age Scotland
Love later life

UNFORGOTTEN FORCES
Supporting Scotland's Older Veterans

Veterans' project News

September 2020 Edition 14

Welcome to your September update on support, opportunities and inspiration for older veterans in Scotland.

On **page 2**, how to eat well in later life.

On **page 4**, enjoying the great outdoors all year round.

On **page 6**, marking the 75th anniversary of VJ Day.

And **back-page**, news on the Unforgotten Forces partnership and support for older veterans in Scotland.

Information, friendship and advice

0800 12 44 222

The Age Scotland helpline is open Mon-Fri 9am to 5pm. We offer weekly group phone chat for veterans age 50 plus and their partners as part of a Comradeship Circle.

If your lock-down larder comprises tins, biscuits and ready-meals, it could be time for action.

With many of us now spending much more time at home. snacking on unhealthy food can be hard to resist. Some foods have more to offer nutritionally than others, but you don't have to give up everything you enjoy—almost anything can fit into a healthy diet if eaten only occasionally and in moderation. Overall, it is the combination and quantity of foods that are important to help your body stay healthy over time.

In later life your body needs slightly fewer calories to function - around 200 less per day - but you still need the same amount of vitamins and minerals in your diet.

If you are underweight, have less appetite or feel weak, perhaps due to a lack of the right balance of foods in your diet, you should get advice from your GP or a dietitian.

Water also matters. Too little can lead to headaches, tiredness, low energy and light-headedness, and make the symptoms of some health conditions worse. Around 6-8 glasses of fluid a day is recommended. Water is best: keep a full glass next to you or take a water bottle if you're going out. Tea, coffee, herbal teas, milk, diluted fruit juices or squash are good too, but not sugary fizzy drinks. Foods containing a lot of water can also hydrate you, for example soups, stews, fruit and veg.

Support for eating well

Call the **Age Scotland helpline** for a free **Eat Well guide 0800 12 44 222**

Food Train Connects

One to one shopping service available to older people across Scotland. The service will match you with a local volunteer who will safely do and deliver your shopping.

Call **0800 304 7924** or visit **www.foodtrainconnects.org.uk**

Eat Well Age Well

This Food Train project has information on signs and symptoms of malnutrition, the latest research and tips on boosting calories.

Call **0131 4478151** or visit **www.eatwellagewell.org.uk**

Meal Makers

A Food Train project that connects people who love cooking, and who are happy to share an extra portion, with an older neighbour who would appreciate a freshly prepared meal and a chat.

Call **0141 551 8118** or visit **www.mealmakers.org.uk**

Vegetarian for Life

Offers healthy eating guides and recipe booklets for older vegetarians and vegans, plus a grants scheme for older vegetarians and vegans in financial need.

Call **0161 257 0887** or visit **https://vegetarianforlife.org.uk/**

This winter Coronavirus and poor weather could conspire to keep us at home, and clubs may find it hard to run indoor activities within restrictions. However there are outdoor activities suitable for all ages and abilities that you can do year round.

Being outdoors has big benefits. Sunlight helps our bodies make vitamin D which builds bone and muscle—although less in winter, when a balanced diet becomes vital for this (see page 2). Daylight helps us regulate our body clock and sleep at night. It can also reduce stress and boost mood.

In the garden (if you have one)

Make winter preparations such as raking leaves on paths, wrapping up pots to protect shrubs, and putting out bird feeders. In some areas there are groups that match volunteer gardeners with people who need a little help, for example Edinburgh Garden Partners. The **Age Scotland helpline 0800 12 44 222** can tell you if there are similar services your area.

Go for a walk

With suitable clothing and footwear most older people will be able to take a winter walk. If you need support **Legion Scotland Veterans Community Support Service** may be able to match you with a volunteer who can accompany you. Call **Tommy Douglas** on **0131 550 1560**. Charity Paths for All organises regular health walks across the country. These are accessible walks of less than an hour led by a trained volunteer: ideal for someone who is recovering from ill-health or living with a long-term health condition. Call **Paths for All** on **01259 218 888** to find out more.

A garden for all seasons: Dundee Therapy Garden

Join a garden or conservation project

Across Scotland there are opportunities to do free, fun and practical outdoor activities with others, or just enjoy a peaceful time in nature. The **Veterans Garden Dumfries** in the town's Crichton park is for veterans and their families, offering comradeship, animal care and gardening. Call Mark on **07592 450 871**. **Dundee Therapy Garden**, located in the city's Dudhope park, aims to boost the wellbeing of veterans through gardening and friendship. Call Mark or Carole on **01382 202 660**. **Falkirk Veterans** has a walled garden in Callendar Park with raised beds, a kitchen garden and a safe space to enjoy nature. Call Maggie on **0757 213 1844**.

The Conservation Volunteers (TCV) run 'Green Gym' sessions across Scotland in which you can get outdoors and active, and meet new people. The emphasis is on health and fitness - you warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities. Call **01786 479697** or visit **www.tcv.org.uk/scotland** to find out what's available locally.

To mark VJ Day, Legion Scotland delivered commemorative coins to every surviving WWII veteran on behalf of Legion Scotland, Poppyscotland and the Scottish Government.

Community Support Service Manager Tommy Douglas said: "It was an incredibly moving experience for everyone involved, and a fitting way to recognise the immense contribution of the generation who gave so much."

On Saturday 15 August they held a virtual Service of Remembrance. This included testimony from those who served along with the incredible story of the late Eric Lomax, FEPOW and author of The Railway Man.

Japanese Foreign Minister Shigemitsu signs the Instrument of Surrender on board USS Missouri.

VJ week was full on for Fares4Free. The charity brought WWII veterans to an RAF get-together that included a Red Arrows aerial demonstration, featuring loops and the 'Spaghetti Split manoeuvre.'

Fares4Free drivers helped Legion Scotland deliver their commemorative coins and hampers. One veteran they helped was 97 year old Nan Burns, providing wheelchair transport so that she could lay a wreath in Kirkintilloch. Nan served in Egypt and Italy as a WREN during WWII while her husband was a POW of the Japanese.

Nan Burns arrives to lay her commemorative wreath.

Do you need help with essential supplies, or transport to get back to activities as lock-down eases?

Contact Fares4Free—they may be able to help.

Call **07708 299399** or email **info@fares4free.org**.

Unforgotten Forces marches on!

UNFORGOTTEN FORCES
Supporting Scotland's Older Veterans

Age Scotland is part of Unforgotten Forces, a partnership of charities striving to boost health and wellbeing for veterans in Scotland age 65 and older.

Unforgotten Forces began in 2017 with 3-year funding from the Armed Forces Covenant Fund Trust. The initial funding period ends on 30th September 2020, however the partnership has secured Scottish Government funding that will enable much of its work to continue.

On 1st October 2020 Poppyscotland will hand over the role of co-ordinating partner to Age Scotland. We'll continue to inform you of support, entitlements and opportunities for older veterans, including help offered by our Unforgotten Forces partners. In autumn 2020 we will launch a new free magazine, replacing this newsletter, with three editions published each year.

Age Scotland helpline: 0800 12 44 222
Email: veteransproject@agescotland.org.uk
Twitter and Facebook: @AgeScotVeterans
Website: www.agescotland.org.uk/veterans

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