

Military Charities

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Organisation:
Age Scotland Unforgotten Forces



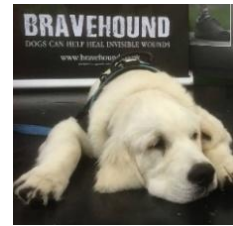
Overview:

Unforgotten Forces is a collaborative partnership of charities focused on enhancing the health and wellbeing of ex-Armed Forces personnel in Scotland who are aged 60 and older. The initiative delivers high-quality, joined-up support, addressing a wide range of needs for older veterans.

Referral & Contact Details:

- **Telephone:** 0800 12 44 222
- **Website:** [Unforgotten Forces | Age Scotland](#)

Organisation:
BRAVEHOUND



Overview:

BRAVEHOUND supports military veterans by providing specially trained assistance dogs to help heal the invisible wounds of service. Their services are available to veterans with a clinical diagnosis of mental health conditions such as PTSD, depression, and anxiety.

Contact / Referral Details:

- Telephone: 0141 739 8940
- Email: hello@bravehound.co.uk
- Website: www.bravehound.co.uk

Organisation:

Combat Stress – Veteran Mental Health Support

COMBATSTRESS

Overview:

Combat Stress is the UK's leading charity dedicated to veterans' mental health. For over 100 years, they have provided clinical treatment and support to former members of the British Armed Forces suffering from complex mental health issues such as PTSD, anxiety, and depression. Their services are designed to help veterans reclaim their lives after military trauma, offering hope and healing through professional care.

Referral & Contact Details:

- **Telephone: 0800 138 1619**
- **Text: 07537 173683**
- **Email: helpline@combatstress.org.uk**
- **Website: www.combatstress.org.uk**

Organisation:
Defence Medical Welfare Service (DMWS)



Overview:

DMWS is an independent charity offering medical welfare support to individuals who serve or have served on the frontline. Their services are designed to improve healthcare experiences and promote recovery, wellbeing, and reintegration.

Support Services Include:

- Enhanced healthcare experiences and faster recovery
- Stress and anxiety reduction
- Financial support access
- Community connection and reduced loneliness
- Strengthened family and social relationships
- Safe housing support
- Help with substance misuse
- Mental health treatment (e.g., PTSD)
- Suicide prevention
- Employment and volunteering opportunities

Referral & Contact Details:

- **Helpline: 0800 999 3697 (Mon–Fri, 9am–5pm; not an emergency line)**
- **Email (Referrals): <https://dmws.org.uk>**

Organisation:
Erskine



Overview:

Erskine delivers comprehensive support to veterans in Scotland through a range of services, including:

- Two specialist care homes
- Two Activity Centres
- A regional Home Support service
- A Veterans Village featuring:
 - 44 cottages
 - 5 Assisted Living Apartments
 - 23 Transitional Supported Apartments

Contact / Referral Details:

- **Telephone: 0141 812 1100**
- **Fax: 0141 814 4569**
- **Email: enquiries@erskine.org.uk**
- **Website: <https://www.erskine.org.uk/>**



Organisation:
Substances Support Scotland (SSS)

Overview:

Established in 1977, SSS provides tailored support to individuals in Fife affected by alcohol-related issues and substance misuse. Their services also extend to carers and those experiencing social isolation or vulnerability, aiming to improve wellbeing and community integration.

Contact / Referral Details:

- **Telephone:** 01592 321 321
- **Email:** cheryl.douglas@ss-scot.org
- **Website:** <http://substancessupportscotland.org/>

Organisation:
Fighting With Pride (FWP)



Overview:

Fighting With Pride (FWP) is a military charity, created on the 20th anniversary of the complete lifting of the ban on LGBT+ service – the ‘gay ban’. They support LGBT+ Veterans, serving personnel and their families, particularly those who were affected by the ‘gay ban’,

Contact / Referral Details:

- **Telephone: 0203 981 3810**
-
- **Website: <https://www.fightingwithpride.org.uk>**

Organisation:
Help for Heroes



Help for Heroes provides **tailored and holistic support** to anyone who has served in the UK Armed Forces, regardless of length or location of service, including those who served under UK Command such as civilian translators and embedded journalists.

Support Services Include:

- **Physical healthcare support**
- **Mental health counselling**
- **Financial grants**
- **Sport and social activities**
- **Welfare support**
- **Recovery College** – offering structured personal development and recovery programmes

Contact / Referral Details:

- **Telephone:** 0300 303 9888
- **Website:** <https://www.helpforheroes.org.uk>

Organisation:
HorseBack UK



Overview:

HorseBack UK is a charity based in Aboyne, Scotland, dedicated to supporting service personnel and veterans—especially those affected by life-changing injuries and Post-Traumatic Stress Disorder (PTSD). Through horsemanship and outdoor activities, they deliver nationally accredited personal development and wellbeing programmes that help participants build:

- Confidence and self-esteem
- Coping strategies
- Life skills
- Resilience

Contact / Referral Details:

- **Telephone:** 01339 880487
- **Website:** <https://horseback.org.uk/contact>

Organisation:

ILM Highland – Highland Veterans Handyperson Service



Overview:

Launched in 2018, this service offers practical assistance to veterans in the Highland area who may struggle with odd jobs and small home repairs due to age or disability. It's designed to help maintain independence and safety at home.

Contact / Referral Details:

- **Telephone:** 01349 884774
- **Email:** ilm@ilmhighland.co.uk
- **Website:** <https://www.ilmhighland.co.uk/>

Organisation:
Lothians Veterans Centre (LVC)



Overview:

LVC provides a safe, welcoming environment where veterans can access immediate support across a wide range of areas including:

- Health & wellbeing
- Housing
- Employment
- Benefits & pensions
- Education & training
- Welfare & social activities

Contact / Referral Details:

- **Telephone:** 0131 660 5537
- **Website:** <https://www.lvc.scot/>

Organisation:
Operation Cairngorms



Overview:

Operation Cairngorms is a veteran-owned and operated initiative offering transformative outdoor experiences in a 50-acre ancient woodland in North East Scotland. Their programmes include:

- Wilderness retreats
- Recalibration programs
- Re-engagement projects

Contact / Referral Details:

- **Website:** <https://opcairngorms.org/>

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Police Care UK



Overview:

Police Care UK is a charity dedicated to supporting serving and veteran police officers, staff, volunteers, and their families who have experienced physical or psychological harm due to policing. Their mission is to complement the care provided by police organisations by identifying gaps and delivering targeted services, projects, and programmes. They offer confidential practical, emotional, and financial support to help individuals recover and rebuild their lives.

Contact / Referral Details:

- **Telephone:** 0300 012 0030
- **Email:** hello@policecare.org.uk
- **Website:** <https://www.policecare.org.uk/>

Organisation:
Poppyscotland



Overview:

Poppyscotland provides holistic and bespoke support to current and former members of the Armed Forces and their families, recognising their sacrifices and service.

Contact / Referral Details:

- **Telephone:** 0131 550 1557
- **Email:** info@britishlegion.org.uk
- **Website:** <https://www.poppyscotland.org.uk/home>

Organisation :
Royal Air Force Association (RAFA)



Overview:

For over 90 years, RAFA has upheld the belief that no member of the RAF community should be left without the support they need. Each year, they assist thousands of serving personnel, veterans, and their families to lead dignified, fulfilled, and independent lives. Their services are tailored to meet the evolving needs of the RAF community.

Contact / Referral Details:

- **Telephone:** 0800 018 2361
- **Email:** enquiries@rafa.org.uk
- **Website:** <https://rafa.org.uk/>

Organisation:
Royal Air Force Benevolent Fund (RAFB)



Overview:

RAFB offers lifelong, tailored support to serving and ex-serving RAF personnel and their families. Their assistance is flexible and responsive to individual needs, including:

- Mobility aids
- Confidential counselling
- Financial grants
- Other personalised services

Contact / Referral Details:

- **Telephone: 0300 102 1919**
- **Email: welfarenavigators@rafbf.org.uk**
- **Website: <https://www.rafbf.org/>**

Organisation:
Royal British Legion Scotland



Overview:

Since 1921 Legion Scotland have stood for and provided support to veterans and their families.

When servicemen and women return to civilian life after serving with the Armed Forces some are in need of community and friendship, maybe as a result of their experiences in the services or purely because they are no longer part of the 'military family' they had come to rely. They make a difference every day to the lives of those veterans through our comradeship and befriending programme, developing strong communities and supporting remembrance.

Contact / Referral Details:

- **Telephone:** 0131 322 1076
- **Email:** Info@LegionScotland.org.uk
- **Website:** <https://www.legionscotland.org.uk/>

Organisation:

Royal Marine Charity (RMA – The Royal Marines Charity)



Vision:

Offering lifelong support to the Royal Marines Family – Once a Royal Marine, always a Royal Marine.

- Provide support, advice, and friendship to:
 - Serving and retired Royal Marines
 - Their families
 - Aspiring recruits
 - Those with close links to the Corps

Contact / Referral Details:

- **Health & Wellbeing Support: 0800 468 1664**
- **General Enquiries: 023 9298 1920**
- **Website: <https://rma-trmc.org/>**

Organisation:
Sight Scotland Veterans



Overview:

Sight Scotland Veterans provides tailored support across Scotland for ex-service personnel affected by sight loss. Their mission is to help veterans regain confidence, restore independence, and build new social connections.

Key Services Include:

- Activity hubs in West Lothian and Renfrewshire offering social opportunities and engaging activities
- Practical advice and expert guidance for veterans and carers navigating sight-related challenges

Contact / Referral Details:

- **Telephone:** [0800 035 6409](tel:0800 035 6409)
- **Website:** <https://sightscotland.org.uk/veterans>

Organisation:
SSAFA Scotland



Overview:

Overview: SSAFA support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service.

Mission & Scope:

SSAFA Scotland provides comprehensive support to:

- Regular and reserve personnel in the Royal Navy, Royal Marines, British Army, and Royal Air Force
- Their families
- Individuals who have completed National Service

Contact / Referral Details:

- **Telephone:** 0141 488 8552 **(Scotland Office)**
- **Website:** <https://www.ssafa.org.uk/scotland>

Organisation:
Veterans First Point (V1P)



Overview:

Veterans First Point (V1P) is a one-stop shop for veterans and their families, developed by *Veterans for Veterans*. Staffed by a team of clinicians and veterans, V1P offers free, NHS-supported services tailored to the unique needs of the Armed Forces community. Working in collaboration with a wide network of statutory and third sector providers, V1P ensures that veterans receive comprehensive support—whatever their needs may be. There are currently six V1P centres across Scotland, each delivering services aligned with the same ethos of accessibility, empathy, and veteran-led care.

V1P Centres:

Ayrshire And Arran centre

- Telephone: [01294 310400](tel:01294310400)
- Website: <https://www.veteransfirstpoint.org.uk/drop-center/ayrshire-and-arran>

Borders centre

- Telephone: [0300 0132044](tel:03000132044)
- Website: <https://www.veteransfirstpoint.org.uk/drop-center/borders>

Fife centre

- Telephone: [01383 565128](tel:01383565128) [07770 730268](tel:07770730268)
- Website: <https://www.veteransfirstpoint.org.uk/drop-center/fife>

Lanarkshire centre

- Telephone: [0300 303 3051](tel:03003033051)
- Website: <https://www.veteransfirstpoint.org.uk/drop-center/lanarkshire>

Lothian centre

- Website: <https://www.veteransfirstpoint.org.uk/drop-center/lothian>

Tayside centre

- Telephone: [01382424029](tel:01382424029) [07811471443](tel:07811471443)
- Website: <https://www.veteransfirstpoint.org.uk/drop-center/tayside>

Organisation:
Veterans Housing Scotland



Overview:

Veterans Housing Scotland is committed to collaborative working, guided by its ethos of *Communities within Communities* and *building lives, building communities*. In partnership with Local Authorities, the charity secures homes for veterans in need through nomination rights, helping to strengthen community ties and provide long-term housing solutions.

Contact / Referral Details:

- **Telephone: 0131 557 1188**
- **Website: <https://www.vhscot.org.uk/>**