

UNFORGETTABLE

STORIES

POPPYSCOTLAND NEWSLETTER
AUTUMN 2013



DO SOMETHING
DIFFERENT DURING THE
2013 SCOTTISH POPPY
APPEAL TO SHOW YOUR
SUPPORT FOR THE ARMED
FORCES COMMUNITY.
READ MORE ON P2

poppy 
scotland
SUPPORTING OUR HEROES

2013 SCOTTISH POPPY APPEAL

DO SOMETHING DIFFERENT THIS YEAR



There are lots of ways to show your unforgettable support this November

The Scottish Poppy Appeal is Scotland's largest street collection and raises vital funds to help the most vulnerable members of the Armed Forces community. Giving to the Scottish Poppy Appeal is really simple but makes a huge impact. This November, as well as wearing a poppy, why not think about other simple ways to show your support?

- Does your local shop, gym, hairdresser or bar have a box of poppies on display? If not, and they are happy to take them, we can organise delivery and pick-up, no problem.
- Are there poppies in your workplace? Do the staff know where the poppy box is?
- Do you think your workplace could do more to support the Scottish Poppy Appeal? Our Corporate Raids offer a fantastic opportunity for teambuilding while raising vital funds.

- Our student rag raids are ideal if you are at university or college. You can visit a rival city for the day and compete to raise the most money – fancy dress optional but encouraged!
- Do you have your own idea about how to raise funds during the Appeal? Our community fundraisers are on hand to give you the advice and support you need.

Trying something new this November really will make an unforgettable difference and help us raise even more money. Make 2013 the year that you do something different!

IF YOU HAVE AN IDEA OR WANT TO GET INVOLVED IN THE 2013 APPEAL PLEASE GET IN TOUCH WITH US AT FUNDRAISEFORUS@POPPYSCOTLAND.ORG.UK

NEWS IN BRIEF

GET ADVICE, ASAP

We have extended our successful partnership with Citizens Advice Scotland to make face-to-face advice even more accessible to veterans in Scotland. New and expanding areas are Aberdeenshire, Angus, Dundee, Fife and Perth. Advice is still available for veterans in all areas of Scotland by calling the helpline on **0845 231 0300**.

SOWING THE POPPY SEED

Our internet-based education project helps young people learn about remembrance, veterans and the poppy. There is a wealth of online materials and balloons, DVDs, poppy seeds and banners are available to order. As part of the First World War commemorations we will be running competitions and offering specific lesson plans. Visit www.poppyscotland.org.uk/education

WAR TORN TROOPS REMEMBERED

On 13th October bikers from across Scotland will roar into Edinburgh to take part in a special parade and remembrance service run by Poppyscotland fundraising support group War Torn Troops Remembered. Around 300 impressive motorbikes, including a spectacular poppy bike, are expected.



FOR MORE INFO ON ALL OUR ACTIVITIES VISIT WWW.POPPYSCOTLAND.ORG.UK

SPRING RAFFLE



Thank you for taking part in our Spring Raffle and here are the lucky winners from Scotland:

Winner	Location	Prize	Draw
Mr M Strudwick	West Lothian	£25 M&S Voucher	Main Draw
Miss A Smith	Renfrewshire	£25 M&S Voucher	Main Draw
Mr P Jennings	Orkney	£5,000	Bonus Draw

FLOWER POWER



If you are a gardening fan now is the time to order the Poppyscotland Deep Red Dahlia. Created by the National Dahlia Collection it is available at the special price of £12.50 (including delivery) for 3 cuttings, with £1.50 from every purchase donated to Poppyscotland. Order now on **07879 337714**.

DIGITAL DONATIONS FOR ROYAL NAVY FAMILIES

Royal Navy families in Scotland can enjoy the benefits of a home computer package, thanks to a Poppyscotland grant of £5,000 to the Sailors' Children's Society. The funding will see the installation of PCs, printers, software and broadband for 10 families with young children, helping with the children's education and reducing social isolation for parents.

FIELD OF REMEMBRANCE, INVERNESS

We are delighted to be working with RBL Inverness to create the Highlands' first ever Field of Remembrance at the war memorial in Cavell Gardens. The Field will be open to the public to view crosses during Poppy Week and complements the Field of Remembrance in Edinburgh.

YOUR SUPPORT IS

UNFORGETTABLE

Thanks to your support we are reaching the most vulnerable members of the Armed Forces community. Here are just a few of the thousands of people whose lives have been changed thanks to you.

ADVICE

Our Armed Services Advice Project (ASAP) with Citizens Advice Scotland is helping veterans cope with challenging issues so they can make decisions and take action to improve their lives.

Army veteran Frank (35) had been suffering from mental health problems for several years. As a result, he had been unable to deal with his finances and he was facing a demand of over £2,000 for unpaid tax and penalty charges. He sought help from ASAP who negotiated with HM Revenue & Customs on his behalf, completing the necessary paperwork and appealing the penalty charge decision. As a result, Frank's tax debt and penalty charge was written off.

Frank is now working full time and looking forward to the future.

“The help I received from ASAP lifted an enormous weight off my shoulders and let me get on with my life.”



ASAP, providing expert advice to improve lives

MOBILITY



Andy is enjoying family life thanks to his motorised scooter from Poppyscotland

From an assessment by an occupational therapist through to the installation of a mobility aid or delivery of a motorised scooter, we aim to help veterans regain their independence.

Ex-Serviceman Andy (40) was diagnosed with a rare and life-threatening vascular condition that severely impacted on his mobility to the extent that he and his family had to move to a different house that was more suited to his needs. Thanks to a motorised scooter from Poppyscotland Andy's quality of life is greatly improved.

Andy said: “I hadn't been out for months and I couldn't join in with family activities. The scooter has turned my life around. I can go out on walks with my family like we used to and my youngest daughter likes to travel on my scooter with me – she thinks I am her personal taxi. Without Poppyscotland, none of this would have been possible.”

UNFORGETTABLE STORIES

ELDERLY VETERANS



Thanks to Poppyscotland William will soon be able to enjoy being outdoors once again

Remaining at home can be a big worry for elderly veterans. We provide adaptations to enable veterans to stay in their homes for longer, giving them independence and peace of mind.

“I have worked outdoors all my life and I don't like not being able to go out and having to ask people for help. The ramp will have a big impact on my life.”

William (82) worked up until an accident two years ago when he broke a bone in his neck and suffered a stroke. He is recovering but needs a walker to help him move around. The main obstacle is the steps outside his front door. He cannot get in or out of his property unaided and he finds it frustrating and depressing. William approached Poppyscotland and we have arranged for a ramp to be installed outside his front door to enable him to get out and about.

MENTAL HEALTH

Work can be therapeutic for veterans with mental health issues, however some can face barriers and hurdles. In partnership with SAMH (Scottish Association for Mental Health) we are delivering Employ-Able, a service that offers practical advice and support to help veterans on their way into work.

Billy (23) was in the Army for four years. After leaving, he struggled to find a secure job but he is now in full-time employment after taking part in Employ-Able.

Billy said: “I was a nervous wreck when it came to interviews and was unsuccessful in getting jobs but Employ-Able helped me to get my confidence back. It helped me to develop my skills and I received support to prepare for interviews and get my CV up to date. I am now in a full-time job and I am still getting support from my work preparation adviser.”



Billy is now in full-time work after taking part in Employ-Able

TO FIND OUT MORE ABOUT HOW
POPPYSCOTLAND CAN HELP YOU

CALL 0131 557 2782, EMAIL

GETHELP@POPPYSCOTLAND.ORG.UK

OR VISIT

WWW.POPPYSCOTLAND.ORG.UK/GETHELP



POPPYSCOTLAND

INVERNESS



The Inverness team (l-r), Lorna McConnell, Danny Streames and Nina Semple
Photo courtesy Scottish Provincial Press Ltd

Our welfare centre, which opened in June, is making a positive impact on the lives of members of the Armed Forces community in the north of Scotland.

Poppyscotland Inverness was set up to address the needs of the serving and ex-Service population in the area. It offers a wealth of information, advice and support and people can use a drop-in service or access more in-depth support.

Welfare Services Manager Nina Semple said: "We are helping individuals with a range of issues, including debt, finances, housing, health and employment. We are also encouraged by the support we have received from a number of local agencies."

Poppyscotland Inverness will be a hub for fundraising opportunities in the north and Community Fundraiser Danny Streames added: "I am keen to work with individuals and groups who want to get involved, so I can help them to raise funds and make a difference."

Poppyscotland Inverness is open from Monday-Friday, 10am-4pm, at Strothers Lane, Inverness IV1 1LR.

Tel 01463 710300

Email inverness@poppyscotland.org.uk

HELPING THE POPPY TIN REACH ITS FULL POTENTIAL

Volunteers are incredibly important to Poppyscotland and the Scottish Poppy Appeal. They distribute poppies and tins in their local areas and organise public collections.

The money that goes into the poppy tins is used to help thousands of veterans and their families every year. But did you know that if someone is holding a tin, it can collect up to **50 times** more donations than if it is on a shelf or counter?

Collector Sandra Urquhart explains why she gives up her time: "I love going out with my tin and interacting with the public. My brother is a soldier and has lost a few friends so I want to give back and help Poppyscotland to help others."

With more donations we can deliver more support. But we need people to hold the tins. Even if it's just for a few hours, it will make a real difference.

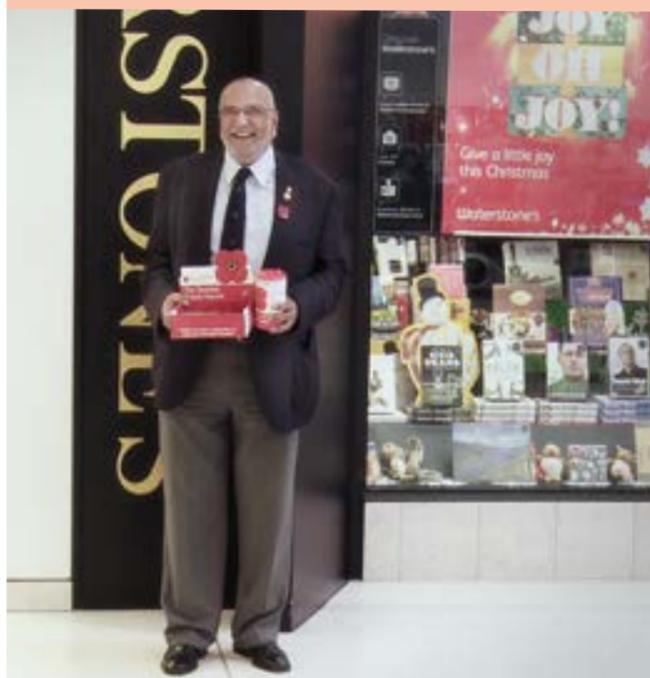
If you are interested in volunteering please get in touch.

Call 0141 427 8490

Text **volunteer** to 81400*

Email volunteer@poppyscotland.org.uk

* standard network rates apply



A friendly face behind the poppy tin makes a world of difference

CLOSING THE DOOR ON HOUSING PROBLEMS



Soldiers and veterans announce Poppyscotland's grant to Scottish Veterans Residences

Finding suitable housing is one of the biggest challenges facing someone who is leaving the Armed Forces. Not having a house, or the right house, impacts on all areas of a person's life, affecting their finances, mental wellbeing and family relationships.

Scottish Government figures in 2012/13 showed that the number of homeless applications from ex-Service people was 1,080. However the real number is thought to be much higher as not everyone discloses their military status.

Despite a number of initiatives being set up to deal with the issue, housing remains a big area of concern. Charities have cited that existing information is inconsistent and there is a lack of knowledge of veterans' issues. In turn, ex-Service people can be reluctant to approach mainstream civilian organisations as they don't feel there is a clear understanding of their often complex needs.

Thanks to your support, Poppyscotland is tackling this problem by funding specialist initiatives. They include:

Scottish Veterans Residences

We awarded £250,000 to ex-Service housing charity Scottish Veterans Residences to help with its new build in Glasgow. The 51-flat development will provide a combination of independent and supported accommodation with a focus on younger veterans who are struggling to make the transition from military to civilian life. The development will open in 2014 and will offer facilities for training and education, employment and recreation.

Find out more at www.svronline.org

Housing Options Scotland

Our grant of £10,000 to Housing Options Scotland has enabled the continued delivery of a dedicated housing advice service for veterans. Military Matters offers free and expert advice to disabled veterans to help them find the right home in the right place.

Find out more at www.housingoptionsscotland.org.uk



The Flying Fifers on their Cycle of Remembrance

THE ONLY LIMIT IS
YOUR IMAGINATION

Poppyscotland offers a wide range of events and we hope there's something for everyone. But, if not, why not create your own event?

That's exactly what two supporters did. Earlier this year, big-hearted Fifers Sandy Cunningham and Thomas Bremner, aka The Flying Fifers, completed the Cycle of Remembrance. The 750-mile, 6-day cycling event from Leven to the Menin Gate in Belgium raised over £15,000 for Poppyscotland. But they haven't stopped there. With further fundraising to go, including a bungee jump, the pair is determined to keep going.

Thomas said: "Poppyscotland is a cause close to our hearts and we want to raise as much money as possible to give something back in memory of those

who made the ultimate sacrifice during the World Wars and to help the men and women of the Armed Forces who need support now."

The duo has come up with imaginative ways to boost their fundraising. They have taken part in half marathons, held social events in bowling clubs, organised bag packs in their local Sainsbury's who gave them free food for the journey, and they even sport a unique 'Cycle of Remembrance' tattoo each.

The Flying Fifers are an inspirational pair and if you have been inspired by their story please get in touch. Whether you choose to run a coffee morning or a marathon we can help you create your own unforgettable event.

CONTACT US AT

FUNDRAISEFORUS@POPPYSCOTLAND.ORG.UK

E-Newsletter

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twitter.com/poppyscotland
[youtube.com/poppyscotland](https://www.youtube.com/poppyscotland)

Contact details

Poppyscotland, New Haig House,
Logie Green Road, Edinburgh
EH7 4HQ

Tel 0131 550 1542

Email supportercare@poppyscotland.org.uk

Visit poppyscotland.org.uk

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