

Support Factsheet

Introduction

This factsheet includes a selection from the wide range of help available to you via the Internet. It lists some, but not all, of the organisations that provide support and advice to the Armed Forces Community. We use Armed Forces Community to mean:

- Serving personnel
- Reservists
- Service Leavers - Those who have served more than four years in HM Armed Forces whether as a regular or a reservist. Also known as a “Veteran”.
- Early Service Leavers – those who have served more than one day but fewer than four years. Also known as a ‘Veteran’
- Families (spouse/partner/children of HM Service Personnel)
- Those bereaved as a result of Service.

Statutory Bodies

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

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

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

Website: www.nhsinform.co.uk

Phone: 0800 224488

Veterans UK

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

Email: veterans-uk@mod.uk

Freephone (UK only): 0808 1914 218

Veterans Welfare Service

The 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-uk

Email: veterans-uk-vws-scot-ni@mod.uk

UK Helpline: 0808 1914 218

National 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

Email: scotland@soldierscharity.org

Phone: 0131 310 5132/5116

British Limbless Ex –Service Men's Association (BLESMA) aims to promote the welfare of those who have lost the use of limbs and eyes as a result of Service and their dependants.

Website: www.blesma.org

Email: ChadwellHeath@blesma.org

Phone: 0208 590 1124

Citizens Advice Bureau (ASAP Project) provides dedicated information for the Armed Forces Community, including benefits, debt, employment, relationships and housing through Scotland.

Website: www.asapadvice.org.uk

Helpline: 0845 231 0300

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

Email: enquiries@erskine.org.uk

Phone: 0141 812 1100

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

Website: www.combatstress.org.uk

Email: contactus@combatstress.org.uk

Phone: 01292 561300

Help for Heroes (H2H) we give practical, direct support to our current wounded.

Website: www.helpforheroes.org.uk

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

Email: contact via website

Phone: 0131 550 1583

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

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

Email: enquiries@poppyscotland.org.uk

Phone: 0131 557 2782

Remploy provides career opportunities for disabled people.

Website: www.remploy.co.uk

Phone: 0300 456 8031

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 our members have lost their sight due to old age or illness.

Website: www.royalblind.org/scottish-war-blinded

Email: enquiries@scottishwarblinded.org

Phone: 0131 333 1369

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

Email: info@ssafa.org.uk

Phone: 0845 1300 975

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

Phone: 0131 225 6421

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

Email: rnbt@rnbt.org.uk

Phone: 02392 690112

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

Phone: 0131 557 1747 or 0141 339 0700

Scottish Association for Mental Health (SAMH) SAMH works hard every day 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

Email: enquire@samh.org.uk

Phone: 0141 530 1000

Veterans Scotland acts to coordinate and act upon the principles in the Armed Forces Covenant, to ensure that Veterans and the veteran community are not disadvantaged as a result of service.

Website: www.veteransscotland.org.uk or www.veterans-assist.org

Email: 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

Email: info@warwidowsassociation.org.uk

Phone: 0845 2412 189

Local Charities and Third Sector Organisations

Gardening Leave uses horticultural therapy to support our troubled veterans on their journey to good health and their transition to civilian life. We offer professionally conducted, individualised, goal-oriented treatment sessions to maximise a veteran's physical, psychological and social strength, and enhance general health and wellbeing.

Website: www.gardeningleave.org

Email: admin@gardeningleave.org

Phone: 01292 521444

Glasgow Helping Heroes (GHH) Glasgow's Helping Heroes 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: <https://sites.google.com/site/glasgowshelpingheroes/>

Phone: 0141 276 7199

Lothian Veterans Centre The charity was designed to meet the need for a veterans 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

Phone: 0131 660 5537

Thistle Foundation is a Scottish charity with a long tradition of pioneering support for people with long term health conditions, including disabilities. We 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

Phone: 0131 661 3366 or 0141 886 3375

Veterans First Point (V1P) Lothian has been developed by veterans for veterans and is staffed by veterans. Funded by the Scottish Government and NHS Lothian, it aims to provide a one-stop shop for veterans and their families living in Lothian. An expansion programme is planned throughout Scotland. Open drop in available daily between 1.30pm – 4.30 pm.

Website: www.veteransfirstpoint.org.uk

Phone: 0131 220 9920

Tayforth Veterans Project is dedicated to provide services needed to help ex-service men and women in overcoming post conflict issues and assist them to better integrate back into their communities.

Website: www.tayforthveterans.org

Email: Tayforth-veterans-project@btconnect.com

Phone: 01383 206207

Other Organisations

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:

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

Website: www.bfrss.org.uk

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

Website: www.ctp.org.uk

CivvyStreet provides advice on career transition, employment, education and funding schemes.

Website: www.civvystreet.org

Enhanced Learning Credits (ELC's). Additional funding opportunities for ex-service personnel dependant on length of service.

Website: www.enhancedlearningcredits.com

Telephone: 0845 300 5179 (01452 558390)

EURES website has useful information if you are thinking about working in Europe.

Website: www.ec.europa.eu

Force Select is a specialist recruitment consultancy for Service leavers and ex-Service personnel.

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/

Email: joinedupforjobs@capitalcitypartnership.org

Phone: 0131 270 6030

Recovery Careers Service provide an individualised and inspirational career service which empowers wounded, injured and sick Service personnel to achieve a sustainable and fulfilling career.

Website: www.recoverycareerservice.org.uk

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

Website: www.skillforce.org

The Prince's Trust was awarded funds through Help for Heroes to enable wounded, injured and sick tri-service personnel to participate in secondments on The Prince's Trust Team programme across the UK.

Website: www.princes-trust.org.uk/support_us/partnerships/help_for_heroes

X-Forces may be able to help if you or your spouse are considering self-employment.

Website: www.x-forces.com

Email: 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

Email: enquiries@haighomes.org.uk

Phone: 0208 685 5777

Houses for Heroes 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. Currently SVGCA maintain the Common Housing Register on behalf of Veterans Scotland.

Website: www.housesforheroes.org.uk

Email: mail@svgca.org.uk

Phone: 0131 557 1188

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

Website: www.housingoptionsscotland.org.uk

Email: 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

Local Authorities 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.

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 and Dundee and now in the new Bellrock Close development in Glasgow.

Website: www.svronline.org

Email: info@svronline.org

Phone: 0131 556 0091

Money & General Advice

Courses4Forces

www.courses4forces.co.uk/

Entitled To

www.entitledto.co.uk/

Turn2Us

www.turn2us.org.uk/

The Money Advice Service

www.moneyadviceservice.org.uk/en

MoneyForce

www.moneyforce.org.uk/

Defence Discount Service

www.defencediscountservice.co.uk/

Equipped magazine

www.equippedmagazine.co.uk/

Pathfinder International

www.pathfinderinternational.co.uk/

Veterans World

www.veterans-uk.info/veteransworld.htm

Quest online

www.questonline.co.uk/

