

SCOTS Regimental Association

COVID-19 - Scottish Govt Policy Phase 3

You should: **wear** a face covering; **avoid** crowded places; **clean** hands and surfaces regularly; **stay 2m away from other people**; **self-isolate and book a test** if you have COVID-19 symptoms.

See what you can and cannot do to help suppress the virus.

<https://www.gov.scot/coronavirus-covid-19/>

Scottish Government vacancies

There are numerous vacancies to be filled quickly and they are *very keen to hear from those with military experience who can bring a wide range of skills to the establishment.*

Roles in Health and Social Care include Unit Heads, Team Leaders, Policy Officers and Support Officers which require leadership skills and resilience, people who can adapt and get the job done.

If anyone is interested email DGHSCTRS@gov.scot with a CV and a one page covering letter.
<https://www.oascotland.org.uk/scottish-government-insight-day/>

Skills Development Scotland Supporting the Armed Forces Community

Skills Development Scotland (SDS) has launched a range of services to support those whose education, job or future choices have been affected by the pandemic. Call the Helpline on 0800 917 8000 or visit www.myworldofwork.co.uk for more information.

The video link below describes the support available to all members of the Armed Forces Community, serving, reservists, veterans, spouses, partners and their children. Services/advice provided by SDS is available wherever you are in Scotland. They will assist you to develop your employment prospects. Leaving the Armed Forces is a big life change. Hear from Shaun on his experience and how we support veterans and their families in Scotland with those important career decisions.
<https://youtu.be/nyHLzTWyYK0>



Bulletin 8

Veterans 1st Point (V1P) Lothian

have developed a Resilience guide to help navigate this difficult time. COVID-19 has affected all of us and returning to work or dealing with other worries may be overwhelming. This guide can help you to manage your worry, anxiety and mood to improve resilience and wellbeing. As they say, it's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you.

Routine – structure to your day is important. **Exercise** – helps both our bodies and minds. **Sleep** – get enough, set wake up and going to bed times. **Interaction** - is important, perhaps by helping others. **Loved ones** – stay connected, find new ways **Independence** – protect some time for you. **Eat well** – try new recipes, eat fresh and healthy. **New goals** – for now and the future.

Compassion – be kind to yourself and others. **Enjoyment** – make time for pleasure distance between your family – the possibilities are endless.

<http://www.veteransscotland.co.uk/docs/resources/V1P%20Resilience%20Guide.pdf>

If you have ever served in HM Armed Forces in any capacity for any length of time, they offer free advice and support, whatever your needs may be.

<https://www.veteransfirstpoint.org.uk/>

Useful links

• Veterans UK

Freephone: (UK) 0808 1914 2 18 (overseas): +44 1253 866 043
<https://www.gov.uk/government/organisations/veterans-uk>

• Veterans Scotland

0131 550 1569
<http://www.veteransscotland.co.uk/>

• SSAFA

If you need financial support, go through your local SSAFA branch.
<https://www.ssafa.org.uk/get-help/find-local-branch>

• Poppyscotland

0131 557 2782 Welfare Service
<https://www.poppyscotland.org.uk/>

• Legion Scotland

0808 800 1007
Help, advice & contacts.
<https://www.legionscotland.org.uk/>

• Veterans First Point (V1P)

For general enquiries call 0131 221 7090 or email: V1P.Scotland@nhslothian.scot.nhs.uk
<https://www.veteransfirstpoint.org.uk/>
V1P Crisis contacts...
Breathing Space – 0800 83 85 87 – <http://breathingspace.scot/>
Combat Stress – 0800 138 1619
Living Life – 0800 328 9655
Samaritans – 116 123
<https://www.samaritans.org/>
NHS 24 – 111
<http://www.nhs24.com/>
Police Scotland – 101

• Combat Stress

24hr helpline. 0800 138 1619
<https://www.combatstress.org.uk/>

• Army Families Federation

<https://aff.org.uk/> Supporting Army Families worldwide.

• Scottish Government

Armed Forces and Veterans Community support:
<https://www.gov.scot/policies/veterans-and-armed-forces/>

Unforgotten Forces – Revised services during Covid-19 Outbreak for older veterans during the current Coronavirus outbreak. There is a modified service in support of older veterans as outlined below:
<https://www.legionscotland.org.uk/news/unforgotten-forces-consortium-revised-provision-during-covid-19>

CIVIL SERVICE JOBS

<https://civilservicejobs.service.gov.uk/>
Register to receive job alerts

Animal Health Officers (3 posts) – Scotland Animal and Plant Health Agency DEFRA - Food Farming and Biosecurity (FFaB)
£24,429 **Closes 14 Aug** Ref:59555
Ayr, Dumfries, Galashiels, Hamilton, Inverness, Inverurie, Perth, Thurso
To provide technical operational services to: Safeguard animal health and welfare; Protect public health; Protect the economy; & Enhance food security through surveillance, inspection, audit, approval, regulation & enforcement. AHOs expected to deploy away from their home office for periods.
Required: Demonstrable skills in written and spoken English. Experience of: farm animal husbandry systems, GB agricultural and associated industries, notifiable disease threats and Defra's response to a notifiable disease outbreak. Health & Safety working on farms with livestock & poultry. Able to work alone or in a team. Clear, confident communication. Outlook, Word and Excel. Full valid driving licence. *Outdoor, field facing role where walking across farmland and standing for prolonged periods may be required.*

EO - UK Governance Division EO trainee (apprenticeship) roles (Ref: 5404) Cabinet Office - Edinburgh
£22,700 **Closes 7 Aug** Ref:62196
The Constitution Group (CG)
Challenging and rewarding posts where you will be fully supported to work with a high level of autonomy, flexibility and discretion. This role requires **stakeholder management skills** to drive work across the UK Government through contact with officials in different departments, regularly weighing up evidence from a range of sources and presenting your own conclusions.
Required: Talented individuals who thrive in a challenging environment. Drafting, communication & organisational skills. Interest in devolution policy. Professional Apprenticeship is a way to work towards a formal qualification, while learning on the job. Candidates can apply with any level of qualification.

Diversity and Inclusion Manager

(Ref: 35888) - UK
Ministry of Justice (MOJ)
£24,002 **Closes 10 Aug** Ref:62071
Applications welcomed from everyone, including groups currently underrepresented in our workforce
<https://www.gov.uk/government/organisations/ministry-of-justice/about/equality-and-diversity> To assist in driving forward the Diversity and Inclusion agenda within MOJ Finance to ensure an inclusive work environment for us all to be able to bring our whole self to work.

DE&S Land Equipment Weapons Processing

– Beith, Ayrshire
£37,400 **Closes 9 Aug** Ref:62403
MOD Defence Munitions
Responsible for the execution of Explosive Safety and OHSE (inc fire management).
Required: NEBOSH qualification or equivalent (or working towards one). Where no NEBOSH qualification is held, but the candidate can show clear evidence of experience on successful interview, the candidate will be expected to successfully complete the NEBOSH legislation component of the course. Evidence of strong Leadership and communication skills. **Desirable:** Technical understanding of the policy and processes for a Defence Munitions site.

DIO - Security Officer

MoD - Helensburgh
£19,045 **Closes 2 Aug** Ref: 59213

DIO - Physical and IT Security Controller

- MoD Glasgow
£39,511 **Closes 4 Aug** Ref: 61984

MY JOB SCOTLAND

<https://www.myjobscotland.gov.uk/>
Trainee Valuer – Clydebank
Assessor's Office Ref: WDN02856
£18,066- £32k 35hrs **Closes 9 Aug**
Survey, measurement and valuation of both domestic and commercial properties for Council Tax and Non-Domestic Rating.
Assist with, and with appropriate training and experience progress to, disposal of proposals and appeals in accordance with statutory obligations and local appeal hearing schedules. Progression towards qualification as a Member of the

Royal Institution of Chartered Surveyors must be undertaken by day release or correspondence course & completion of practical experience.

Required: SQA Highers at ABBC plus Nat 5 English and Maths at C or Equivalent. Basic understanding of the workings of local government. Proven ability to utilise Microsoft Office suite. European Computer Diving Licence. Good literacy and numeracy skills. Basic Report writing and presentation skills. Energy and Motivation.

Handyperson - Seaview Children's Unit - Edinburgh
£16,775 36hrs Ref:EDN13401
Closes 8 Aug

Minor maintenance repairs in a respite/residential unit for children with disabilities. Minibus transport, cleaning and household duties, stores equipment maintenance and maintenance of the garden.

Required: Good written and oral communication, organisational skills, ability to work on your own and as part of a team. *Able to remain calm and respond positively to challenging situations and difficulties.* Willing to undertake relevant training to enable good relationships with & understanding of the service user group. Previous experience of general maintenance and handyman skills/stock control and ordering of equipment and essential supplies essential, as is a Full clean Driving Licence & PVG.

COUPLE REQUIRED – Perthshire
Caretaker and housekeeper for country house in Perthshire. Two bedroomed cottage in the grounds included.

Full time caretaker must have experience in all property and equipment maintenance, including tennis court and ponds.

Part time housekeeper with experience, minimum 15 hours per week.

Both must love and look after dogs, alpacas and bantams, be responsible for security and have clean driving licences. References essential. Please apply with CVs to info@tullymoy.com
Matthew Hopkinson 07799772258