

**Don't forget...**

**Poppyscotland  
offers the advice  
and guidance  
you need**



# What is Advice Services?

**Our Advice Services provide vital guidance to help veterans cope with a variety of challenging issues.**



At Poppyscotland, we believe that knowing where to turn for advice when times are tough is the key to a better future.

However, with so many different organisations out there, knowing where to start can sometimes seem daunting and confusing.

That's why our Advice Services will point you in the right direction, whether it's for financial solutions, employment help, housing hints or more.

We also know that some Armed Forces veterans find it difficult to ask for assistance in the first place.

Trying to solve your own troubles, or ignoring the warning signs until a problem becomes a crisis, is remarkably commonplace — but it doesn't have to be.

With Poppyscotland, you're never alone and there's always a helping hand when you need it.

So if you need a little guidance, Poppyscotland is here to help. We look forward to hearing from you.

# Four ways we can help you

**Poppyscotland's Advice Services offer a range of practical help for veterans.**



## **Armed Services Advice Project – ASAP**

ASAP provides free, independent and confidential advice on a wide range of issues to current and former members of the Armed Forces community.

Through our partnership with Scottish Citizens Advice Bureau, trained advisers can offer specialist guidance on issues including benefits, debt, housing and employment.

Call the ASAP advice line on 0845 231 0300 from Monday to Friday, 9am to 5pm. Alternatively, visit your local Citizens Advice Bureau or visit [www.adviceasap.org.uk](http://www.adviceasap.org.uk)

## **civvystreet.org**

This handy website offers plenty of free information about settling back into civilian life, with a particular emphasis on learning and work.

Current and former personnel can improve their skills and job opportunities with free online tools. And there's a special focus on helping those facing specific barriers to finding a job. For more information visit [www.civvystreet.org](http://www.civvystreet.org)

## **Royal British Legion Scotland Pensions Advice Service**

If you have a disability linked to your time in the Armed Forces, you may be entitled to a special payment, commonly known as a War Pension.

If you already receive this but your condition has worsened, you may be entitled to an increase. And you may also be entitled to payment if someone close to you dies as a result of their time in the Armed Forces.

The Royal British Legion Scotland Pensions Advice Service, supported by Poppyscotland, offers advice on all these issues, plus free representation at special tribunals which hear war pension and Armed Forces compensation appeals.

For more information contact The Royal British Legion Scotland on 0131 550 1565 or email [wpsec@rbllscotland.org](mailto:wpsec@rbllscotland.org)

## **Military Matters**

Finding suitable housing is a challenge for anyone leaving the Armed Forces — but for those with a disability, it's even greater.

That's why Poppyscotland is supporting Housing Options Scotland who have created Military Matters, a dedicated service offering free and independent housing advice.

The initiative gives disabled veterans and Service leavers expert help in finding the right home.

For more information, contact Housing Options Scotland on 0131 247 1400 or email [info@housingoptionsscotland.org.uk](mailto:info@housingoptionsscotland.org.uk)

# How we help



## **Frank's story**

Frank served in the Army for 12 years and had been suffering from mental health problems for several years. As a result, he had been unable to deal with his financial affairs.

He was facing a demand of over £2,000 for unpaid tax and penalty charges before he sought help from the Armed Services Advice Project. ASAP negotiated with Her Majesty's Revenue & Customs on Frank's behalf, completing the necessary paperwork and appealing the penalty charge decision, managing to get Frank's tax debt and penalty charge written off.

Frank said "The help I received from ASAP lifted an enormous weight off my shoulders, and let me get on with my life." He is now working full time and looking forward to the future.

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# Contact us

If you're an Armed Forces veteran who needs help or advice, Poppyscotland is waiting to hear from you.

Poppyscotland Edinburgh  
New Haig House  
Logie Green Road  
Edinburgh  
EH7 4HQ  
0131 557 2782

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Strothers Lane  
Inverness  
IV1 1LR  
01463 710300

For more information, visit our website  
[www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)



You can also find us on  
Facebook, Twitter and YouTube

Poppyscotland's welfare services simply could not operate without continued public donations. For more information on how you can get involved in fundraising with Poppyscotland visit [www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)

Poppyscotland is a member of The Royal British Legion group of charities, and is a trading name of The Earl Haig Fund Scotland. Scottish Charity No. SC014096.  
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