Tackling the problem of transition thanks to your support.  
**P4 & 5**

Veteran Ian Forsyth inspects stunning WW1 sculpture on display to raise funds for Poppyscotland.
Welcome

I am pleased to welcome you to this newsletter as it allows me to thank you personally for the support that you have given to me.

Although you may not realise it you have played a big part in my wellbeing. I was diagnosed with a rare vascular condition, which had a debilitating effect on my life. Thankfully Poppyscotland stepped in and gave me a mobility scooter, which meant I could spend quality time with my family and, importantly, get my independence back. If it wasn’t for Poppyscotland and the generosity of people like you, I don’t think I would be here today.

Last year I completed a 1,000-mile scooter challenge from John O’Groats to Land’s End to raise funds for Poppyscotland. I beat the world record but my proudest moment was handing over the cheque, knowing I was giving something back to our Armed Forces community.

I hope that you enjoy reading about how getting involved in Poppyscotland’s work helps veterans like me live fulfilling lives. From my family and me, thank you.

Andy McIntosh

Scottish Poppy Appeal

Thank you for supporting the 2015 Appeal. While the final total is not yet known the money collected in tins alone currently sits at £2,079,472.

Dates for your diary

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<th>Date</th>
<th>Event</th>
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<tr>
<td>13th &amp; 14th May</td>
<td>Oban Live</td>
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<td>14th &amp; 15th May</td>
<td>Wallace Weekend, Lanark</td>
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<td>27th &amp; 29th May</td>
<td>Volksfling Festival, Biggar</td>
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<td>28th &amp; 29th May</td>
<td>Edinburgh Marathon</td>
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<td>31st May</td>
<td>Centenary of the Battle of Jutland</td>
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<td>18th June</td>
<td>Armed Forces Day, Rouken Glen</td>
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<td>25th June</td>
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<td>25th June</td>
<td>Tough Mudder</td>
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<td>1st July</td>
<td>Centenary of the Battle of the Somme</td>
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<td>4th to 6th August</td>
<td>Belladrum Music Festival</td>
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<td>20th &amp; 21st August</td>
<td>Galloway County Fair</td>
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<td>11th September</td>
<td>Ride, Ramble or Run, Ardersier</td>
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<td>Poppyscotland Sportive</td>
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Poppyscotland Chief Executive Ian McGregor retired in February after nearly seven years in post.

Ian said: “I’ve hugely enjoyed my time at Poppyscotland and I have again and again been struck by the generosity, enthusiasm and commitment of supporters of all ages and from all parts of the country, who share our aim of providing a better future for our beneficiaries. Year-on-year you make donations, volunteer and organise events to help us provide life-changing support to our Armed Forces community. I offer you all my profound thanks.”

As we say farewell to Ian, we welcome Mark Bibbey as the new Chief Executive. Mark served for 30 years in the Royal Marines and was formerly the Chief Executive of Venture Trust.

What do you hope to achieve in your role?

I haven’t been here long enough to answer that question properly; suffice to say that, since nothing appears to be broken, I won’t be looking to mend anything! More generally, my overriding aim will be to maintain the reputation and effectiveness of the organisation and keep pace with a changing environment, to ensure that we continue to be as relevant to the Armed Forces community in the future as we are today.

What do you think will be the key issues facing the Armed Forces community in the coming years?

I suspect that the issues will be broadly similar to those the community faces today; the balance between those issues and the precise nature of them will, I am sure, continue to evolve. Whilst we can say definitively that the Armed Forces community is getting older and that younger members’ employment aspirations are changing, predicting the effect of other changes, particularly those which are political or economic in nature, will be more challenging.

What are your interests outside the workplace?

History, sport, things with wheels and engines, the outdoors; but I would have to admit that my energy levels are currently challenged keeping up with my seven-year-old son and his dog!

What has been your proudest moment so far?

Birth of the above-mentioned son, which was, coincidentally on 11th November!

“I believe passionately in the benefits which accrue from enabling people to fulfil their potential”
Of the 20,000 people who leave the Armed Forces every year, the majority go on to thrive in civilian life, where they excel in their new careers, establish relationships, create secure homes for their families and enjoy good mental health. A small number experience difficulty after they leave the military, however it is important to note that although this number may be small, it is significant.

Poppyscotland research conducted in 2014 found that out of the 530,000 members of the Armed Forces community in Scotland, 1 in 8, equating to around 50,000 people, have unmet needs for support. 1 in 6 stated that they could benefit from Poppyscotland’s welfare services in the near future.

The Armed Services Advice Project (ASAP), established by Poppyscotland and delivered by Citizens Advice Scotland, provides expert advice to those who have served, those still serving and their families. Its advisers have found that, in the majority of cases, the root cause of the advice need can be traced back to the individual’s experience of making the transition from military to civilian life.

Those in the Armed Forces community experience similar problems to the general population but their problems are often multiple and complex. An ASAP report in 2015 found that individuals accessing the service raised proportionately more benefits, housing and health issues than non-ASAP clients as a whole with an average of 4.4 support needs per ASAP client compared to 3 for non-ASAP Citizens Advice Bureau clients. The top five issues presented were benefits (41%), debt (18%), finances (9%), housing (7%) and employment (7%).

Moving from one way of life into another can be tough. We’ve outlined some of the key difficulties below.

**Housing**

The thought of not having a secure home is a daunting prospect. When someone leaves the military, they usually have to find somewhere to live. Can they get on a housing list? How can they afford to rent or buy a house if they don’t have a job?

**Employment**

Finding work can be one of the biggest challenges for someone leaving the Armed Forces. How do they identify suitable jobs? Can they transfer their skills? Can they identify how to gain new skills? Are employers willing to take on veterans?

**Finance**

Often, for a single Serviceman or woman, there’s no need to pay rent, utility bills or shop for food. Therefore, knowing how to manage money and deal with budgeting can be difficult for some veterans. And, if they’re not earning, how do they go about accessing the welfare system so they can receive benefits or other assistance?
On top of these key needs, veterans need to re-establish relationships or form new ones. And let’s not forget the impact of the loss of the security of the military. It has a unique structure with its own rules and regulations and looks after almost every aspect of a Serviceman or woman’s life.

Accessing, trusting, understanding and feeling understood by mainstream agencies can be a major hurdle for some and if the individual has health issues, mental or physical, these can cause additional barriers to making a successful transition.

It’s not all doom and gloom. Thanks to your support Poppyscotland is making a difference in these key areas. Our tailored support and funding services help in many ways, from providing a train fare for a job interview to providing essential furnishings to help a family settle in their first home outside the military. We aim to help veterans find sustainable civilian careers by offering a range of services from re-training through to supporting those with mental health issues. We help those in the Armed Forces community access up-to-date, relevant advice through ASAP and at our welfare centre in Inverness. We also provide funding to specialist organisations in areas of housing and mental health.

None of our life-changing work would be possible without your support.

Thank you.

We know that many of you support us by taking part in our mailing campaigns such as raffles, the Little Remembrance Cross and Heart of Scotland, while others support us on a regular basis through monthly giving. To find out more about how you can help us give those in the Armed Forces community a brighter future call 0131 550 1567 or email k.r-mitchell@poppyscotland.org.uk
Fundraising comes in all shapes and sizes

Throughout the year Poppyscotland supporters raise vital funds by organising events, big and small. Here are some examples from across the country.

Coffee Morning, Uddingston

During the last two summers Alison Clark-Dick has organised a coffee morning, raising £1,000 to date. This amount money could provide a week’s respite care in a Poppy Break centre, giving an elderly veteran high quality care and his or her family a much-needed break.

“It’s great to get people together for a good cause and the money raised goes a long way in helping the Armed Forces community.”

Alison Clark-Dick

Renfrew Rotary Bottle Stall

Last year Renfrew Rotary organised a bottle stall. Led by Gary Loutit and his family the stall did fantastically well, raising £220 on the day. This amount could pay for an initial counselling session for two veterans, starting them on their roads to recovery.

Belladrum Music Festival, Highlands

For the past three years, we have held a bucket collection at the annual Belladrum Music Festival, carried out by volunteers from RAF Lossiemouth who camp on site. To date nearly £5,000 has been raised. This could fund our telephone advice service for three months, giving our Armed Forces community access to free, confidential and impartial advice.

If you have been inspired to run your own activity please get in touch.
Our regional fundraisers are ready with advice and encouragement to help you make your activity a success! Email fundraiseforus@poppyscotland.org.uk
News in brief

Host a toast this Armed Forces Day

Tea & Toast is the perfect way to catch up with friends, family or workmates and make a huge difference to the lives of our Armed Forces community. We’re inviting you to ‘host a toast’ and in the process help us to deliver vital, life-changing support. To request a fundraising pack call 0131 550 1578 or email m.craig@poppyscotland.org.uk

We’ve launched a new education film, A Poppy’s Point of View. Starting in the fields of Flanders it follows a single poppy from its creation in Lady Haig’s Poppy Factory, through the fundraising process, finally meeting people who have benefited from the money raised. Watch it at www.poppyscotland.org.uk/learning/public/our-films

Spring raffle

Thank you to everybody who took part in our Spring Raffle and congratulations to the lucky winners from Scotland

<table>
<thead>
<tr>
<th>Winner’s name</th>
<th>Location</th>
<th>Prize</th>
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<tr>
<td>Mrs E McKay</td>
<td>Sutherland</td>
<td>£5,000</td>
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<tr>
<td>Mrs J Christie</td>
<td>Keith</td>
<td>£25</td>
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<td>Mrs M Kerr</td>
<td>Carluke</td>
<td>£10</td>
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<td>Mr D Roberts</td>
<td>Glasgow</td>
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<tr>
<td>Mr J Grieve</td>
<td>Galashiels</td>
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Fantastic fundraisers

Thank you to all our supporters who raise vital funds for us throughout the year. Here are a few highlights:

- Graeme Anderson who climbed Mount Kilimanjaro £4,000
- East Kilbride Poppy Statue £2,035.35
- War Torn Troops Remembered £2,362.10
- Charity of the Year at Galloway Country Fair £1,178.23
- Fetterangus & Longhaven Dancers & Friends £1,000
- Kinlochbervie’s Soup & Sweet £1420.56

TOTAL £11,996.24

This amount could pay for a week-long course to help veterans find work.

We need you!

Volunteering makes a real difference to the lives of those in our Armed Forces community. If you can spare a few hours to collect during the Scottish Poppy Appeal we’d love to hear from you. Call 0141 338 6585 or email volunteer@poppyscotland.org.uk

France 1914

A sculpture donated to Poppyscotland by local artist, Simon Burns-Cox, is on display in the People’s Palace in Glasgow until March 2017. France 1914 is a striking 6-feet tall Italian marble sculpture that invokes the last tree remaining on a desolate battlefield, standing as a symbol of hope.

A poppy’s point of view

We’ve launched a new education film, A Poppy’s Point of View. Starting in the fields of Flanders it follows a single poppy from its creation in Lady Haig’s Poppy Factory, through the fundraising process, finally meeting people who have benefited from the money raised. Watch it at www.poppyscotland.org.uk/learning/public/our-films
Linking the past to raise funds in the present

This year sees the centenary of two of the biggest battles of the First World War. The Battle of Jutland on 31st May 1916 saw the British Navy engage the German Navy off the coast of Denmark, with over 1,000 casualties. The Battle of the Somme on 1st July 1916 saw 57,000 British casualties on the first day.

We believe it is important to remember while also focusing on supporting today’s Armed Forces community. We are undertaking respectful activities to raise funds during this time and we are delighted that supporters are getting involved.

A team of incredible fundraisers, the Flying Fifers, are undertaking their second Cycle of Remembrance, this time from Leven to the Somme battlefield. As a special tribute they will lay a wreath at Mazingarbe, France, at the grave of a Fife man who died in World War One. Robert Dunsire was awarded the Victoria Cross for his gallantry at the Battle of Loos and has recently been honoured in his hometown of Buckhaven.

If you would like to raise funds during the commemorative period please get in touch. Email fundraiseforus@poppyscotland.org.uk

E-Newsletter

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Tel: 0131 550 1567
Email: supportercare@poppyscotland.org.uk
Visit: poppyscotland.org.uk

If you would prefer not to receive our newsletter please get in touch with us at the above address to let us know.

We value your support and would like to keep you informed of our work. Please help us to contact you in the most appropriate way by completing our online supporter preferences form:

www.poppyscotland.org.uk/contact-preferences

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