

SCOTS Regimental Association

COVID-19 - Scottish Govt Policy Restrictions to continue...

You must not make indoor social visits to other households, unless they are in your extended household. Pubs, bars & restaurants must close at 10pm. Gatherings must not exceed 6 people from two households. The contact tracing app **Protect Scotland** can now be downloaded from <https://protect.scot/>
Wear a face covering; **avoid** crowded places; **clean** hands & surfaces regularly; **stay 2m away from other people**; **self-isolate & book a test** if you have COVID-19 symptoms (new continuous cough, fever or loss of, or change in, sense of smell or taste).
<https://www.gov.scot/coronavirus-covid-19/>

The £200,000 Scottish Veterans Fund is now open for bids from projects that improve the lives of former service personnel.

The fund, supported by the Scottish Government & Standard Life Aberdeen, also funds groups who help the families of veterans. Criteria has been extended to include projects which address the impact of the COVID-19 pandemic on the veteran community. Evaluation Support Scotland will be providing a session on defining project outcomes on 12 Oct 0930 to 1230. The Scottish Government will run a 1 hr overview of the scheme/ application form & hold a Q&A session the following day. If interested in attending email Allyson.Forrester@gov.scot
<http://www.veteransscotland.co.uk/>

Bulletin 12



The experience & skillset of Senior Non-Commissioned Officers (SNCOs) are often misunderstood & under-valued in the civilian labour market,

according to a report published by Forces in Mind Trust (FiMT), The Institute for Employment Research at Warwick University, QinetiQ & RFEA - The Forces Employment Charity.

Joining up aged 16 or 17, SNCOs can struggle to find employment when they leave. Veterans said they found it overwhelming dealing with the practicalities of civilian life whilst trying to find a job. 23% found a lack of interview experience challenging, as is a negative attitude from potential employers.

Having progressed to a senior leadership position while serving, SNCOs can offer a range of transferable & valuable skills to civilian employers: Leadership (86%); Management (83%); Organisational skills (91%), Team working (87%) & Decision making (86%).

Recommendations include SNCOs supporting their own transition, The MOD ensuring that they have time to complete resettlement courses & consideration of 2 yr 'transition' role before leaving. www.fim-trust.org/reports

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 see:
<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
<https://www.legionscotland.org.uk/>

• Veterans First Point (V1P)

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
Please note the V1PTayside email address is now tay.vfp@nhs.scot

• Combat Stress

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

• Scottish Government

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

• Unforgotten Forces

Services for older veterans.
<https://www.poppyscotland.org.uk/get-help/unforgotten-forces/>

Warm Home Discount Schemes

Energy suppliers have started to open their Discount Schemes. Eligible clients could get £140 off their winter electricity bill. Call 0808 808 2282 or email adviceteam@sc.homeenergyscotland.org

New technology for 2020 POPPY APPEAL

Lady Haig's Poppy Factory has just sent out 4 million poppies, all hand made by former Service personnel, throughout Scotland for the 2020 Scottish Poppy Appeal. Poppyscotland has embraced new technology to ensure a safe & secure Poppy Appeal in 2020. **Contactless giving** will enable the public to show their support whilst keeping themselves & the charity's volunteers safe. QR codes & microchips have been placed on poppy boxes so that members of the public can give in a socially distant, completely contactless & secure way. JustGiving pages will also boost local fundraising as will their 'Lest We Forget Gin' <https://www.poppyscotlandstore.com/>

Welfare Office RHQ SCOTS The Castle Edinburgh EH1 2YT. OPEN 0800-1630 MONDAY- FRIDAY
MAJ NORRIE MACKINNON 0131 310 5090 | BRYAN DICKINSON 0131 310 5043



Branch Vice-Chairman SSAFA
Edinburgh & Lothians - *Helping the Armed Forces Community*
To take over the position of Chairman in March. Voluntary role that would allow you to use your management & leadership skills, put on your problem-solving hat & use your public speaking talent to help guide the branch to success. SSAFA has supported our Forces & their families since 1885. In 2019, they helped 85,000 people in need; serving (regulars & reserves), veterans from WW2 & those who served in more recent conflicts, as well as their families. Their Edinburgh branch would benefit from a new member with local knowledge. It offers support on issues such as homelessness, debt, & marital breakdown. Volunteers welcomed from diverse backgrounds/experiences. If you are tolerant & open-minded, if you have enthusiasm & a positive attitude and want to help those who have served our country apply at: <https://www.ssafa.org.uk/volunteer/branch-chair>
SSAFA understands that behind every uniform is a person & we are here for that person – any time they need us, in any way they need us, for as long as they need us.

Veterans Advisory & Pensions Committee (VAPC) Appointment of Members. Veterans UK - MoD East & West Scotland - 2 roles To attend 3+ Committee Meetings per year although the veterans' arena is a huge space there is always more that can be done; the VAPC role can therefore take as much of your time as you are willing & able to give. **Closes 23 Oct**
<https://publicappointments.cabinetoffice.gov.uk/search-appointments/results/>

CIVIL SERVICE JOBS

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

DIO – MGS Security Officer – Day Working – Beith MoD
£19,559 **Closes 9 Oct** Ref: 73592

Land Equipment Audit Team-Vehicle Auditor – Stirling MoD

£25,000 **Closes 5 Oct** Ref: 69578

E1 Administrative Support –

Helensburgh MoD

£20,919 **Closes 7 Oct** Ref: 74627

Fleet Administration Officer –

Inverness Forestry & Land Scotland

£21,705 **Closes 11 Oct** Ref:72495

Administration Officer

- Huntly
Scottish Forestry

£21,705 **Closes 11 Oct** Ref: 72507

CHARITY JOB Website

<https://goodmoves.com/>

Development Officer - Education

Cycling Scotland - Glasgow

£26,073 FT **Closes 5 Oct**

To help deliver Cycling Scotland's behaviour change & training programmes, expanding the successful Cycling Friendly Award & Development Grant programme. Responsibility for activity in the education setting & development & delivery of Cycling Scotland's behaviour change & associated projects to get more people cycling. cycling.scot/about-us/

Facilities Assistant & Host

Duncan Place - Edinburgh

£18,819 35hrs **Closes 16 Oct**

To ensure the smooth running of the building & spaces. Requires flexibility - eves/weekend work.

Required: Experience of building & systems maintenance, of developing written procedures & processes. Working knowledge of IT systems/mobile technology, Health & Safety/Fire Safety. Handy-person skills for basic tasks. Commitment to equality for all members of our community. Confidentiality & customer care. Experience in building trades, CSCS Skills Card & Full clean driving licence *desirable*.

Centre Manager

(Home Energy

Scotland Highlands & Islands)

Changeworks - Inverness

£44,506 35hrs **Closes 14 Oct**

Outstanding manager with a passion for achieving carbon savings & reducing fuel poverty for households across Highlands & Islands. **Required:** Experience in leading high performing successful teams, building strong strategic partnerships, managing people & cross team working. Excellent communication skills at senior

management, external stakeholder & employee levels. Area knowledge and ability to foster strong, collaborative partnerships. Apply to recruitment@changeworks.org.uk quoting the reference CMHI.

Scottish University Jobs

<https://www.jobs.ac.uk/>

Stores Leader – Edinburgh

£28,331 **Closes 15 Oct**

Responsible for the operational organisation & day to day management of the Stores facility to ensure a timely & effective service. **Required:** Purchasing & Supply (MCIPS) *or working towards*; Leadership to manage a team to determine short-term priorities & long-term deliverables. Customer-focused. 3 yrs experience in Stores management and of e-Procurement. Attention to detail. Effective communication. Able to work independently/collaboratively.

Stores Operations Manager -

The University of Edinburgh

£41,526 **Closes 15 Oct**

Free remote PTSD Therapy

Queen's University Belfast & King's College London are investigating two treatments (talking therapies) for **Post-Traumatic Stress Disorder (PTSD)** in UK military veterans:

1) Reconsolidation of Traumatic Memories (RTM)

2) Trauma-Focussed Cognitive Behavioural Therapy (TF-CBT)

A short video about the study can be viewed here:

<https://youtu.be/7GLsQrT6pTo>

(Please note that the research study is now open to **all UK veterans**).

They are looking for veterans of the Army, Royal Air Force or Royal Navy aged 18+ years who are living/working in the UK, have a diagnosis of/or the person suspects they may have PTSD (*but are not currently receiving psychological treatment for PTSD*).

If you are interested in receiving more information or potentially joining the study, please contact the PETT team pett@kcl.ac.uk 07434 637332 (Rebecca) / 07500 974089 (Trisha). You will receive Love2Shop gift cards as a thank you for taking part