanry (SNIY)	0141 224 5878
East Renfrewshire	APC Glasgow	0141 248 7890
Edinburgh	HQ Edinburgh Garrison	0131 3105052
Eilean Siar (W Isles)	7 SCOTS	01313 108547
Falkirk	154 Regt RLC	01383 722 814
Fife	71 Engr Regt	01334 857632
Glasgow City	Glasgow UOTC	0141 339 6611
Highland	7 SCOTS	01313 108547
Inverclyde	APC Glasgow	0141 248 7890
Midlothian	HQ Edinburgh Garrison	0131 3105052
Moray	39 Engr Regt	01309 617523
North Ayrshire	Scottish & North Irish Yeomanry (SNIY)	0141 224 5878
North Lanarkshire	6 SCOTS	0131 310 3833
Orkney	71 Engr Regt	01334 857632
Perth & Kinross	7 SCOTS	01313 108547
Renfrewshire	APC Glasgow	0141 248 7890
Shetland	105 Regt RA	0131 310 5420
South Ayrshire	Scottish & North Irish Yeomanry (SNIY)	0141 224 5878
South Lanarkshire	6 SCOTS	0131 310 3833
Stirling	154 Regt RLC	01383 722 814
West Lothian	105 Regt RA	0131 310 5420

# CHURCH OF SCOTLAND CHAMPIONS



Area	Point of Contact	Contact Details	
Aberdeen	Rev Louis Kinsey	<a href="mailto:LKinsey@churchofscotland.org.uk">LKinsey@churchofscotland.org.uk</a>	01224 705337
Abernethy	Rev Donald Prentice	<a href="mailto:DPrentice@churchofscotland.org.uk">DPrentice@churchofscotland.org.uk</a>	01309 672380
Annandale & Eskdale	Mrs Angels Brydson DCS	<a href="mailto:ABrydson@churchofscotland.org.uk">ABrydson@churchofscotland.org.uk</a>	07543 796820
Angus	Rev Stephen Blakey	<a href="mailto:SBlakey@churchofscotland.org.uk">SBlakey@churchofscotland.org.uk</a>	07712 542518
Ardrossan	Mr Richard Campbell-Doughty	<a href="mailto:doughts@btinternet.com">doughts@btinternet.com</a>	07901 857985
Argyll	Rev Dr Roderick Campbell	<a href="mailto:Roderick.Campbell@churchofscotland.org.uk">Roderick.Campbell@churchofscotland.org.uk</a>	01499 302295
Buchan	Mr John MacKenzie	<a href="mailto:johnandmariemck@tiscali.co.uk">johnandmariemck@tiscali.co.uk</a>	
Dumbarton	Mr James Rodger	<a href="mailto:jamesprogers@talktalk.net">jamesprogers@talktalk.net</a>	
Duns	Rev John Shields	<a href="mailto:john.shields118@btinternet.com">john.shields118@btinternet.com</a>	01573 229015
Edinburgh	Rev Stephen Ashley Emery	<a href="mailto:SEmery@churchofscotland.org.uk">SEmery@churchofscotland.org.uk</a>	07713 613069
England	Rev Dr David Coulter, Chap-Gen	<a href="mailto:padredgcoulter@yahoo.co.uk">padredgcoulter@yahoo.co.uk</a>	01264 887050
Falkirk	Rev Aftab Gohar	<a href="mailto:AGohar@churchofscotland.org.uk">AGohar@churchofscotland.org.uk</a>	01324 482109
Glasgow	Rev Sandy Fraser	<a href="mailto:AFraser@churchofscotland.org.uk">AFraser@churchofscotland.org.uk</a>	0141 959 7075
Gordon	Rev Dr Kay Gauld	<a href="mailto:KGauld@churchofscotland.org.uk">KGauld@churchofscotland.org.uk</a>	01464 820404
Greenock & Paisley	Rev Robert Craig	<a href="mailto:RCraig@churchofscotland.org.uk">RCraig@churchofscotland.org.uk</a>	0141 328 6014
Hamilton	Rev John M A Thomson	<a href="mailto:jt@john1949.plus.com">jt@john1949.plus.com</a>	01698 422511
Irvine & Kilmarnock	Rev Colin Brockie	<a href="mailto:colinglynn@uwclub.net">colinglynn@uwclub.net</a>	01563 559960
Jedburgh	Rev Lisa-Jane Rankin	<a href="mailto:LRankin@churchofscotland.org.uk">LRankin@churchofscotland.org.uk</a>	01450 370744
Kirkcaldy	Rev Brian Tomlinson	<a href="mailto:abbkirk@blueyonder.co.uk">abbkirk@blueyonder.co.uk</a>	01592 564843
Lochaber	Rev Fiona Ogg	<a href="mailto:Fiona.Ogg@churchofscotland.org.uk">Fiona.Ogg@churchofscotland.org.uk</a>	01967 432654
Moray	Rev Donald Prentice	<a href="mailto:DPrentice@churchofscotland.org.uk">DPrentice@churchofscotland.org.uk</a>	01309 672380
Perth	Rev Jim Aitchison	<a href="mailto:JAitchison@churchofscotland.org.uk">JAitchison@churchofscotland.org.uk</a>	01738 446771
Ross	Rev Ivan Warwick	<a href="mailto:L70rev@btinternet.com">L70rev@btinternet.com</a>	01349 841464
St Andrews	Rev John Duncan	<a href="mailto:JDuncan@churchofscotland.org.uk">JDuncan@churchofscotland.org.uk</a>	01334 870038
West Lothian	Rev Graham Smith	<a href="mailto:gsmith2014@hotmail.com">gsmith2014@hotmail.com</a>	

## SUPPORT ORGANISATIONS

### STATUTORY BODIES

All 32 local authorities in Scotland have signed up to the Armed Forces Community Covenant that may help you get access to housing. The LA is able to provide lists of local housing associations within their area.

**NHS Inform** provides a coordinated, single source of quality assured health and care information for the people of Scotland.

Website: [www.nhsinform.co.uk](http://www.nhsinform.co.uk)

Phone: 0800 224488

**NHS Scotland** is a national Health Board working with public, private and third sectors to reduce health inequalities and improve health.

Website: [www.show.scot.nhs.uk](http://www.show.scot.nhs.uk)

**The Department for Work and Pensions (DWP)** is responsible for welfare, pensions and child maintenance policy. As the UK's biggest public service department it administers the State Pension and a range of working age, disability and ill health benefits to over 22 million claimants and customers.

Website: [www.gov.uk/government/organisations/department-for-work-pensions](http://www.gov.uk/government/organisations/department-for-work-pensions)

**Veterans UK** administers the armed forces pension schemes and compensation payments for those injured or bereaved through service. This is the sole source of Government-funded help and advice on veterans' issues.

Website: [www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

Email: [veterans-uk@mod.uk](mailto:veterans-uk@mod.uk)

Freephone (UK only): 0808 1914 218

**Veterans Welfare Service (VWS)** is committed to enhancing the quality of life for veterans and beneficiaries of Veterans UK pensions and compensation schemes and all of their departments.

Website: [www.gov.uk/government/groups/veterans-welfare-service](http://www.gov.uk/government/groups/veterans-welfare-service)

Email: [veterans-uk-vws-scot-ni@mod.uk](mailto:veterans-uk-vws-scot-ni@mod.uk)

UK Helpline: 0808 1914 218

**Skills Development Scotland (SDS)** is the national skills body supporting the people and businesses of Scotland to develop and apply their skills. Further information on the services that they can provide is available on their website.

Website: [www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

Phone: 0800 917 8000 (Individual Helpline)

0800 783 6000 (Employers Helpline)

**The Armed Forces Covenant** is a promise from the nation that those who serve or have served in the armed forces, and their families, are treated fairly. The government is committed to supporting the armed forces community by working with a range of partners who have signed the covenant. The covenant is a national responsibility involving government, businesses, local authorities, charities and the public.

Further information is available on the Gov.uk website.

Website: [www.gov.uk/government/collections/armed-forces-covenant-supporting-information](http://www.gov.uk/government/collections/armed-forces-covenant-supporting-information)

# CHARITIES & THIRD SECTOR ORGANISATIONS

**ABF The Soldiers Charity** is the Army's national charity and is committed to the welfare of Army and Ex-Army personnel and their dependants.

Website: [www.soldierscharity.org](http://www.soldierscharity.org)  
Email: [scotland@soldierscharity.org](mailto:scotland@soldierscharity.org)  
Phone: 0131 310 5132/5116

**Action on Hearing Loss Scotland** work in communities around Scotland to support people with hearing loss including hearing-aid care and specialist employment support. We also campaign for equal access to employment, health, entertainment and to improve standards in audiology care.

Website: [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

**British Limbless Ex –Service Men's Association (Blesma)** supports anyone as a Member who have served in any of Her Majesty's Armed Forces, regular or reserve, and have either lost a limb(s) or the use of a limb(s) including sight and hearing, during or after their service, for life. Blesma also supports the widows/widowers of Members after the Member has passed away.

Website: [www.blesma.org](http://www.blesma.org)  
Email: [chadwellheath@blesma.org](mailto:chadwellheath@blesma.org)  
Phone: 0208 590 1124

**Scotland Office:**  
Steve Burton Email: [bsosniroi@blesma.org](mailto:bsosniroi@blesma.org)  
Phone: 0131 2262910 Mob: 0776 6258461

**Citizens Advice Bureau** provide free and confidential advice and information.

Website: [www.cas.org.uk](http://www.cas.org.uk)

**Combat Stress (Ex Service Mental Welfare Society)** cares for former members of the Armed Force with psychiatric disabilities. Home near Ayr with outreach teams for home visits.

Website: [www.combatstress.org.uk](http://www.combatstress.org.uk)  
Email: [contactus@combatstress.org.uk](mailto:contactus@combatstress.org.uk)  
Phone: 01292 561300

**Erskine** offers ex-Service men and women all over Scotland nursing, dementia and respite care and support (homes in Bishopton, Edinburgh and Glasgow and Bursary scheme places in Aberdeen, Dumfries, Dundee and Perth).

Website: [www.erskine.org.uk](http://www.erskine.org.uk)  
Email: [enquiries@erskine.org.uk](mailto:enquiries@erskine.org.uk)  
Phone: 0141 812 1100

**Fares 4 Free** is a charity that encourages taxi drivers to give up to 4 of their fares every month to help veterans.

Website: [www.fares4free.org](http://www.fares4free.org)  
Email: [info@fares4free.org](mailto:info@fares4free.org)  
Phone: 07708 299399

**Glasgow's Helping Heroes (GHH)** can access advice and support on a wide range of issues including debt, employment, benefits, health and housing issues. Glasgow's Helping Heroes is a partnership between SSAFA Forces Help and Glasgow City Council.

Website: [www.sites.google.com/site/glasgowshelpingheroes/](http://www.sites.google.com/site/glasgowshelpingheroes/)

Phone: 0141 276 7199

**Haig Housing** provides housing assistance to ex-Service people and/or their dependents. Currently this object is achieved by letting general needs homes at affordable rents to the ex-Service community and providing tailored housing solutions to suit specific and individual needs of severely wounded and disabled Service and ex-Service people. Haig Housing also offers a wide range of housing advice to the Service community and is the Strategic Housing Partner of Help for Heroes.

Website: [www.haighomes.org.uk](http://www.haighomes.org.uk)

Email: [enquiries@haighomes.org.uk](mailto:enquiries@haighomes.org.uk)

Phone: 0208 685 5777

**Help for Heroes** give practical, direct support to our current wounded.

Website: [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

**Lothian Veterans Centre** was designed to meet the need for a veteran's drop-in centre with no appointment necessary allowing complex needs to be catered for in an environment which is familiar and friendly.

Website: [www.lothiansveteranscentre.org.uk](http://www.lothiansveteranscentre.org.uk)

Phone: 0131 660 5537

**Officers Association Scotland (OA Scotland)** continues to provide an employment service as one of its key functions but welfare remains the most pressing call on its resources. In recognition of the service officers have selflessly given to the Monarch and Country, the Directors are committed to supporting them, their widows and dependents in their time of need.

Website: [www.oascotland.org.uk](http://www.oascotland.org.uk)

Phone: 0131 550 1575 or 1581

**Poppyscotland** provides practical help through direct financial assistance, retraining grants, respite breaks, employment for disabled veterans, advice and long term care. As a member of the RBLI group they offer "Lifeworks" a fully funded 5-day course to help ex-Armed Forces personnel get into and maintain, a civilian job. Employ-Able is an employment support project funded by Poppyscotland and delivered by SAMH. Helping unemployed veterans with low motivation, depression or other mental health issues get on the path to finding work.

Website: [www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)

Email: [enquiries@poppyscotland.org.uk](mailto:enquiries@poppyscotland.org.uk)

Phone: 0131 550 1557

**Regular Forces Employment Association (RFEA)** assists ex-servicemen and women to find employment throughout their working lives through support, advice, research, job-matching, training advice and assistance with CVs and interview techniques.

Website: [www.rfea.org.uk](http://www.rfea.org.uk)

Phone: 0131 557 1747

**Remploy** provides career opportunities for disabled people.

Website: [www.rempoy.co.uk](http://www.rempoy.co.uk)

Phone: 0300 456 8031

**Royal Air Force Benevolent Fund (RAFBF)** exists to help serving and former members of the RAF, their children and their dependants.

Website: [www.rafbf.org](http://www.rafbf.org)

Phone: 0131 225 6421

**The Royal Caledonian Education Trust** is an education trust supporting children from Armed Forces families.

Website: [www.rcet.org.uk](http://www.rcet.org.uk)

Email: [admin@rcet.org.uk](mailto:admin@rcet.org.uk)

Phone: 0131 240 2224

**Royal Naval Benevolent Trust (RNBT)** provides help in time of need to those who are serving or have served as Royal Naval ratings, Royal Marine other ranks, their wives, husbands and children.

Website: [www.rnbt.org.uk](http://www.rnbt.org.uk)

Email: [rnbt@rnbt.org.uk](mailto:rnbt@rnbt.org.uk)

Phone: 02392 690112

**Royal Navy and Royal Marines Charity** is the principal charity of the Royal Navy. It exists to support sailors, marines and their families, for life. Its Group of charities includes The Royal Marines Charitable Trust Fund, The Royal Navy Officers' Charity and The Naval Service Sports Charity.

Website: [www.nrmmc.org.uk](http://www.nrmmc.org.uk)

Email: [theteam@nrmmc.org.uk](mailto:theteam@nrmmc.org.uk)

Phone: 023 9387 1520

**SaluteMyJob** is a Social Enterprise providing consultancy, recruitment and assessment services to employers that are committed to supporting the Armed Forces and hiring ex-Service men and women. They help employers apply best practice, put structured ex-military programmes in place and to overcome barriers to successful recruitment of former Service men and women.

Website: [www.salutemyjob.com](http://www.salutemyjob.com)

Email: [shaun@salutemyjob.com](mailto:shaun@salutemyjob.com)

Telephone: 0131 513 9750 or 07756 708105

**Scottish Association for Mental Health (SAMH)** works to ensure that people are talking about mental health and we do this in four ways: community based service for people with mental health problems, national programmes, policy and campaigning work, raising funds to ensure or vital work can continue. Runs the Employ-Able mentoring/employment service on behalf of Poppyscotland for veterans in Scotland.

Website: [www.samh.org.uk](http://www.samh.org.uk)

Email: [enquire@samh.org.uk](mailto:enquire@samh.org.uk)

Phone: 0141 530 1000

**SVGCA** was founded in Edinburgh in 1915 as the Scottish Veterans' Garden City Association (Inc), their aim has remained the same. They are builders and landlords of reasonably priced homes for veterans suffering from permanent mental or physical disabilities. They have 614 houses across Scotland. Most are in the Central Belt, with 196 in the Edinburgh area.

Website: [www.housesforheroes.org.uk](http://www.housesforheroes.org.uk)

Email: [mail@svgca.org.uk](mailto:mail@svgca.org.uk)

Phone: 0131 557 1188

**Scottish Veterans Residences** SVR's operational arm is Scottish Veterans Housing Association (SVHA) which provides high quality, supported accommodation for veterans who are homeless or in need. We house ex-service men and women of all ages in residences in Edinburgh, Dundee and Bellrock Close development in Glasgow.

Website: [www.svronline.org](http://www.svronline.org)

Email: [info@svronline.org](mailto:info@svronline.org)

Phone: 0131 556 0091

**Scottish War Blinded** provides a free service supporting individuals who at some point in their lives have served in the armed forces and currently live with a visual impairment. Members' sight loss does not have to have occurred during or as a result of time spent in the armed forces. Many of their members have lost their sight due to old age or illness.

Website: [www.royalblind.org/scottish-war-blinded](http://www.royalblind.org/scottish-war-blinded)

Email: [enquiries@scottishwarblinded.org](mailto:enquiries@scottishwarblinded.org)

Phone: 0131 333 1369

**Shoulder to Shoulder** volunteer mentoring programme supports ex-service men and women who are recovering from mental health issues or having difficulty adjusting to civilian life. They also support veterans' families, recognising that there is often little acknowledgement of the unique challenges they face.

Website: [www.timebank.org.uk](http://www.timebank.org.uk)

Email: [shoulder@timebank.org.uk](mailto:shoulder@timebank.org.uk)

Phone: 0121 236 2531

**Soldiers, Sailors, Airmen and Families Association (SSAFA)** provide lifelong support to our Forces and their families; SSAFA provides practical, emotion and financial support through a network of local branches.

Website: [www.ssafa.org.uk](http://www.ssafa.org.uk)

Email: [info@ssafa.org.uk](mailto:info@ssafa.org.uk)

Phone: 0800 731 4880

**The Armed Services Advice Project (ASAP)**, delivered by Citizens Advice Bureaux, provides dedicated advice, support and information for the Armed Forces Community, including benefits, debt, employment, relationships and housing through Scotland.

Website [www.asapadvice.org.uk](http://www.asapadvice.org.uk)

Helpline 0808 800 1007

**The Royal British Legion Scotland (Legion Scotland)** is Scotland's largest ex-service community membership organisation with a branch network across the country. It promotes comradeship and Remembrance as well as wellbeing, benevolence and pension support.

Website: [www.legionscotland.org.uk](http://www.legionscotland.org.uk)

Email: [contact via website](#)

Phone: 0131 550 1583

**The Veterans Foundation** Many armed forces charities struggle to raise sufficient funding to support serving and former members of the British Armed Forces' and sometimes their dependants who are in need. The Veterans' Foundation has been created to establish a new and nationwide source of funding to help these charities. It acquires its funds through the Veterans' Lottery and donations.

Website: [www.veteransfoundation.org.uk](http://www.veteransfoundation.org.uk)

Email: [enquiries@veteransfoundation.org.uk](mailto:enquiries@veteransfoundation.org.uk)

**Thistle Foundation** is a Scottish charity with a long tradition of pioneering support for people with long term health conditions, including disabilities. They support people to take control and learn how to manage life with their condition so that they are better able to live a good life - whatever that means to them.

Website: [www.thistle.org.uk](http://www.thistle.org.uk)

Phone: 0131 656 7366

**Veterans Assist** is a website that provides information and points of contact for members of the Armed Forces Community and those who support them. Whether you are a veteran looking to get a job, for information on how to get a house or aspects of your or your families health, Veterans Assist can point you in the right direction. If you are providing assistance to a Veteran, Veterans Assist is a mine of useful information and contacts.

Website: [www.veterans-assist.org](http://www.veterans-assist.org)

**Veterans Scotland** is a membership organisation representing over 70 Service charities and organisations from across Scotland and the rest of the UK. Our vision is that Scotland is an environment where veterans are regarded as an asset to society. Veterans Scotland focusses its efforts on the four key areas of: Comradeship, Health & Wellbeing, Housing, and Support. Veterans Scotland seeks to promote the advantages of having served as well as seeking to prevent disadvantages that may come about as a result of service, in line with the Armed Forces Covenant

Website: [www.veteransscotland.org.uk](http://www.veteransscotland.org.uk) or [www.veterans-assist.org](http://www.veterans-assist.org)

Email: [gensec@veteransscotland.org.uk](mailto:gensec@veteransscotland.org.uk)

Phone: 0131 550 1569

**War Widows Association of Great Britain (WWA)** exists to improve the conditions of widows and widowers in receipt of a war pension and their dependants in Great Britain.

Website: [www.warwidowsassociation.org.uk](http://www.warwidowsassociation.org.uk)

Email: [info@warwidowsassociation.org.uk](mailto:info@warwidowsassociation.org.uk)

Phone: 0845 2412 189



# EMPLOYMENT/EDUCATION & TRAINING

Depending on your length of service and leaving date, you may be eligible for additional support through these organisations offering employment services and advice or events:



**The Department for Work and Pensions (DWP)** is responsible for welfare, pensions and child maintenance policy. As the UK's biggest public service department, it administers the State Pension and a range of working age, disability and ill health benefits to over 22 million claimants and customers.

Website: [www.gov.uk/government/organisations/department-for-work-pensions](http://www.gov.uk/government/organisations/department-for-work-pensions)

**British Forces Resettlement Services** provides a careers platform for the Armed Forces Community.

Website: [www.bfrrs.org.uk](http://www.bfrrs.org.uk)

**Business gateway** is a publicly funded service contributing to the economic well being of Scotland by providing access to free business support services.

Website: [www.bgateway.com](http://www.bgateway.com)

Phone: 0300 013 4753

**Career Transition Partnership** is the Ministry of Defence working with Right Management to provide career transition advice and training opportunities.

Website: [www.ctp.org.uk](http://www.ctp.org.uk)

**Enhanced Learning Credits (ELCs)**. Additional funding opportunities for ex-service personnel dependant on length of service.

Website: [www.enhancedlearningcredits.com](http://www.enhancedlearningcredits.com) Telephone:

0845 300 5179 (01452 558390)

**Joined up for Jobs** is the jobs strategy for Edinburgh. It sets out how a partnership of key agencies will help more people into employment.

Website: [www.joinedupforjobs.org.uk](http://www.joinedupforjobs.org.uk)

Email: [joinedupforjobs@capitalcitypartnership.org](mailto:joinedupforjobs@capitalcitypartnership.org) Phone:

0131 270 6030

**My world of work** providing the help you need for the career you want.

Website: [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

**Officers Association Scotland (OA Scotland)** continues to provide an employment service as one of its key functions but welfare remains the most pressing call on its resources. In recognition of the service officers have selflessly given to the Monarch and Country, the Directors are committed to supporting them, their widows and dependents in their time of need.

Website: [www.oascotland.org.uk](http://www.oascotland.org.uk)

Phone: 0131 550 1575 or 1581

**Regular Forces Employment Association (RFEA)** Assists ex-servicemen and women to find employment throughout their working lives through support, advice, research, job-matching, training advice and assistance with CV's and interview techniques.

Website: [www.rfea.org.uk](http://www.rfea.org.uk)

Phone: 0131 557 1747 or 0141 339 0700

**Remploy** provides career opportunities for disabled people.

Website: [www.remploy.co.uk](http://www.remploy.co.uk)

Phone: 0300 456 8031

**SaluteMyJob** is a Social Enterprise providing consultancy, recruitment and assessment services to employers that are committed to supporting the Armed Forces and hiring ex-Service men and women. They help employers apply best practice, put structured ex-military programmes in place and to overcome barriers to successful recruitment of former Service men and women.

Website: [www.salutemyjob.com](http://www.salutemyjob.com)

Email: [info@salutemyjob.com](mailto:info@salutemyjob.com)

Telephone: 01249 691415

**Skillforce** is the trusted bridge for Service leavers and ex-Forces into a new career in education.

Website: [www.skillforce.org](http://www.skillforce.org)

**Skills Development Scotland (SDS)** is the national skills body supporting the people and businesses of Scotland to develop and apply their skills. Further information on the services that they can provide is available on their website.

Website: [www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

Phone: 0800 917 8000 (Individual Helpline)

0800 783 6000 (Employers Helpline)

**The Scottish Veterans Employment and Training Service (SVETS)** is a collaborative initiative between employers and veterans' organisations in Scotland, designed to link former Service men and women with those organisations best placed to support them. This is a unique, collaborative programme delivered in partnership of SaluteMyJob, Forth Valley Chamber of Commerce and Veterans Scotland. SVETS is designed to enable employers' access to ex-military talent, address skills shortages and help drive businesses forward.

Website: [www.svets.org.uk](http://www.svets.org.uk)

Email: [info@svets.org.uk](mailto:info@svets.org.uk)

**X-Forces** may be able to help if a veteran or their spouse are considering self-employment.

Website: [www.x-forces.com](http://www.x-forces.com)

Email: [helpdesk@x-forces.com](mailto:helpdesk@x-forces.com)

Telephone: 0207 022 0600

# HOUSING



**Haig Housing** provides housing assistance to ex-Service people and/or their dependents. Currently this object is achieved by letting general needs homes at affordable rents to the ex-Service community and providing tailored housing solutions to suit specific and individual needs of severely wounded and disabled Service and ex-Service people. Haig Housing also offers a wide range of housing advice to the Service community and is the Strategic Housing Partner of Help for Heroes.

Website: [www.haighomes.org.uk](http://www.haighomes.org.uk)

Email: [enquiries@haighomes.org.uk](mailto:enquiries@haighomes.org.uk)

Phone: 0208 685 5777

**Housing Options Scotland** provides information and advice to disabled people, veterans and older people. They do not provide housing. Our main aim is to ensure that disabled people, veterans and older people can access the right home for them. They advise on social renting, private renting, and home ownership.

Website: [www.housingoptionsscotland.org.uk](http://www.housingoptionsscotland.org.uk)

Email: [info@housingoptionsscotland.org.uk](mailto:info@housingoptionsscotland.org.uk)

Phone: 0131 247 1400

**Joint Service Housing Advice Office (JSHAO)** has information about the

different types of housing available. They also provides housing briefs in Scotland and general housing advice, it should be remembered Housing is a devolved matter in Scotland so the rules regarding provision do vary compared with the rest of UK.

Website: [www.gov.uk/housing-for-service-personnel-and-families](http://www.gov.uk/housing-for-service-personnel-and-families)

**SVGCA** was founded in Edinburgh in 1915 as the Scottish Veterans' Garden City Association (Inc), our aim has remained the same. We are builders and landlords of reasonably priced homes for veterans suffering from permanent mental or physical disabilities. They have 614 houses across Scotland. Most are in the Central Belt, with 196 in the Edinburgh area.

Website: [www.svgca.org.uk](http://www.svgca.org.uk)

Email: [mail@svgca.org.uk](mailto:mail@svgca.org.uk)

Phone: 0131 557 1188

**Scottish Veterans Residences (SVRs)** operational arm is Scottish Veterans Housing Association (SVHA) which provides high quality, supported accommodation for veterans who are homeless or in need. We house ex-service men and women of all ages in residences in Edinburgh, Dundee and Bellrock Close development in Glasgow.

Website: [www.svronline.org](http://www.svronline.org)

Email: [info@svronline.org](mailto:info@svronline.org)

Phone: 0131 556 0091

# GENERAL ADVICE

<p>Courses4Forces <a href="http://www.courses4forces.co.uk">www.courses4forces.co.uk</a></p> <p>Entitled To <a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a></p> <p>Turn2Us <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></p> <p>The Money Advice Service <a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a></p> <p>MoneyForce <a href="http://www.moneyforce.org.uk">www.moneyforce.org.uk</a></p>	<p>Defence Discount Service <a href="http://www.defencediscountservice.co.uk">www.defencediscountservice.co.uk</a></p> <p>Equipped magazine <a href="http://www.equippedmagazine.co.uk">www.equippedmagazine.co.uk</a></p> <p>Pathfinder International <a href="http://www.pathfinderinternational.co.uk">www.pathfinderinternational.co.uk</a></p> <p>UNISON</p> <p>Veterans World <a href="http://www.veterans-uk.info">www.veterans-uk.info</a></p> <p>Quest online <a href="http://www.questionline.co.uk">www.questionline.co.uk</a></p>
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# VETERANS SCOTLAND MEMBER ORGANISATIONS

ABF—The Soldier's Charity  
Action on Hearing Loss Scotland  
Airborne Alliance Association  
Argyll & Sutherland Highlanders Regimental Association  
Black Watch Association  
Blesma  
Blind Veterans UK  
Burma Star Association  
Cameronians (Scottish Rifles) Regimental Association  
Canine Partners  
Combat Stress  
Defence Medical Welfare Services  
East of Scotland Veterans Advisory & Pensions Committee  
Erskine  
Ex Mil Trades  
Fares4Free  
Fife Veterans Association  
Glasgow's Helping Heroes  
Glen Art  
Gordon Highlanders Association  
Ghurka Welfare Trust  
Haig Housing Trust  
Help for Heroes  
Highlanders Regimental Secretary  
Horseback UK  
Housing Options Scotland  
Kings Own Scottish Borderers Association  
Lady Haig Poppy Factory  
Lothian Veterans Centre  
National War Pensions  
North East Scotland Veterans Association  
Officer's Association Scotland  
Poppyscotland  
Queens Own Highlanders Association  
RAF Association  
RAF Benevolent Fund  
RASC & RCT Association  
Regular Forces Employment Association  
Royal British Legion Scotland (Legion Scotland)  
Royal British Legion Scotland Women's Section  
Royal Caledonian Education Trust  
Royal Highland Fusiliers Regimental Benevolent Association  
Royal Marines Association  
Royal Navy Association  
Royal Naval Benevolent Trust  
Royal Navy & Royal Marines Charity  
Royal Regiment of Scotland  
The Royal Scots Benevolent Fund  
Royal Scots Dragoon Guards Regimental Trust  
SACRO  
Salute My Job  
Sandilands Memorial Trust  
Scots Guards Association  
Scottish National War Memorial  
Scottish Region Royal Artillery Association  
Scottish Veterans Association  
Scottish Veterans Garden City Association  
Scottish Veterans Residences  
Scottish War Blinded  
Seafarers UK  
Skillforce  
South Atlantic Medal Association 82  
SSAFA  
Stand Easy  
Submariners Association Scotland  
Suez Veterans Association Scotland  
Scottish Veterans Housing Association  
The Coming Home Centre  
The Veterans Foundation  
Thistle Foundation  
Venture Trust  
Veterans First Point  
War Widows Association  
West of Scotland Veterans Advisory & Pensions Committee  
William Simpson's Home

## CONTACT INFORMATION

[www.veteransscotland.co.uk](http://www.veteransscotland.co.uk)

[www.veterans-assist.org](http://www.veterans-assist.org)

By email - [gensec@veteransscotland.org.uk](mailto:gensec@veteransscotland.org.uk)

By phone - 0131 550 1569

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