

Welcome to your directory

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

Practical support

Home maintenance

The **Highland Veterans Handyperson Service** carries out small jobs and repairs in and around the home. In: Ross-shire, Sutherland, Inverness and Moray. Call **01349 884774**
Email handyperson@ilmhighland.co.uk



Transport solutions

Fares4Free can get you to and from appointments, groups and clubs. Available Scotland-wide. Call **0141 266 6000**
www.fares4free.org/contact



LGBT+ support

Fighting With Pride has lived-experience support workers in Scotland and can help connect LGBT+ veterans, serving personnel and families to services that help and support. It also has a community events programme that includes short breaks. Call **07704 271392** (Dougie Morgan)
www.fightingwithpride.org.uk



Welfare support: general

Poppyscotland welfare services can help in several ways, through financial support and mobility home adaptations, to advice and information services. Call **0131 550 1557**
Email gethelp@poppyscotland.org.uk



SSAFA offers practical and financial support to veterans in need of physical or emotional care. It has branches and volunteer caseworkers across Scotland.



Within Scotland, call **0141 488 8552**
Outside Scotland, call **0800 260 6767** (Forcesline)

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



Health support

During NHS treatment

The **Defence Medical Welfare Service** provides welfare and support in NHS Hospital settings and in the community to veterans and their families. In: Fife, Lanarkshire, Greater Glasgow and Clyde, Lothian and Borders NHS areas. 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**
www.sightscotlandveterans.org.uk



Limb loss

Blesma: the limbless veterans offers life-long support to serving and ex-service men and women with limb-loss and loss of use of limbs, including widows and widowers. Call **07766 258461** (Steve Burton)
<https://blesma.org>



Social and leisure

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



Men's Sheds

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

Call **07465 202 834**

Email: admin@scottishmsa.org.uk

www.scottishmsa.org.uk/find-a-shed

Creative and Wellbeing

Veterans Tribe Scotland offers creative and wellbeing events and activities where veterans and their families can relax, have fun with creativity and build friendships. For all ages and abilities, both face to face and online.

Call Gerry McGregor: **07817 979 486**

www.veterantribescotland.co.uk

Advice and information

Specialist ex-service

The **Armed Services Advice Project** provides access to free, independent, and confidential advice, information, and support for serving and ex-service personnel and their families. In addition to a free national helpline one-to-one support is available in some localities.

Call **0800 028 1456**

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



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.

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 coordinated by Age Scotland and grant supported by the Scottish Government.

www.unforgottenforces.scot

#UFForces

@UnforgottenForces

Unforgotten Forces Magazine

Our free magazine is chock full of information and inspiration for older members of Scotland's ex-services community. It's available by post and online, with three issues annually.

To subscribe:

Call the Age Scotland Helpline **0800 12 44 222** or visit www.unforgottenforces.scot.



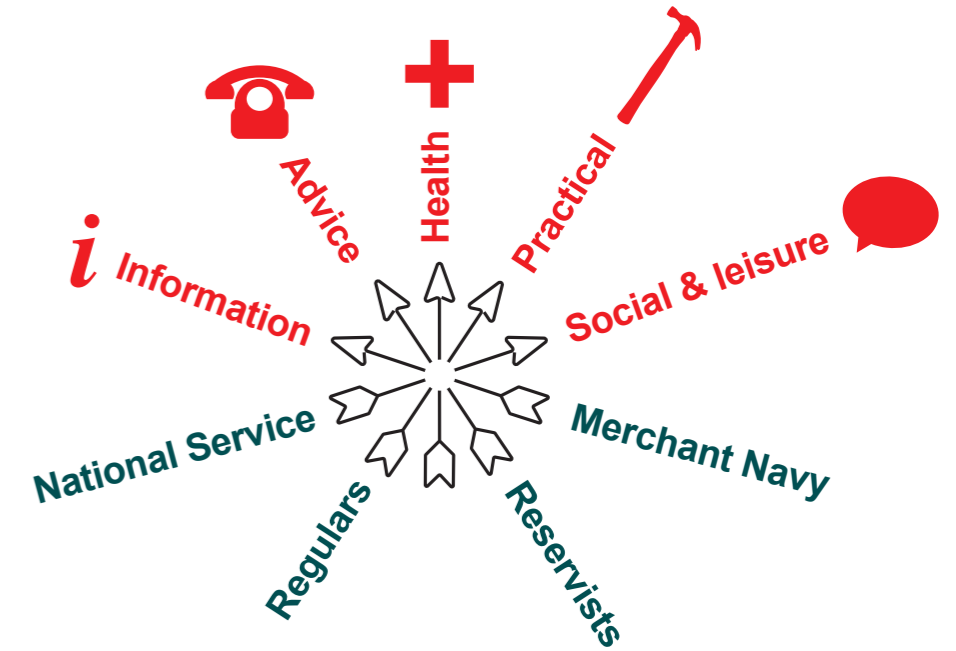
Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number: 153343 Charity Number SC010100. Registered Office: Causewayside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



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.

