

UNFORGETTABLE

STORIES

POPPYSCOTLAND NEWSLETTER
AUTUMN 2012

RIFLES
MY DADDY
MY HERO

WITH THE 2012 SCOTTISH POPPY APPEAL JUST
AROUND THE CORNER, POPPYSCOTLAND UNVEILS
ITS AMBITIOUS EXPANSION OF THE SUPPORT
AVAILABLE TO THE ARMED FORCES COMMUNITY.
MORE DETAILS ON P4 & 5.

poppy 
scotland
SUPPORTING OUR HEROES

WOUNDED SERVICEMEN TAKE CENTRE-STAGE



We were delighted to be part of the team that brought a critically acclaimed play, featuring wounded, injured and sick Servicemen and women, to the Edinburgh Fringe for its debut north of the Border.

The Two Worlds of Charlie F. is part of a collaborative project by Bravo 22 Company; created by The Theatre Royal Haymarket Masterclass Trust and delivered in partnership with Poppyscotland, The Royal British Legion and Defence Recovery Capability.



The play moves from the war in Afghanistan, through the dream world of morphine-induced hallucinations to the physio rooms of Headley Court. It explores the consequences of injury, both physical and psychological, and its effects on others as the soldiers fight to win the new war. The aim is to use a theatrical learning environment to aid recovery, build new skills and offer opportunities to those members of the Armed Forces transitioning into civilian life.

Cast member Private Andrew Wright (19) from Musselburgh, East Lothian, is a soldier in the 27 Regiment Royal Logistic Corps and has been recovering from a prolonged period of illness. Speaking of his involvement he said:

“It was really humbling to have been asked to join such a brave group. Some of their stories are quite incredible. When I first joined the cast, I was feeling really low, but two or three weeks later I was brimming with confidence and it has done me the world of good.”

Poppyscotland’s Head of Charitable Services, Gary Gray, said: “We were delighted to work in partnership to deliver this play in Scotland. It highlights the real challenges for a small but significant number of members of the Armed Forces who return to civilian life with life-changing injury or illness.”

Following the successful Edinburgh Fringe run, the show received the prestigious Amnesty International Freedom of Expression award.

WATCH SHOW HIGHLIGHTS AT:
WWW.BRAVO22COMPANY.COM

NEWS IN BRIEF

CIVVY STREET: THE NEW FRONTLINE

A study carried out by Citizens Advice Scotland examines the multiple and complex issues faced by many in the Armed Forces community. Launched at the Scottish Parliament, the report also highlights the positive impact being made by the Armed Services Advice Project (ASAP), which Poppyscotland helps to fund. You can read the report on our website: www.poppyscotland.org.uk/gethelp/asap

MAKING A HOUSE A HOME

For some leaving the Armed Forces, finding suitable housing can be a real challenge. Therefore we were pleased to award £250,000 to Scottish Veterans’ Residences to help with its new housing development in Glasgow. With facilities in Edinburgh and Broughty Ferry, the charity’s Glasgow build will help to address the housing needs of veterans in the West of Scotland.

We are also delighted to announce that we have donated £5,000 to Military Matters, a housing advice, information and brokerage service run by Housing Options Scotland, available to serving and ex-Service people with disabilities.

RACE ACROSS AMERICA 2013

Cycling 4 Comrades, a team of four veterans, are aiming to complete Race Across America 2013 to raise funds for Poppyscotland. With non-stop pedalling for 3,000 miles across 12 states with a 170,000-ft climb, we think it’s truly awe-inspiring and to top it off they are aiming to beat the 5-day 9-hour record! For updates check our Facebook page.

SPRING RAFFLE

We are delighted that so many of you took part in our Spring Raffle. Here is a list of the winners from Scotland:



| Winner | Location | Prize | Draw |
|------------|-----------|------------------|-------------------------------|
| Milne | Mauchline | £5,000 | Poppyscotland Supporters Draw |
| Mr Lapsley | Glasgow | £2,000 | Main Draw |
| Mr Brown | Hamilton | £500 | Main Draw |
| Mr MacLeod | Glasgow | £75 | Main Draw |
| Thwaites | Edinburgh | £50 Gift Voucher | Fast 50 Draw |

MUSIC TO OUR EARS

Veterans in care homes across Scotland will soon be able to enjoy live music courtesy of Poppyscotland. Music in Hospitals Scotland provides concerts at care facilities and hospitals across Scotland and we recently awarded a grant of £4,700 which will pay for 20 concerts in ex-Service care homes.



ONE GOOD TURN DESERVES ANOTHER

When we heard of the plight of Tom Gilzean, a 92 year-old veteran from Edinburgh, who was facing giving up his charity collections as a result of poor mobility, we immediately stepped in. We were delighted to present Tom, who has collected £300,000 for various charities over the past 10 years, with an electric-powered chair to help him get out and about. There’s even a backpack for his collecting cans!

SCOTTISH POPPY

APPEAL 2012 Look out for our Scottish Poppy Appeal TV advert from Thursday 25th October, which features real-life veteran Steve Bainbridge, who lost his legs in an IED explosion on 11th November 2011. Thanks to your unforgettable support, we can make a difference to the lives of veterans like Steve.

**BUILDING
A POSITIVE
FUTURE
FOR VETERANS
IN SCOTLAND**

As we approach the 2012 Scottish Poppy Appeal I am reminded of the unstinting support and the incredible difference that you make to the lives of Scotland's Armed Forces community who are in significant need. For that, we are immensely grateful. With preparations underway for the largest fundraising event in our calendar, it is fitting that I share with you, before anyone else, some exciting news which will mark a new era for veterans.

Following our merger with our sister charity in England, Wales and Northern Ireland, The Royal British Legion (TRBL), in June last year we have been examining how we might best address disparities in service provision North and South of the Border and subsequently make a leap forward in the level and range of support available to Scotland's Armed Forces and veterans' community. Extensive research has been carried out over the past two years to examine the needs of this group, both in Scotland and across the UK. This has provided us with a detailed understanding of the types of services that are required now, and importantly given us an insight into how these needs will develop over the next five to ten years.

The culmination of this is Poppyscotland's new five-year strategy, which we believe will see a transformation in the range of services we are able to deliver. I must stress that our plans are not set in stone. They will be delivered over the five-year period and in that time they will evolve and be shaped by both events and our constantly developing understanding of the changing needs of veterans. Although our detailed plans are still taking form, there are four exciting areas that we are already working on and that I want to share with you.



IAN MCGREGOR

CHIEF EXECUTIVE

REDUCING STRESS AND

ENCOURAGING RECUPERATION

Whether it's for a stressed or isolated young Service family stuck at home while dad or mum is away on operational duties, a housebound elderly veteran or someone recovering from time in hospital, we are building a brand new centre to enable them to relax, recover and re-energise during a short residential break in Scotland in a safe and supportive environment.

WIDENING ACCESS

TO SPECIALIST ADVICE

Working initially in six regions we have already helped over 1,700 individuals to achieve £1 million in net financial gains. The Armed Services Advice Project (ASAP) will be extended to other areas of Scotland, providing many more in the Armed Forces community with dedicated advice that will make huge improvements to their quality of life.

ENHANCING EMPLOYMENT

OPPORTUNITIES

We'll significantly increase employment support available to both those no longer in Service, and those making the transition between military and civilian careers. New employment services will also be developed for veterans with mental health issues and those within the criminal justice system. Our research shows that these groups are particularly at risk of social isolation and other problems, and require dedicated services to support them into employment.

DEDICATED SERVICES FOR

THE NORTH OF SCOTLAND

The opening of an office in the north of Scotland in addition to our Edinburgh and Glasgow premises will make our welfare services more accessible to the serving and ex-Service population living in the area, and enable us to improve the support we can give to our Area Organisers and volunteers.

Our vision for a better future for Scotland's Armed Forces community can only be realised with your continued support, and by us attracting even more supporters. As well as increasing our range of fundraising opportunities, we've also set ourselves the target of recruiting 1,000 new volunteers over the next five years to help us achieve these ambitious targets.

We will of course keep you fully up to date with these plans, and of the other new initiatives that we'll be launching soon. The speed at which we can roll these plans out is in part reliant on how quickly we can generate the necessary funds. You have been so good in helping us in the past and I hope you will feel able to continue your incredible support during the forthcoming Scottish Poppy Appeal and beyond.

SMALL CHANGES MAKE A BIG DIFFERENCE



SANDY HENDERSON

We meet Sandy Henderson, who became the Scottish Poppy Appeal Area Organiser for Livingston in 2011, after taking over from Frank McCue at the Royal British Legion Scotland (RBL) Livingston Branch. Sandy had big shoes to fill as Frank was involved in the Appeal for 35 years, growing the collection to almost £30,000 in 2010.

I was keen not to let Frank down so I took it upon myself to make changes to try and increase the 2011 total. It was hard work and we needed a lot of new volunteers. Some came through Poppyscotland's advertising campaign with others from the Royal Regiment of Scotland. I was concerned that by starting earlier the pace might slow down but I needn't have worried.

On the morning of Poppy Saturday one of the eight collection points filled two collection tins between 8 and 9am. The tins were filled with coins and lots of notes and this story was repeated during both weeks.

We raised £41,029 through tin collections and the whole team was so proud. We felt a real sense of achievement knowing that our hard work had paid off.

This year I want to increase the total even more and I am building relationships with other volunteers nearby to get as many people involved as possible.

SANDY'S SMALL CHANGES FOR SUCCESS:

- Upped the collection period from one to two weeks leading up to Remembrance Day
- Increased the number of manned collection points from three to eight
- Extended the collecting times to start later in the morning and finish in the evening
- Doubled the number of shops and businesses that take tins
- Ensured tins were out 3 weeks before 11th November

CALL 0141 427 8490

EMAIL VOLUNTEER@POPPYSCOTLAND.ORG.UK

OR TEXT VOLUNTEER TO 81400

(STANDARD NETWORK RATES APPLY)

IF SANDY'S STORY HAS INSPIRED
YOU TO GET INVOLVED IN ANY
WAY PLEASE GET IN TOUCH.

TICKING TIMEBOMB OF VETERANS' MENTAL HEALTH ISSUES

GARY GRAY,
HEAD OF
CHARITABLE SERVICES



Post-traumatic stress disorder or PTSD is a term that we often hear about in association with veterans. It is described as a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma.

Those affected may display a range of symptoms that mask the real issue and too many suffer in silence for years. Other problems can develop on their own or alongside PTSD, including depression, use of alcohol and drugs, problems with relationships and work, as well as physical illnesses. Family members are affected too as they often bear the brunt and end up feeling helpless and isolated.

Thanks to your generosity, we are helping to improve the lives of those suffering from a range of mental health issues associated with Service.

We provide financial grants to a number of organisations that deliver specialist services to veterans. As the needs of veterans change, we direct our funding to where it is needed most.

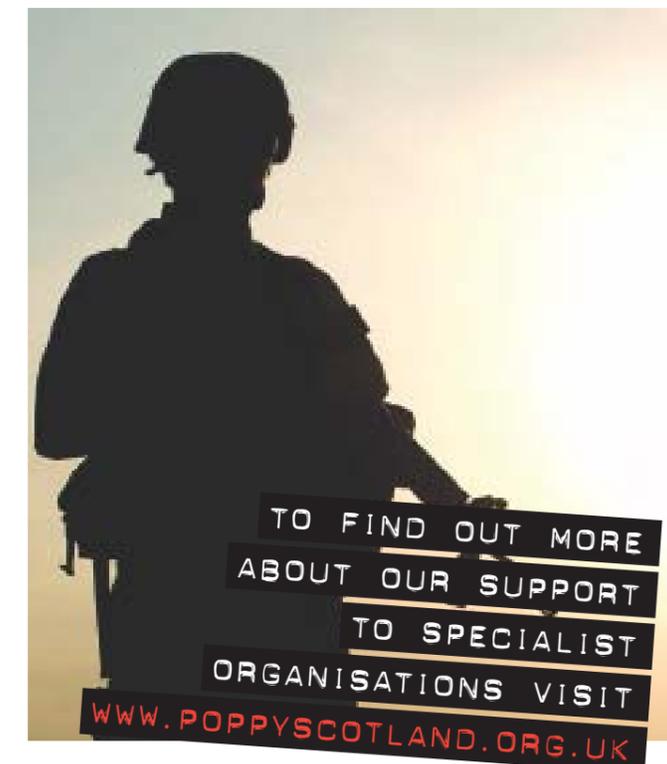
This year we are supporting the work of three organisations that help veterans with mental health issues. We awarded £5,000 to Gardening Leave, which provides horticultural therapy to veterans suffering from psychological trauma, £20,000 to The Thistle Foundation to help fund lifestyle management courses for veterans who need additional support in adjusting to civilian life, and our largest grant in this area was £60,000 over three years to Combat Stress, the leading mental health charity for veterans in the UK.

Our grant to Combat Stress is being used to help fund the work of the West Scotland Community Outreach Team, which works in local communities with veterans and their families affected by mental health issues. One-to-one and group therapy helps veterans understand and deal with their symptoms, as well as developing strengths, support networks and coping strategies in order to move forward and set future goals.

Helping veterans with PTSD and other mental health issues can be a long process, however, your support is making a difference and positive change is happening.

- 20% of veterans are likely to develop mental health problems from their time on the front line
- It can take over 13 years for PTSD to be diagnosed
- In the past year there have been 1,500 new referrals to Combat Stress
- 357 veterans have been engaged with the West of Scotland Community Outreach Team in the last year alone
- 1 in 3 veterans say fear of discrimination stops them telling their families

Figures from Combat Stress



MOVING STORIES

Last year we launched a short film competition called Moving Stories, as part of our education project. Recently we had pleasure in announcing the winner of the competition – St Brigid’s Primary School in Glasgow.

James Stokes – A Gorbals Hero was produced by the Primary 7 class of St Brigid’s and saw off a high level of competition from schools across Scotland to win an online public vote and become the overall winner. The five-minute film told the story of Scots Second World War Victoria Cross winner, James Stokes.

The runners-up were Glasgow schools All Saints Secondary and Knightswood Primary, and Dunoon Grammar. The four schools spent a day with a professional film-making team to have their films remade.

Entry for this year’s competition is now open. The theme is ‘What does remembrance mean today?’ Encourage your local school to get involved and get movie-making!

TO FIND OUT MORE VISIT

[WWW.POPPYSCOTLAND.ORG.UK/
EDUCATION/COMPETITION](http://WWW.POPPYSCOTLAND.ORG.UK/EDUCATION/COMPETITION)



STUDENTS’ RAID ON

POPPY APPEAL

This November students from cities across Scotland will be out in force to collect as much money as possible for the Scottish Poppy Appeal while aiming to beat their counterparts in rival cities! We hear from Stephen Shirres, from the Edinburgh Students’ Charities Appeal (ESCA), who tells us why ESCA supports Poppyscotland.



“One of the reasons the students love this event is the buzz while collecting. There is nothing better than that feeling when a member of the public gives you money for a cause they genuinely care about. The Scottish Poppy Appeal Raid is quickly becoming a regular fixture on our calendar.

Already my students are excited and will be telling the new students about it when they arrive in September. Let’s hope they get the added bonus of bringing the trophy back to Edinburgh.”

TO FIND OUT MORE VISIT

[WWW.POPPYSCOTLAND.ORG.UK/
FUNDRAISEFORUS](http://WWW.POPPYSCOTLAND.ORG.UK/FUNDRAISEFORUS)

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