



**UNFORGOTTEN
FORCES**
Supporting Scotland's
Older Veterans

Love later life



Veterans' project

November 2018 News

Welcome to [Veterans' Project](#) News from Age Scotland; our monthly update on action and opportunities to improve health and well-being of older veterans in Scotland. You will have received this update for one of three reasons:

- You **signed-up to our email distribution list**, in which case we'll keep sending you emails until you ask otherwise or unsubscribe
- You **work for an Unforgotten Forces partner organisation**, in which case the above also applies
- You are a contact for an **Age Scotland member group** that has given the charity permission generally for email contacts, in which case we'll send you two editions only. If you would like to continue receiving Veterans' Project News after that you can [subscribe online here](#).

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New guide for North Lanarkshire veterans



On Friday 16 November we launched the first Veterans' Warm Welcome edition of an Age Scotland local [Community Connecting](#) guide, covering the North Lanarkshire area. The guide lists social and social support opportunities in the area, highlighting those that give older veterans an especially warm welcome. You can [download it here](#).

Groups like VC at the KC (Veterans' Café at the Kings Church Motherwell) where the launch took place ([see our short video here](#)). Veteran and café regular Thomas McLeish from Glasgow, said: "The reason I come to the VC at the KC is for the friendship and the banter. We also get to know other people from different services. I get a feeling of being wanted and part of a group."

A big 'thank-you' to local MSP Clare Adamson and MP Marion Fellows for supporting the event. We were also delighted to be joined by Joan Paterson and Gabi Mitas from [CACE](#) (Older People Active Lives) in Cumbernauld. CACE serves older people generally, but is highlighted as a 'Veterans' Warm Welcome' group because of its commitment to better understanding and supporting the veterans' community. Joan Paterson, who is Group Coordinator at CACE, said: "We were very happy to work in partnership with Age Scotland and felt privileged to support Veterans Warm Welcome in raising awareness about veterans. This has resulted in a few of our members receiving help, both financial and social. They were unaware of their entitlement for this as they did not realise they were classed as veterans."

If you would like your group or service to appear in the Community Connecting guide please [download our form](#) and return to veteransproject@agescotland.org.uk.

Free dementia and older veterans' awareness training

We've added 2019 dates to our roadshow of free dementia and older veterans' awareness training:

6 February – Perth ([details and online booking here](#))

19 February – Paisley ([details and online booking here](#))

14 February - Haddington ([details and online booking here](#))

13 March – Alloa ([details and online booking here](#))

More dates and locations to follow soon. We can also arrange bespoke training for community groups and services with a minimum of 6 training participants. To request call Laura on **0333 32 32 400** or email veteransproject@agescotland.org.uk.

HM Forces Railcard for War Widow(er)s



The railcard costs £21 per year and gives one third off rail travel. Eligible are widow(er)s, recognised partners and dependants (aged 16 and over) who are in receipt of:

- A Forces Family Pension from either the Armed Forces Pension Scheme 1975 or 2005, and either
- A War Widow(er)s or Child's War Pension, or
- A survivor (spouse or child)'s Guaranteed Income Payment (GIP) from the Armed Forces Compensation Scheme 2005

For more information and to request an application form call Rachael Burgin (British Legion) on **0203 207 2165** or email rburgin@britishlegion.org.uk.

Advice for older veterans - it makes a difference



Here's a story from our partner [Armed Services Advice Project](#) (ASAP)

Arthur*, an Army veteran, has various health conditions which make independent living difficult, and wanted to know what help was available. Over several home visits, our adviser identified benefits he was entitled to and helped him to claim these, increasing his income. As Arthur was feeling increasingly isolated, we put him in touch with other [Unforgotten Forces](#) partners - [Erskine](#), [Fares4Free](#) and [Scottish War Blinded](#), so he can take part in activities and regain some independence.

Between July and September this year ASAP supported 463 people who were older veterans or their dependants. They identified £306,000 in unclaimed

financial entitlements for that group. You can contact ASAP on **0808 800 1007**.

The [Age Scotland helpline](#) **0800 12 44 222** also offers free and confidential benefits checks for older people. From January to mid-November this year we identified more than £65,000 in unclaimed benefits for older veterans and their dependants who contacted us.

* Names have been changed

Look out for our adverts



Over 65 and served in the armed forces?

Our new advice guide is for you!

The Veterans' Guide to Later Life in Scotland

Money. Health. Home. Leisure. Rights. Care.

If you served one day or more in the British military including as a regular, reservist, national serviceman or in the merchant navy, you may be entitled to extra help and support.

Call today for your FREE copy
0800 12 44 222

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The guide is supported by the Age Scotland Fund
funded by the Chancellor using CGOIF funds.

  **AgeScotVeterans**

If you read the Sunday Mail or a local newspaper in the west of Scotland, look out for our adverts this week for the Veterans' Guide to Later Life. Veterans can order this free from the Age Scotland helpline **0800 12 44 222**.

Funding

Armed Forces Covenant Fund Trust: New Ways to Tackle Serious Stress programme in Veterans, Carers and Families

This programme will fund a small number of projects that will enable charities and health professionals to work together to develop and try new ideas that they have developed with veterans and their carers and families.

[Details here](#)

Closing date: 31 December 2018



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About Age Scotland

Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number: 153343 Charity Number: SC010100 Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

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