



UNFORGOTTEN FORCES

Supporting Scotland's Older Veterans

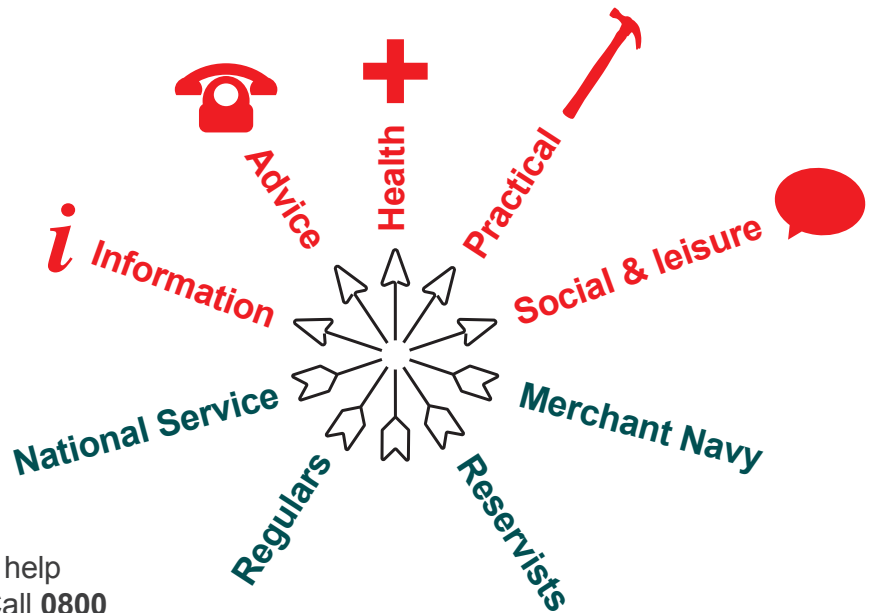
DIRECTORY

If you are aged 60 or older, live in Scotland, and served in the British Armed Forces, Unforgotten Forces is your doorway to camaraderie and extra support, should you need it.

Please contact charities you think will be useful. Unforgotten Forces partners work together to ensure you can get what you need without hassle, and without having to tell your story repeatedly.

If you are unsure who to approach, **Age Scotland** can identify who is best placed to help and tell you about available opportunities. Call **0800 12 44 222** or email helpline@agescotland.org.uk.

Further information can be found online at www.unforgottenforces.scot



Advice and information

Specialist ex-service

The **Armed Services Advice Project** provides access to free, independent, and confidential advice, information, and support for the Armed Forces community. The service is open to those currently serving, families and veterans and can be accessed through a free national helpline, with one-to-one support available across 11 regions.

Call **0808 800 1007**
www.adviceasap.org.uk



Specialist later life

Age Scotland offers information and advice on later life matters, and free advice guides for older veterans: by post and online.

Call **0800 12 44 222**
(Monday-Friday 9-5)
www.age.scot/veterans



Social and leisure

Activity centre west of Scotland

Enjoy camaraderie and a range of stimulating activities at the **Erskine Reid Macewen Activity Centre** in Renfrewshire. Erskine also provides family homes, assisted living accommodation and expert nursing homes for veterans and their spouses.

Call Debs Dickson: **0141 814 4535**
Email debra.dickson@erskine.org.uk
www.erskine.org.uk



Veterans Community Support Service

Legion Scotland's friendly volunteers can visit regularly and support you to re-connect with your community if you have lost touch.

Call Tommy Douglas: **0131 550 1560**
Email support@legionscotland.org.uk



RAF friendships

RAF Association 'Connections For Life' is a bespoke volunteer-based friendship service for the RAF community.

Call **0800 018 2361**
www.rafa.org.uk



Men's Sheds

Men's Sheds offer a friendly, welcoming and healthy environment for men (aged 18 and over) to socialise, work on personal and/or Shed projects and take part in activities together with a purpose. Find your local Shed today

07465 202 834 / admin@scottishmsa.org.uk
www.scottishmsa.org.uk/find-a-shed



Health support

During NHS treatment

The **Defence Medical Welfare Service** (DMWS) can provide welfare and support in NHS Hospital settings and in the community to veterans and their families if you live in Fife, Edinburgh, Borders, Lanarkshire or in the Vale of Leven area.

Call 0800 999 3697
Email referrals@dmws.org.uk



Mental health and wellbeing

Support is available from **Combat Stress** regardless of a mental health diagnosis.

0800 138 1619 (All and every day)
www.combatstress.org.uk



Sight loss

Sight Scotland Veterans can support you to adapt to sight loss, restoring your confidence and regaining independence.

Call 0800 035 6409
sightscotlandveterans.org.uk



Practical support

Home maintenance

The **Highland Veterans Handyperson Service** carries out small jobs and small repairs in and around the home, if you live in Ross-shire, Sutherland, Inverness and Moray.

Call 01349 884774
Email handyperson@ilmhighland.co.uk
For info on handyperson services in other areas call Age Scotland: 0800 12 44 222.



Transport solutions

Fares4Free can get you to and from vital appointments, groups, and clubs. Available Scotland-wide.

Call David Gibson 07708 299 399
www.fares4free.org



Welfare support: general

Poppyscotland provides life-changing support to the Armed Forces community. Their Welfare Services can help in a number of ways, through financial support and mobility home adaptations, to advice and information services.

Call 0131 550 1557
Email gethelp@poppyscotland.org.uk



Welfare support: ex-RAF

The **RAF Association** offers a range of welfare support services for you and your family.

Call 0800 018 2361
www.rafa.org.uk



About Unforgotten Forces

Unforgotten Forces is a partnership of leading charities working together to boost the health and wellbeing of all in Scotland age 60 and older who served one day or more with the British Armed Forces.

Unforgotten Forces offers 'one-stop-shop' access to a wide range of practical and health-related support services, information and advice, and opportunities to socialise with others from the ex-service community. Many Unforgotten Forces services are also available to dependants of ex-service men and women.

In addition to the Directory listings Unforgotten Forces offers arts experiences to Erskine care home residents and live music experiences to older veterans in hospital, care and community group settings. These projects are run by Luminate, Scotland's creative ageing organisation, and by

Music in Hospitals & Care respectively. Unforgotten Forces also supports older veterans to have a say on matters affecting them through the Scottish Older People's Assembly.

The Unforgotten Forces partnership is grant supported by the Scottish Government.

www.unforgottenforces.scot

 #UFForces

 @UnforgottenForces



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.