

SCOTS Regimental Association

COVID-19 - Scottish Govt Policy Christmas restrictions

available and published here:
<https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-festive-period/>

Download **Protect Scotland** contact tracing app <https://protect.scot/>

Wear a face covering; **avoid** crowded places; **clean** hands & surfaces regularly; **stay 2m away from others**; **self-isolate & book a test** if you have symptoms (cough, fever or loss of/change in, sense of smell or taste).
<https://www.gov.scot/coronavirus-covid-19/>

Walking With The Wounded & the Armed Forces Covenant Trust fund are delighted to bring you **MEDALS** (Mindfulness Education, Developing Active Lifestyles via Sports).

If you are a veteran that has been impacted by issues relating to mental health and or social isolation and want to take part in activities that will improve your wellbeing, fitness and get you out of the house and doing some new and exciting then this programme could be just for you.

<https://www.facebook.com/groups/wwtwmedals>

You will get access to Music therapy sessions, Art Therapy workshops, Motivational talks, Insights into what other military charities and Interest groups are doing through video interviews and access to articles on managing better health & wellbeing. The MEDALS Project also aims to get the armed forces community involved in Art and Music, Sports and the outdoors by doing activities like *hill walking, outdoor sporting residentials, Golf, Fishing and Sports taster days* as well as arranging visit to sites of historical and cultural importance.

In 2021 we also are aiming to engage the Armed Forces and Veteran community in *volunteering projects throughout Scotland* with the aims of doing something positive in the community, improving integration, combating isolation, improving confidence, wellbeing & employability by showing leadership in positively supporting the communities we live in. For further information: William Cairns, Scotland's Veteran Project Manager 07593820529 www.walkingwiththewounded.org.uk

Veterans First Point Covid Resilience Guide Tips for survival

Routine – structure to your day
Exercise – helps bodies and minds
Sleep – set wake up/going to bed time
Interaction - help others
Loved ones – find new ways to connect
Independence – protect time for you
Eat well – try new recipes, eat healthy
New goals – for now and the future
Compassion – be kind to you & others
Enjoyment – make time for pleasure
<https://www.veteransfirstpoint.org.uk/news/veterans-first-point-lothian-resilience-guide-covid-19>

Bulletin 17



Best wishes for a Happy
Christmas and New Year
from all at RHQ SCOTS



Useful links

• Veterans UK

Freephone: (UK) 0808 1914 2 18
<https://www.gov.uk/government/organisations/veterans-uk>

• Veterans Scotland

<http://www.veteransscotland.co.uk/>

• SSAFA

If you need financial support see:
<https://www.ssafa.org.uk/get-help/find-local-branch>

• Poppyscotland

0131 550 1557 Welfare Service
<https://www.poppyscotland.org.uk/>

• Legion Scotland

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

• Veterans First Point (V1P)

Lothian 0131 220 9920 Ayrshire & 565128 Tayside 01382 424029 Lanarkshire 0300 303 3051 Borders 01896 668551
<https://www.veteransfirstpoint.org.uk/>

Mental Health Crisis Helplines

Breathing Space – 0800 83 85 87
<http://breathingspace.scot/>
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.

Tips to surviving a COVID Christmas

Connect with loved ones - if you can't see them, send a letter/card/e-card or gift. *Or simply pick up the phone or Zoom/Skype call them.*

Enjoy the low key Christmas - with enforced restrictions, make Christmas about family and friends.

Drop expectations for a perfect Christmas – stop putting so much pressure on yourself and others.

Volunteer in your community - if you're alone at Christmas, help make Christmas brighter for others.

Check on your neighbours - pop over with Christmas cake/a bottle, have a chat even if it's over a garden fence.

If you can't travel – save money for summer or home improvement.

Talk to your kids – and listen. Go for a walk together.

Celebrate different customs and traditions - but it's still a time for everyone to come together. Get creative and supportive in how we spend our first COVID Christmas together.

CIVIL SERVICE JOBS

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

Ministry of Defence jobs

DIO – Area Utility Manager

Scotland
£33,000 Closes 31 Dec Ref:88499

DIO - Regional Fire Safety

Manager - Rosyth or Glasgow
£39,494 Closes 4 Jan Ref: 84487

DIO Regional Contract & Infrastructure Manager (QS)

£40,000 Closes 5 Jan Ref:88740

SDA Business Manager - Rosyth
£19,044 Closes 3 Jan Ref: 87143

Defence Digital - Defence Sites Customer Manager –

Glasgow/Rosyth
£53,500 Closes 6 Jan Ref: 87804

MOD Police Civilian Kennel

Assistant - Crombie Fife
£18,754 Closes 24 Jan Ref: 80626
Responsible for the preparation, feeding and exercising of all Dogs. Maintaining cleanliness, disinfection and tidiness of kennels, runs and surrounding areas within the complex. Grooming of Dogs whose handlers are absent.

Required: Good level of fitness and prepared to work outdoors in all weathers. Capable of working in a small team and working alone. Must attend and successfully complete 5 day Kennel Person Course at DAC Melton Mowbray or In-House MDP Kennel Persons Course. Full UK driving Licence. Security Clearance.

Airfield Manager - Leuchars

£24,000 Closes 7 Jan Ref: 88815

QVS 0.4FTE Teacher of Business Studies

- Dunblane, Perthshire
£27,498 Closes 18 Jan Ref:75885

QVS 0.4FTE Teacher of Biology -

Dunblane
£27,498 Closes 21 Jan Ref: 75874

DE&S Processing Support

Worker - Beith Ayrshire
£18,700 Closes 10 Jan Ref: 90590

Border Force - North, Transit

Border Force Officer Home Office
- Aberdeen, Holyhead, Immingham, Inverness
£24,883 Closes 4 Jan Ref: 87336

Business Support Worker -

Kinloss Army Welfare Service
£20,912 Closes 20 Jan Ref: 87899

DIO – MGS Security Officer –

Lossiemouth SHIFT WORKING including Nights
£19,559 Closes 29 Dec Ref: 88496

Defence Digital - Defence Sites

Customer Manager - Scotland
£53,500 Closes 6 Jan Ref: 87804

CONFIGURATION CONTROL

CLERK - Lossiemouth
£19,559 Closes 14 Jan Ref: 82926

Director of Heritage - Edinburgh
Historic Environment Scotland
£60,682 Closes 17 Jan Ref:91086

Ambitious heritage professional with excellent leadership skills to work closely with senior leadership colleagues to lead the organisation to achieve its strategic vision.

Required: Experienced leader to take forward this work in an innovative manner, who can provide advice, policy and guidance for the management of the historic environment.

Events Manager –

Edinburgh/Glas Registers of Scotland. Due to the current circumstances working from home is required until restrictions are removed.

£31,588 Closes 5 Jan Ref: 90016

Fisheries Observer/Data

Collector (IRC85890E) Scottish Government Marine Scotland Coastal Office Ullapool or Kinlochbervie

£23,344 Closes 7 Jan Ref: 88827



Prince's Trust

START SOMETHING

Prince's Trust Executive Glasgow

£20,300 Fixed 12mths Closes 3 Jan

To engage with and build quality relationships with young people, volunteers and partners and thrive in both team and independent work. **Required:** Optimism, resilience, adaptive and flexible – embracing change and innovation. Must be comfortable delivering programmes on virtual platforms.

<https://careers.princes-trust.org.uk/>

RBLI – SQA Accredited

Vocational Assessor - Erskine
£30,000 36mth fixed Closes 4 Jan

To develop and help deliver recognised qualifications in sign-making, manufacturing operations, logistics and potentially more areas within SBMC's factory in Erskine, Renfrewshire.

To help participants improve job seeking skills including career planning, CV writing and interview techniques.

Required: Excellent Communication Skills. Enthusiastic approach to the teaching and training of others. Teamworker & Self-starter to work unsupervised towards agreed goals. Patient and able to adjust training methods to suit those with disabilities and/or learning challenges. SQA Accredited Vocational Trainer Experience in the design and delivery of accredited vocational training. Educated to degree level or with demonstrable experience in an appropriate field. *Understanding of the challenges faced by disadvantaged groups including veterans, others with disabilities and disadvantaged.* Excellent written skills with ability to contribute to reports and academic papers

recruitment@rbli.co.uk
Also RBLI – Workplace Equality Project Officer - 4 weeks duration.
<https://www.cobseo.org.uk/news/top-ics/job-vacancy/>

Visitor Services Supervisor –

Brodie Castle
The National Trust for Scotland
£19,500 FT Closes 3 Jan
To provide operational coordination & supervision of catering/customer service at Brodie Castle.

Required: NVQ3/BTEC/City & Guilds/HND or equivalent experience; Ability to work 'hands-on' in the kitchen/retail and admissions areas – alongside team members, demonstrating the customer service skills required of all staff.

Experience in a catering and sales environment.

<https://www.nts.org.uk/volunteering-jobs/job-search>