



December 2018 News

Welcome to our update for groups and services supporting older veterans and their families. In this edition:

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Wishing you a happy festive season and successful New Year from the Veterans' Project Team.

Unsure why you received this email? [Find out here.](#)

Winter is coming - get ready

We've published advice for older people on our blog: [tips to stay warm and well](#), and [preparing for cold weather](#).

On our [Facebook page](#) you can find [listings for events](#) we could spot happening over Christmas for older veterans.



News galore

The [Christmas edition of our Veterans' Newsletter](#) is out now. If you would like printed copies for your group or service please email veteransproject@agescotland.org.uk and let us know your postal address and quantities required.

A new edition of the [Unforgotten Forces newsletter](#) is also available online.



Breakfast Clubs bonanza for veterans

Veterans' Breakfast Clubs are springing up across Scotland. Steve Henderson, Age Scotland's 'veteran in the north', checked out the craic at a Veterans' Breakfast Club on Isle of Skye.



Above: Veterans enjoy comradeship

The Armed Forces and Veterans' Breakfast club in Portree is thriving, with new people joining every month. Founder and former Royal Marine Donnie Nicolson set up the club in April 2017. It now involves more than 40 veterans, with typically 14-16 attending each event for friendship, banter and bacon butties.

Donnie says: "A gentleman called Jack, who is ex-RAF, told me he had heard about these breakfast clubs popping up across the UK. The story goes that in 2007 his ex-army

Care home checklist

In response to feedback from our [Unforgotten Forces](#) partners we've re-published our popular care home checklist in a 'print-at-home' format – [available to download here](#) and on our website shortly.



A veterans' warm welcome in Motherwell

In November we [launched a first Veterans' Warm Welcome edition](#) of our popular [Community Connecting](#) guides at the VC at the KC veterans' café in Motherwell. We filmed the event: [our video](#) highlights the difference a veterans' café makes.

Would you like us to encourage socially isolated older veterans to join your group or use your service? Email us at veteransproject@agescotland.org.uk to find out how.



Help for atomic test veterans



British Nuclear Test Veterans Association (BNVTA) can lend support and specialist expertise for veterans who have been involved in the UK's Atomic Weapons Tests Programme in the Pacific/Australia during the late 1940s/early 1950s. Many British military personnel were involved with these tests at a time when the long-term health effects were not fully understood. Many will have

suffered long term adverse health effects and all those surviving to this day will be older veterans.

Following a long campaign by the British Nuclear Test Veterans Association (BNVTA), the Chancellor announced a provision of £25 million from LIBOR funds financing an Aged Veterans Fund to alleviate suffering and increase well-being. The project is run by an organisation called the Nuclear Community Charity Fund (NCCF) and also involves BNTVA. The organisation has experience and understanding of the legal aspects with regard to compensation for veterans adversely affected, health issues, research and welfare support. It also strives to recognise and ensure remembrance and recognition of the sacrifice made by these veterans. Such veterans and others can join the NCCF to receive information and support.

For more information [visit the NCCF website](#). You can also [read the NCCF online magazine here](#).

Government policy update

The UK and Scottish Governments are consulting on a new national strategy for veterans. [Find out more here](#).

The Scottish Government has published a strategy to reduce social isolation and loneliness. Veterans are specifically mentioned (page 21 and page 27). [Read the strategy here](#).

Mens' Sheds - what's the story?

Many older veterans enjoy attending a local Mens' Shed. [Here's an article that will encourage others to get](#)

[involved.](#)



Is our news good news?

Please take a couple of minutes to give us feedback on this email update. Your responses will help us improve the bulletin in 2019. [Go to the survey.](#)



Support for veterans with chronic pain

is offering one-to-one self-management support for veterans living with chronic pain. The new service is available via telephone and skype. For further information or to make an appointment

6059 783 0800 Call
info@painassociation.com Email



Funding

Turn 2 us

[Turn 2 us](#) is an online tool that enables you to find sources of possible financial assistance for individuals. You can search for help available because a person is a veteran, alongside a range of other criteria. [Start searching here.](#)

Veterans' Mental Health and Well-being Fund

The Chancellor of the Exchequer has announced £10M to support Veterans' Mental Health and Wellbeing in the Autumn Budget 2018. This Fund is being delivered by the Armed Forces Covenant Fund Trust, which also delivers the £10M per year Covenant Fund. The new fund aims to give veterans more choice and control over their own personal recovery journeys; enabling them to take part in activities that are personally meaningful, while receiving good support with their mental health and wellbeing needs.

[For details click here](#)

Deadline: Consultation is underway at the moment, with the fund anticipated to open in May 2019.

Ross and Liddell - Community Bursary Programme

Small grants of up to £500 are available to community organisations in Scotland that make a vital difference to their local area.

No deadline date

<https://ross-liddell.com/community-bursary>

Big Lottery Fund (Scotland) - National Lottery Awards for All Scotland

National Lottery Awards for All offers funding up to £10,000 to support what matters to people and communities. The programme is a partnership between the Big Lottery Fund Scotland, sportscotland and Creative Scotland.

It has three funding priorities:

- bringing people together and building strong relationships in and across communities
- improving the places and spaces that matter to communities
- enabling more people to fulfil their potential by working to address issues at the earliest possible stage.

No deadline date - [details here](#).

Falkirk Environment Trust - Scottish Landfill Communities Funds Small Grants

Grants are available for community, environmental and heritage projects. Small Grants can be awarded quickly to projects that: improve the environment in some way, e.g. community gardens, habitat enhancements; raise awareness of environmental issues; run Community Events e.g. Litter picks or environmental workdays; build the capacity of a group to make a Main Grants Scheme application and/or other environmental funders (e.g. business planning,

feasibility studies, etc.); build capacity in communities through start up grants e.g. money for insurances, tools.

No deadline date <http://www.fet.org.uk/grants.htm>

Falkirk Environment Trust - Scottish Landfill Communities Fund Main Grants

Grants are available for community, environmental and heritage projects. It can offer grants for projects which: develop areas of land to assist economic, social or environmental use promote community based recycling, re-use or waste prevention; provide, maintain or improve public parks or other public amenity; conserve or promote biological diversity such as natural habitats, recovery of species, etc.; maintain, repair or restore buildings, sites or structures of archaeological interest; provide financial, administration or other similar services for projects which are enrolled with an approved body.

No deadline date <http://www.fet.org.uk/grants.htm>

Why did I get this email?

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 that case this will be the last edition you receive unless you ask to be included in our Veterans' Project mailing list – you can [subscribe to it here](#).

You can read the [Age Scotland privacy policy here](#).