



*Scotland's Armed Forces
Children's Charity*

Partnership Directory



RCET

Our vision is that every Armed Forces child and young person we support in Scotland has the opportunity to achieve, thrive and reach their full potential in life.

Established in 1815, the Royal Caledonian Education Trust is Scotland's only charity dedicated solely to supporting Armed Forces children and young people.

Today we provide life-changing support to hundreds of children and young people a year. Whether it's:

- Providing financial assistance to help families especially in times of crisis.
- Providing resources, advice and training for educationalists and other professionals.
- Proactively listening to the views and opinions of Armed Forces children and young people.
- Using our experience and knowledge to positively influence public policy and service development.

RCET's Education Programme

Our Education Programme helps children, young people and educational professionals to recognise and celebrate the many positive benefits of being part of an Armed Forces family.

We also highlight the potential challenges which some children and young people from Armed Forces

families may face at certain times of their lives and offer support and advice on how to overcome any obstacles that can and do prevent them from reaching their full potential.

We provide help and support for professionals in six main areas:

1 Our Advisory Service where you can contact us to discuss any questions you have about supporting children and young people from Armed Forces families on **0131 322 7358** between 9am-5pm Monday to Friday, or by emailing **edprogofficer@rcet.org.uk**

2 Our Innovative Resources for those who work with Armed Forces children and young people to enable them to provide better support during important life transitions such as moving schools, making and keeping friendships, and the impacts of weekending and deployments.

3 Our training and CPD - face-to-face and online - on a range of issues such as Dealing with Separation, Living in a Veteran Family, Emotional Cycles of Deployment, Listening to Children's Voices and Towards an Emotionally Literate School.

4 By listening to the voices of Armed Forces children of all ages and sharing their experiences, and opinions with you.

5 By supporting Research which enables future generations of Armed Forces children to have improved outcomes in their lives. We work with researchers, commission projects and raise awareness of findings through our publications and partnerships.

6 By Partnership Working, including with those in this Directory, to ensure that the needs of Armed Forces children and young people in your community can be well supported.

RCET's Education Programme Experiences

Children and young people generally appreciate being given opportunities to share their experiences. These are some of the key messages they share with us:

Moving to a new school during the school year is hard as everyone else has already made friends.

Repeating or missing out parts of the curriculum can be a problem.

Coping with different education systems can be a challenge.

Getting to live in different countries can be really good fun.

Difficulty in concentrating in school when a parent is on deployment.

Getting the opportunity to gain different life experiences is good.



Moving away from friends can be very hard.

Missing key family events when a parent is away from home is sad.

Having to take on additional caring responsibilities when a parent is away from home can interfere with your school and social life.

Building strategies to cope with frequent changes is a good life skill.

Low self-esteem and lacking self-confidence are quite common.



Our Partners



The Army's National Charity

ABF The Soldiers' Charity is the national charity of the British Army, providing a lifetime of support to soldiers, veterans and their immediate families when they are in need. It awards grants to individuals and families, alongside essential funding to charities and organisations that support the Army family. Each year, it supports around 70,000 people in more than 60 countries.

www.soldierscharity.org

020 7901 8900

info@soldierscharity.org



Armed Forces Covenant: The Armed Forces Liaison Officers help implement the commitments made in the covenant – providing support to our Armed Forces community, including serving Regulars, Reserves, veterans and their families.

www.armedforcescovenant.gov.uk



Armed Forces Education Trust is a charity supporting children and young adults whose education has been compromised or put at risk as a result of parents' past or current service in the British Armed Forces. It awards grants to individuals anywhere in the world, and to schools throughout the UK and NI. The grants given make a difference to young lives, helping improve their wellbeing and educational attainment.

www.armedforceseducation.org



Army Families Federation (AFF) charity is the independent voice of Army families and works hard to improve the quality of life for Army families around the world. It provides advice on many areas affecting Service families and highlights issues to the relevant authorities.

www.aff.org.uk



Army Welfare Service (AWS): The purpose of AWS Community Support is to support resilience within the military community by creating a range of needs led fun, positive and safe and accessible informal educational experiences for children, young people, families and serving personnel. Doing things together and for each other is important for the community. This provision is likely to include community centres, youth centres and community projects as well as activities for children and young people during some school holidays.

www.army.mod.uk



Association of Directors of Education in Scotland (ADES): The ADES National Transitions Officer (NTO) will work with Scottish local authorities, their schools, Children's Services partners, third-sector partners, and Armed Forces services to enhance policy and practice which will take into account the unique features affecting the education of Service children. The NTO will work with partners to support the aims of ensuring the equity of educational provision and continuous improvements in the learning experiences and educational outcomes of the children of Armed Forces families.

www.adescot/ServiceChildren



Carers Trust is a major charity for, with and about carers. It works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Its vision is that unpaid carers count and can access the help they need to live their lives.

www.carers.org



Children 1st give hands-on support to families under stress in many of Scotland's communities. Stress caused by poverty, poor mental health, alcohol or drug misuse, loss or conflict – and often a combination of them.

www.children1st.org.uk



Children and Young People's Commissioner Scotland: The Commissioner works to make sure the laws that affect your lives are fair. He challenges people in power to keep human rights promises they've made to you that make sure you have all you need to grow up in an environment of happiness, love and understanding. He helps you understand how valuable and important your rights are. That understanding means you can demand change when your rights – or the rights of others – are not being respected.

He makes sure adults in Scotland know more about your rights so that they see where they need to make changes. He puts you at the heart of his work and will listen and learn from you.

www.cypcs.org.uk



Children's University is a charity that works in partnership with schools to develop a love of learning in children. It does this by encouraging and celebrating participation in extra-curricular activities in and outside of school. The impact of these activities is proven to be positive, which is why it is committed to creating a level playing field of opportunity and opening up access to children of all backgrounds.

www.childrensuniversity.co.uk

COMBAT STRESS
FOR VETERANS' MENTAL HEALTH

Combat Stress is the UK's leading charity for veteran's mental health. For more than a century it has helped former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression

www.combatstress.org.uk



Ministry
of Defence

The **DCYP** provides support and advice in order to ensure that children and young people are provided with every opportunity to achieve the best possible outcomes and fulfil their potential.

www.gov.uk/government/groups/directorate-children-and-young-people



Early Years Scotland is committed to providing the very best start in life for every child in Scotland. It is the leading national third sector organisation for children pre-birth to five. Early Years Scotland's remit is broad, but with a strong focus on the professionals and families who care for the youngest members of our community.

www.earlyyearsScotland.org/about-us



Education Scotland is a Scottish Government executive agency charged with supporting quality and improvement in Scottish education and thereby securing the delivery of better learning experiences and outcomes for Scottish learners of all ages.

www.education.gov.scot



Enquire is the Scottish advice service for additional support for learning. It aims to raise awareness of children's rights to extra support in school and help families and schools work together so children get the support they need.

0345 123 23030

www.enquire.org.uk

Its website for children and young people, called Reach, can help school-age children understand their rights to be supported and involved in decisions so they have an equal chance to flourish in their education.

www.reach.scot

The logo for Forces Children's Education features the text "FORCES CHILDREN'S EDUCATION" in blue and orange, with a small Scottish Saltire flag icon to the right.

**FORCES CHILDREN'S
EDUCATION**

Forces Children's Education: The Scottish Government, local authorities and schools are working hard to ensure that moving to Scotland has a positive effect on the educational outcomes of children from Armed Forces families. This website has been created in order to bring all these efforts together and put the resources that parents and the education professionals who support their children's needs together in one place.

www.forceschildrenseducation.scot

The logo for Forces in Mind Trust (FiMT) features the letters "FiMT" in a large, dark purple font, with the "i" in light blue. Below it, the text "forces in mind trust" is written in a smaller, light blue font, and "SUCCESSFUL SUSTAINABLE TRANSITION" is written in a small, dark purple font at the bottom.

FiMT
forces in mind trust
SUCCESSFUL SUSTAINABLE TRANSITION

The aim of the **Forces in Mind Trust** is to provide an evidence base that will influence and underpin policy-making and service delivery in order to enable ex-Service personnel and their families to lead successful civilian lives. Founded in January 2012 by a £35 million Big Lottery Fund 20-year endowment, the Forces in Mind Trust awards grants and commissions research, coordinates the efforts of others and supports projects that deliver long-term solutions to the challenges faced.

www.fim-trust.org

The logo for Help for Heroes features the text "HELP for HEROES" in a large, dark blue font, with the "H" in a stylized font that includes a red and blue square. Below it, the text "SUPPORT FOR OUR WOUNDED" is written in a smaller, dark blue font.

**HELP for
HEROES**
SUPPORT FOR OUR WOUNDED

Help for Heroes supports wounded veterans, and those still serving, to recover and get on with their lives. Offering physical, psychological, financial and welfare support for as long as they need it. It also supports their families, because they too can be affected by their loved one's wounds.

www.helpforheroes.org.uk



Little Troopers is a charity which supports primary school children of Service families, providing advice and resources to support children in the classroom.

www.littletroopers.net



MKC Heroes is a unique pupil voice group, for the children and young people of serving and ex-serving personnel that is supported and facilitated by The Royal British Legion. It is a tri-service network linking schools across the UK and in other countries where UK forces are based.

www.britishlegion.org.uk/get-support/local-community-connections/mkc-heroes



MOD, Children's Education Advisory Service (CEAS): Part of the DCYP, the CEAS is a small, dedicated team, experienced in advising Service parents on a wide range of issues regarding the education of Service children in the UK and overseas. Children's Education Advisory Service (CEAS) supports operational effectiveness through the provision of direct and individual educational support to service and eligible MOD civilian families.

www.gov.uk/guidance/childrens-education-advisory-service



The **Naval Children's Charity** supports children up to and including the age of 25 from Naval families including Reserves and Royal Fleet Auxiliary, serving and ex-serving, when they are in need, hardship or distress. Individual grants are given based on applications outlining individual need. Families can apply directly through the website. Other advice and free resources available to families.

www.navalchildrenscharity.org.uk

caseworkers@navalchildrenscharity.org.uk

023 9263 9534



Naval Families Federation (NFF): The NFF advocate on behalf of serving Royal Navy and Royal Marines families whose circumstances sit outwith existing policy. Its team is drawn from Royal Navy and Royal Marines families, which means they understand the ups and downs of Service life and the challenges faced at times. It is an independent Federation, which means that all help is confidential and that you and your family come first. It can provide you and your family with clear information, and focused resources, developed by NFF as a result of your feedback.

www.nff.org.uk



The **Royal Air Force Benevolent Fund** is the leading welfare charity supporting current and former members of the RAF, their partners and families, providing practical, emotional and financial support, whenever they need us. Airplay is the Fund's youth support programme, providing a huge range of facilities, equipment and activities for children and young people growing up on RAF stations. For further information please visit its website:

www.rafbf.org



Naval Service Family and People Support (NS FPS): NS FPS delivers information, community and casework services in support of Naval Service personnel and their families.

www.royalnavy.mod.uk



Health Boards: Healthcare in Scotland is delivered through a variety of providers, ranging from Local Health Boards and NHS Trusts to community pharmacies and opticians.

www.scot.nhs.uk



Parenting across Scotland provides support for parents and families through its information service and partners' helplines. It finds out what matters to parents and families and what they need and get this across to politicians. It also shares research, policy and good practice with people who work with families.

www.parentingacrossscotland.org



Place2Be provides emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. Working with more than 600 schools, supporting a school population of over 350,000 children and young people, it helps them to cope with wide-ranging and often complex social issues, including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

www.place2be.org.uk



Poppyscotland is best known for running the iconic Scottish Poppy Appeal, but it works all year round to help those who have served, those still serving and their families receive the care and support they urgently need. Poppyscotland reach out to those who have served, those still serving, and their families at times of crisis and need by offering vital, practical advice, assistance and funding.

www.poppyscotland.org.uk



The charity that supports the RAF family

When someone is battling ill health or loneliness or financial pressures, the **RAF Association** reaches out with friendship, help and support. Welfare is at the heart of what we do, and it provides support from the youngest recruit to the oldest veteran and their families. Last year, the RAF Association reached out to 74,000 members with vital support, while its network of volunteer welfare officers made more than 115,000 visits to families in need.

www.raf-ff.org.uk



Using books to bring Service children and families closer together, this organisation's shared-reading initiative encourages families to read, talk and scrapbook about a book, improving communication and enriching their relationships with books and each other. There is significant evidence that reading can support positive mental health and help social, emotional and mental wellbeing. Reading Force is a free and fun activity to develop family involvement in books.

www.readingforce.org.uk



The **RBL** is at the heart of a national network that supports our Armed Forces community. It says: "We're here through thick and thin - ensuring their unique contribution is never forgotten. We've been here since 1921 and we'll be here for as long as they need us. We are the country's largest Armed Forces charity, with 235,000 members, 110,000 volunteers and a network of partners and charities helping us give support wherever and whenever it's needed."

www.britishlegion.org.uk



SAAS: Student Awards Agency Scotland is an Executive agency of the Scottish Government. It supports eligible Scottish students by paying their tuition fees, as well as offering bursaries and supplementary grants. It also assesses students applying for loans. The Agency administers the Individual Learning Accounts Scotland scheme in partnership with Skills Development Scotland.

www.saas.gov.uk



Seafarers' Advice and Information Line:

SAIL is the only CAB service dedicated to seafarers and their families all across the UK. It provides specialist phone and email advice to merchant seafarers, fishermen, Royal Navy & Royal Marine personnel and their dependants.

www.sailine.org.uk



The Salvesen
Mindroom
Centre
no mind left behind

Salvesen Mindroom provides one-to-one support for families affected, offer help and advice for individuals and organisations who work with people with learning difficulties, and strive to increase knowledge and understanding among policymakers.

www.mindroom.org/index.php/about_us



SAMH was established to raise awareness about and promote mental health and general welfare and to uphold and advance the interests of those citizens who experience mental health problems and their families and carers.

www.samh.org.uk



The **SCiP Alliance** is a partnership of organisations focused on improving outcomes for children from military families. It is funded by the Ministry of Defence.

www.scipalliance.org



The **Scottish Funding Council (SFC)** is the national, strategic body that is responsible for funding teaching and learning provision, research and other activities in Scotland's colleges and universities.

www.sfc.ac.uk



The **Scottish Government** is the devolved Government for Scotland.

www.gov.scot



Scottish Youth Parliament (SYP): SYP's mission is to provide a national platform for young people to discuss the issues that are important to them, and campaign for changes to the nation that they live in. It supports members in their work by training them, supporting their personal development and empowering them, using a youth work ethos.

www.syp.org.uk

SCOTTY'S LITTLE SOLDIERS

The Charity for Bereaved British Forces Children



www.scottyslittlesoldiers.co.uk

Scotty's Little Soldiers is a charity dedicated to supporting children and young people who have lost a parent whilst serving in the British Armed Forces. Inspired by the experience of Army widow Nikki Scott following the death of her husband Cpl Lee Scott in Afghanistan in 2009, the charity is currently providing assistance to hundreds of bereaved Service children around the UK. Support offered to the children includes providing access to the very best health and wellbeing care, educational support, and delivering outstanding development opportunities through a range of activity and educational grants. Scotty's also helps put smiles back on those brave faces by providing respite breaks, posting the children birthday and Christmas presents and remembering the anniversary of their parent's death, as well as arranging events where bereaved Forces children from all over the UK come together to have a great time and form friendships with kids in the same situation.

www.scottyslittlesoldiers.co.uk

Skills
Development
Scotland

Skills Development Scotland (SDS) is Scotland's national skills body. SDS contributes to Scotland's sustainable economic growth by supporting people and businesses to develop and apply their skills. It works with its partners to provide services that deliver the very best outcomes for Scotland's people, businesses and the economy.

www.skillsdevelopmentscotland.co.uk



SSNAP provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities

www.snapcymru.org



SSAFA, the Armed Forces charity, has been providing lifelong support to Service personnel and their families since 1885. Last year their teams of volunteers and employees helped more than 82,000 people in need, from Second World War veterans to those who have served in more recent conflicts, and their families. SSAFA understands that behind every uniform is a person. They are there for that person - any time they need them, in any way they need them, for as long as they need them.

www.ssafa.org.uk



The Wave Project is the world's first 'surf therapy' course, funded by a Government health service, was founded in September 2010. It runs surfing and beach school projects to help children and young people feel more engaged in education.

www.waveproject.co.uk



Together offer a wide variety of support to help people deal with the personal and practical impacts of mental health issues. The services it can provide range from one-to-one support in the community, to supported accommodation and making sure people understand and are able to express their needs in their dealings with official bodies.

www.together-uk.org



United Nations Convention on the Rights of the Child (UNCRC):

The UNCRC is the basis of all of UNICEF's work. It is the most complete statement of children's rights ever produced and is the most widely ratified international human rights treaty in history.

www.unicef.org.uk



Veterans Scotland's aim is to establish cooperation and coordination between veteran organisations in Scotland, to act as a focal point for all matters concerning the ex-Service community within Scotland and to represent these matters to Government at all levels.

www.veteransscotland.co.uk



Veterans' Gateway is made up of a consortium of organisations and Armed Forces charities, including the RBL, SSAFA, Poppy Scotland, Combat Stress and Connect Assist. Funded by the Armed Forces Covenant, this is the first time a group of this kind has come together formally to deliver a service to help the Armed Forces community.

www.veteransgateway.org.uk



Who Cares? Scotland is a national voluntary organisation, working with care experienced young people and care leavers across Scotland.

www.whocaresScotland.org

**WINSTON'S
WISH** *ww*

Giving hope to grieving children

Winston's Wishes provide specialist bereavement support services, including following a bereavement by accident or illness, suicide, murder or manslaughter and deaths in the military. Experienced bereavement support team provides bereaved children and families with the tools to come to terms with their grief.

www.winstonswish.org

YOUNGmINDS
fighting for young people's mental health

This organisation focuses on a future where all young minds are supported and empowered, whatever the challenges. It ensures children and young people get the best possible mental health support and have the resilience to overcome life's difficulties.

www.youngminds.org.uk



Young Scot membership offers young people the opportunity to collect reward points through participation in positive activities online and in the community. They also offer a Young Carers package for carers aged 11-18 which includes cinema tickets discounted study guides and free first aid training.

young.scot/the-young-scot-card




VIP: VIP Lothian is the original project established during 2009. It was designed in collaboration with Veterans who were seeking a mental health and wellbeing service which understands them, as well as meeting their needs in a clinical manner for wider support and advice. The team consists of Veteran peer support workers, clinicians, therapists and an administration team.

www.veteransfirstpoint.org.uk/about-us



Glasgow Coming Home Centre is a drop-in centre for Armed Forces Veterans based at the Pearce Institute, Govan, Glasgow. The Charity works with veterans at the point of needing assistance with issues surrounding mental and physical health, homelessness, housing, pensions, benefits support, employment and training, bike maintenance workshops, adventurous activities, vans for furniture uplift, removal or recycling, friendship and camaraderie.

www.cominghomecentre.org



Royal Caledonian
Education Trust

Established 1815

*Scotland's Armed Forces
Children's Charity*

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Web: www.rcet.org.uk/help/we-help-teaching/advisory-service

 www.facebook.com/RCETScot  twitter.com/RCET_Scot

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BFSS BRITISH & FOREIGN SCHOOL SOCIETY
Educational Opportunity for All

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