

Don't forget...

We're here

to help over

530,000 people

in Scotland



At Poppyscotland, we think people who serve in the Armed Forces deserve special recognition and support

We're thankful for their sacrifices and understand the challenges they sometimes face. We also understand the strain on their families. Add them together, and we're here to help around 530,000 people in Scotland.



An unforgettable sacrifice

First, the obvious – what other job asks employees to make the ultimate sacrifice?

But it's more than that. Armed Forces personnel also give up many of their freedoms and civil liberties. They'll

often spend long stretches away from family. They're asked to move from one location to the next – making it hard to put down roots and establish a routine.

It all means that simple things that civilians take for granted can create huge headaches for those who serve, and their families.

Life after the military

With routine, orders and camaraderie, life in the Armed Forces is sometimes described as 'institutionalised'.

While it's a crucially important aspect of Service life, it can create problems in the civilian world. Giving up the certainty and support can be a real struggle.

Where to live? How to get a job? What to do when life isn't going too well? Everyday situations can cause a lot of stress. And sometimes the problems take years to come to light.

Our approach

We're here to provide a wide range of practical support – all designed to help those in the Armed Forces community enjoy the highest possible quality of life. Everything we do is based on some key principles:

- Early intervention – to stop a problem becoming a crisis
- Empowering individuals – we give people the tools they need to regain control of their lives
- Holistic approach – we look deeper than the initial problem, to uncover what lies beneath
- Local response – built on national standards
- Collaboration – we partner with others, to deliver the best possible support
- Evidence-led approach – we support programmes that make a real difference
- Sustainability – we want our support to have a lasting effect

Help – what it actually means



Tailored support and funding

It might be a cliché, but it's true – everyone really is different. What's more, their needs can change over time.

That's why our support changes with them. And it's often simple solutions that can make all the difference. For a variety of reasons these can be out of reach for many. We offer a helping hand with practical things, such as a suit for a job interview or a replacement battery for an electric wheelchair.



Advice

Debt. Jobs. Housing. Those are just three complicated areas that those in the Armed Forces community

need support with. We cut through the clutter of services and contacts – to put them in touch with the right people, whether via our dedicated telephone helpline, a specially trained advisor or at our recently opened Welfare Centre in Inverness.



Employment

This is one of the broadest areas of our support. We offer a number of services

for veterans who are detached from the workplace. These range from re-training through to helping veterans with mental health issues back into the workplace. Our aim is to help those leaving the Armed Forces, and those who have already left, find a sustainable, fulfilling civilian career.



Mobility

Problems might start on the battlefield. Or they could emerge years later.

Like much of our work, we tailor the support to each veteran's needs – helping them live an independent life by providing occupational therapist assessments, home adaptations and mobility aids.



Respite

A short break can make an enormous difference to a veteran and their family.

We also support families while their loved ones are away on operational duties. Poppy Breaks provide much needed respite for those in the Armed Forces community who wouldn't otherwise have the means.



Housing

Many members of our Armed Forces go straight from school into the military life. Finding – and keeping – their own

home can bring tremendous stresses. As well as directly funding home improvements and adaptations, much of the money we raise goes to support housing for veterans and their families, provided by specialist housing organisations.



Mental health

While most leave the Armed Forces in a good frame of mind, a significant minority experience mental health

issues afterwards. Nightmares, flashbacks, isolation and insomnia are just some of the problems some veterans can face. We work with organisations who give advice and support, helping our veterans get well again.

Get in touch

For more information on Poppyscotland's Welfare Services please contact us:

Call 0131 550 1557

Email gethelp@poppyscotland.org.uk

Visit poppyscotland.org.uk



You can also find us on
Facebook, Twitter and YouTube



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