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 Vetera

ns 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 884 774
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

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.