



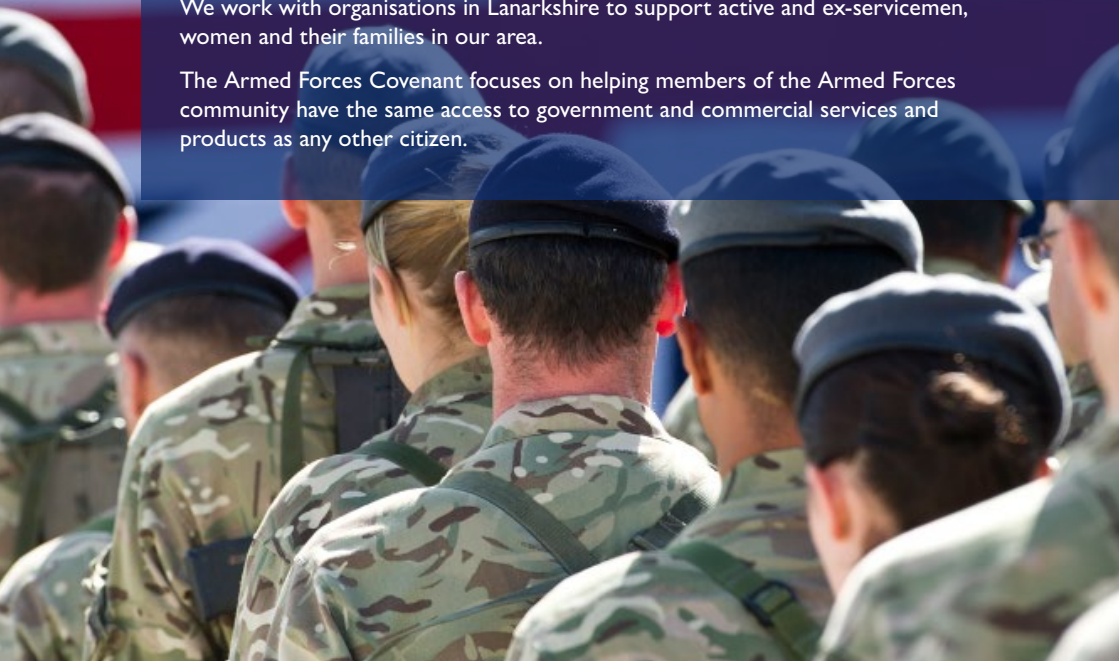
# Lanarkshire Firm Base

*Proudly supporting our armed forces and those who have served*

The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly.

We work with organisations in Lanarkshire to support active and ex-servicemen, women and their families in our area.

The Armed Forces Covenant focuses on helping members of the Armed Forces community have the same access to government and commercial services and products as any other citizen.



# LEAVERS AND VETERANS

As you leave service life you'll face some big decisions such as where to live and finding a job and maybe moving your family away from the base and the support network they have there.

You may be planning to move to Lanarkshire from elsewhere in the UK or abroad. Whatever your choice, we've provided information on local services and sources of support to help you.

This information will also be useful even if you left the service some time ago. As a veteran you may need support but not know where to start.



# EMPLOYMENT AND TRAINING

## Where to start

Transition from military to civilian life is a time of great change for you, so planning ahead is essential. Your first port of call for training and support should be the [Careers Transition Partnership website](#). You'll find information on resettlement, training, workshops and employers who are actively recruiting leavers and vets.

There is also the [RFEA Ex-Forces Programme](#) which gives career advice and job opportunities to all ex-military irrespective of when they left the armed forces. They offer personal one-to-one support from a regional employment advisor who knows the local opportunities. RFEA also supports families of serving and ex-service personnel in all aspects of employment.

## Skills Development Scotland

SDS is the Scottish Government's national skills agency and works closely with the Careers Transition Partnership. SDS provides support for service leavers, veterans and their families, through its [My World of Work](#) programme. The programme can also help the families of serving personnel.

SDS can also support you with:

- [Individual Training Account](#) (ITA) - up to £200 towards a training course
- [The Big Plus](#) - help from a local tutor if you need support with reading, writing or numbers
- [PACE](#) - redundancy help in Scotland

## My World of Work

WOW offers tailored support and advice for veterans and leavers. Once you've registered you will get help to identify your strengths, create a CV, find courses, training and funding options, search and apply for jobs and prepare for interviews.

## Jobcentre Plus

Your local [jobcentre Plus](#) can help you into employment as well help with benefits. They can also arrange funded, short training courses to help you get certificates needed for jobs such as construction and childcare.

## North Lanarkshire Council

If you are unemployed, living in North Lanarkshire and looking to get into work [North Lanarkshire's Working's For You](#) can help. Over the last 4 years they have supported over 7000 people into work with a wide range of support, training and advice.

## South Lanarkshire Council

South Lanarkshire Council has many employment initiatives, including windfarm initiatives, depending on where you live. For more information see their [jobs and careers section](#).





# EMPLOYMENT AND TRAINING

## Support

Support to help you find a job is available from a wide range of organisations.

## Public sector recruitment sites

- [Jobcentre Plus](#) - guidance and search for nearest Jobcentre
- [Myjobscotland](#) - vacancies in education, local authority, emergency services, charity sector
- [Teach in Scotland](#) - guidance on becoming a teacher, returning to teaching or transferring your teaching qualifications

## Charities and organisations

- [Civvystreet](#) - the Royal British Legion's employability site providing online support for service leavers, veterans and your family
- [Forces Recruitment Service \(FRS\)](#) - ex-military recruitment specialists
- [Poppyscotland](#) - help service leavers and veterans into work through Employment Support Grants, Lifeworks courses and Employ-Able programme
- [Recruit 4 Spouses](#) - employment support for spouses of military personnel

- [RFEA](#) (The Forces Employment Charity) - life-long support, jobs and training for service leavers and veterans
- [Salute my Job](#) - help ex-service personnel, including reservists, into employment and provide consultancy, recruitment and training services to employers
- [TechVets](#) - helping service leavers and veterans into cyber security and technology
- [XMR](#) - recruitment agency for ex-military personnel

## General recruitment sites

- [Indeed](#)
- [ScotJobsnet](#)
- [Fish4](#)
- [s1jobs](#)

## Recruitment agencies

Recruitment agencies work on behalf of employers to find suitable candidates to fill their vacancies. Some recruit for specific sectors, such as catering and others are more general. You can register with an agency to help you find a job. Search online for recruitment agencies in your area or use the agency search [Agency Central](#).

# MONEY

The recession is a worrying time for most people but there is lots of help and advice available.

You shouldn't be financially disadvantaged as a result of your service. [Financial top tips for service personnel](#) gives help on credit ratings, mortgages and loans, motor and home insurance, mobile and TV contracts. If you feel you've been disadvantaged in this respect contact your [Army](#) or [RAF](#) Families Federation for advice.

If you're dealing directly with a provider find out if they've signed the Covenant and what they pledged. Identify yourself as a member of the Armed Forces community and be aware that front line staff may not know about the Covenant so you may need to be persistent and explain this.

General advice is available from the independent [Money Advice Service](#).

## Jobcentre Plus and Universal Credit

As part of the Armed Forces Covenant the Department for Work and Pensions is improving the way current and former members of the armed forces and their families access Jobcentre Plus services. This includes having an armed forces champion in every Jobcentre Plus District to ensure that they provide support that meets the needs of the armed forces community.

Universal Credit is now in operation Lanarkshire. If you need help with your application contact your local [Jobcentre Plus](#).

## North Lanarkshire

North Lanarkshire Council has [money and debt advice](#) on their website.

You may also want

- [Benefits](#)
- [Council Tax](#)
- [Scottish Welfare Fund](#)

## South Lanarkshire

The South Lanarkshire Council website has advice on their [Work, money and benefits](#) section.

You can also make an appointment with their Money Matters Advice Service to talk to an advisor about your finances.

You may also want:

- [Benefits](#)
- [Council Tax](#)
- [Scottish Welfare Fund](#)



## The Veterans Welfare Service

[VWS](#) can help with War Disablement Pensions and Armed Forces Compensation Scheme claims forms.

VWS is part of the Ministry of Defence's and provides one-to-one welfare advice across the UK and Republic of Ireland. They work alongside in-service welfare providers and work closely with local authorities, voluntary organisations, service charities and the Department for Work and Pensions, ensuring that those leaving the Armed Forces and existing veterans and their families receive all the information and help they need to access the appropriate services and benefits.

## Pensions advice

- [Armed Services Advice Project \(ASAP\)](#)
- [Estimate your Armed Forces pension](#)
- [Naval, Army and RAF Families Federations](#)
- [Pensions for Veterans](#)
- [Veterans UK](#)

## Independent money advice

- [Citizens Advice Scotland](#)
- [Money Advice Scotland](#)
- [Scottish Government money advice](#)

# LOCAL SUPPORT

[Veterans First Point](#) offers veterans support from other veterans to help them move on to the next stage of their lives.

They run drop-in sessions in North and South Lanarkshire at the following venues:

**North Lanarkshire** - Wishaw Library, Houldsworth Centre, Kenilworth Avenue, Wishaw ML2 7LP from 11am-2pm on Fridays

**South Lanarkshire** - Tolbooth Centre, 4 High Street, Lanark ML11 7E from 12-3pm on Tuesdays

You can also email them at [LanarkshireV1P@lanarkshire.scot.nhs.uk](mailto:LanarkshireV1P@lanarkshire.scot.nhs.uk) or phone them on 0300 303 3051.

**Veterans Lanarkshire Support Group** is run by veterans for veterans. They offer comradeship and companionship in a safe and friendly environment. They have a community allotment in Motherwell and also meet to go swimming during the week.

They meet on Tuesdays from 4.30-6pm at NLC Restorative Justice, 2 Hunters Street, Bellshill ML4 1RN.

For more information email [veteranslanarkshire@outlook.com](mailto:veteranslanarkshire@outlook.com).

Both North and South Lanarkshire Councils have put in extra wellbeing services during the covid pandemic:

- [North Lanarkshire Council Community advice and shielding](#)
- [South Lanarkshire Council wellbeing service](#)



# HOUSING

North and South Lanarkshire Councils both have common house registers. This means that for each council area you can use one application form to apply for social housing which will include homes owned by partner housing associations. Both councils give veterans and leavers priority when applying for housing.

## North Lanarkshire

You can find out what options are available in North Lanarkshire in the [Housing Options](#) area of their website. This includes contacts for each of their housing offices as well as information on their areas, including the turnover of each type of house.

You will also find their housing application form on the [Common Housing Register page](#).

There is also a list of [North Lanarkshire housing associations](#).

## South Lanarkshire

You will find information on South Lanarkshire Council's housing, as well as their application form, in the HomeOptions section of their website.

For more information on housing associations in the area you can look at the [South Lanarkshire Housing Associations directory](#).

## Supported housing and help to find housing for veterans

- [Haig Housing](#)
- [Housing Options Scotland](#)
- [Royal Air Force Association](#)
- [Scottish Veterans Residences](#)
- [Veterans Housing Scotland](#)





# SCHOOLS AND LEARNING

North and South Lanarkshire Councils have lots of advice available to make your child's move to a new school as straightforward as possible. Your child's electronic records should move with them to their new school and the school should be aware that they are receiving a service child.

## North Lanarkshire Council

- [admissions](#)
- [additional support needs](#)
- [psychological services](#)
- [school meals](#)
- [school clothing grants](#)
- [transport](#)

## South Lanarkshire Council

- [additional support needs](#)
- [changing school during term time](#)
- [Curriculum for Excellence](#)
- [enrolling your child at primary school](#)
- [psychological services](#)
- [school clothing grants and free school meals](#)
- [school meals](#)
- [school transport](#)

In Scotland children are grouped by birth date from 1 March - 29 February for year placements. This may result in your child going into a different year group from the one they are leaving. If you have any concerns you should contact the school directly.

The [Forces Children's Education](#) website explains how the Scottish system works and provides links to schools that support military bases in Scotland.

If moving to Lanarkshire after leaving the service or as a veteran, you'll need a civilian address to apply for a school place. Bring information on your child's learning from their previous school and tell the new school of your status in the Armed Forces (regular, reserve, veteran) so they can help your child settle in.



# YOUR HEALTH

The NHS is responsible for your healthcare and you should register with a local GP and dentist. Make sure you tell them you are a member of the Armed Forces community.

Lanarkshire is covered by two health boards - North Lanarkshire and most of South Lanarkshire are covered by [NHS Lanarkshire](#). Rutherglen in South Lanarkshire is covered by [NHS Greater Glasgow and Clyde](#).

Both of these sites will tell you where to find your nearest A&E department, GP practice, dentist, pharmacy, health centre and optician.

Both sites also have information about healthy eating, alcohol, smoking and sexual and mental health.

NHS Inform has a website dedicated to veterans' health issues called [Health rights for Veterans](#).

Prescriptions are currently free in Scotland.

Each NHS area has an Armed Forces and Veterans Champion to ensure no disadvantage in treatment is experienced as a result of service. If you are moving to a new area, you should be entitled to continuity of care and be transferred at an equivalent level on medical waiting lists.

GP registration forms ask about military service and you should complete this so that healthcare staff are aware priority treatment **may** be appropriate in certain circumstances.

For more advice see [Army Families Federation](#), [Navy Families Federation](#), [RAF Families Federation](#) or your [NHS Armed Forces Champion](#).

## War Pension scheme

This is a compensation scheme for veterans for any injury or illness which has been caused by or made worse by their service in Her Majesty's Armed Forces. Information on eligibility and how to make a claim is on the [UK government website](#).

## Your mental health

Veterans First Point Lanarkshire can provide support to any veterans living in Lanarkshire or registered with a Lanarkshire doctor. They offer psychological assessments and therapies for anyone living in Lanarkshire or registered with a Lanarkshire doctor. To access this you should be referred by your doctor or you should call the Samaritans on 116123, Breathing Space on 0800 838587 or NHS24 on 111.

[Combat Stress](#) provides specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues.



## Alcohol issues

**Alcoholics Anonymous** is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership - we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any

controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

To find a group/meeting in your area see the [Alcoholics Anonymous website](#).

## Older veterans

[Unforgotten Forces](#) is a group of organisations working together to deliver high quality and joined-up support that boosts the health and wellbeing of veterans in Scotland age 65 and older.

# WHERE TO GET GENERAL ADVICE

**Blesma** helps serving and ex-Service men and women who have suffered life-changing limb loss or the loss of use of a limb, an eye or loss of sight whether during or after their military Service.

They give lifelong support to its members and, following the death of a member, the widow/widower have membership in their own right and are provided with the same lifelong support - they care for the carer.

Their expertise includes:

- providing help and advice on war pensions, compensation and benefits
- providing financial help to members to aid their independence and wellbeing
- working with the NHS on prosthetic issues
- advocating on behalf of our members on issues that concern them
- supporting elderly members to maintain independence, allowing them to remain in their own homes whenever possible
- providing a national annual programme of amputee-supporting-amputee activities
- providing regional activities and events within Northern Ireland

[Civvy Street Magazine](#) is a digital publication with information about jobs, education, training, events, housing and general support for vets and leavers.

[Lanarkshire Armed Services Advice Project](#) (ASAP) is a partnership between PoppyScotland and Citizens Advice Scotland (CAB).

Their strength lies in their ability to provide the full CAB advice service and to work with a wide range of organisations to support our clients, whether Service related, statutory or voluntary, bridging the gap between the Service experience of our clients and the civilian world.

ASAP offers appointments at the five Citizens Advice Bureaux (CAB) offices which operate in North Lanarkshire and the four CAB offices in South Lanarkshire, or a home visit appointment will be arranged for people not able to attend a CAB office.

[Scottish Legal Aid Board](#) has a search for a solicitor tool and information about how to get legal aid.

[UK Government](#) - has a section of their website dedicated to support services for military and defence personnel and their families.

[Veterans UK](#) - part of the Ministry of Defence Veterans UK provides free support for veterans and their families, including a helpline, Veterans Welfare Service and injury/bereavement compensation scheme payments.

# LIVING IN LANARKSHIRE

Lanarkshire is a great place to work, live and play.

The area covers urban areas such as Rutherglen and Cumbernauld and rural areas such as Clydesdale and the Kilsyth Hills.

Both North and South Lanarkshire have their own leisure and cultural trusts so there's plenty to keep the whole family entertained.

With six large country parks, countless playparks and many proposed local nature reserves, the great outdoors is never far away.

## PARKS AND OUTDOORS

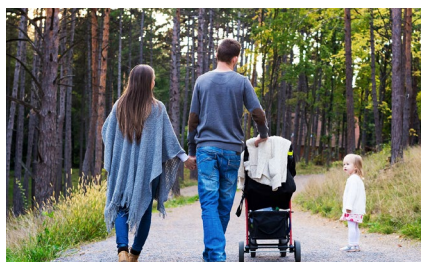
### North Lanarkshire

- [Active Outdoors](#)
- [Community food growing and allotments](#)
- [Local nature reserves](#)
- [Parks and gardens](#)

### South Lanarkshire

- [Allotments and food growing](#)
- [Local nature reserves](#)
- [Parks](#)
- [Places to visit](#)
- [Skateparks](#)
- [Walking, cycling and horse riding](#)

Visit Lanarkshire is a website which covers leisure activities across the whole of Lanarkshire.



# PRACTICAL INFORMATION

## North Lanarkshire

- [Council Tax](#)
- [Council Tax bands](#)
- [Councillors](#)

## South Lanarkshire

- [Council Tax](#)
- [Council Tax bands](#)
- [Councillors and politicians](#)



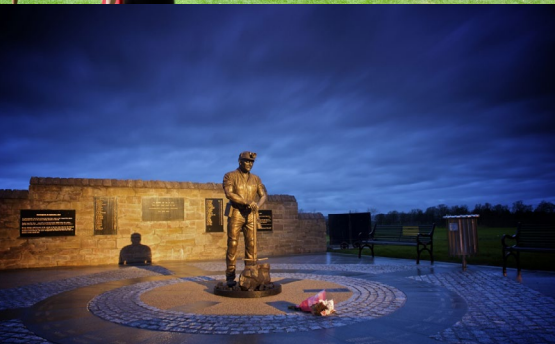
# SPORT AND CULTURE

## North Lanarkshire

- [Arts](#)
- [Entertainment](#)
- [Exhibitions](#)
- [Festivals](#)
- [Health and fitness](#)
- [Libraries](#)
- [Museums](#)
- [Sport](#)
- [Sport and fitness venues](#)
- [Timecapsule water park](#)

## South Lanarkshire

- [Arts and entertainment](#)
- [Halls and venues](#)
- [Libraries](#)
- [Museums](#)
- [Outdoor and active](#)
- [Sport](#)



# I'M WORRIED ABOUT A VETERAN

**NHS 111** – for non-emergency medical help phone 111 (available 24 hours). In an emergency phone 999.

**Chris's House** – Centre of help, response and intervention surrounding suicide - phone 01236 766755 (available 24 hours)

**Samaritans** - phone 116 123 (available 24 hours)

**CRUSE Bereavement Care** - phone 0808 802 6161

**Edinburgh Crisis Centre 24 hour helpline** - phone 0808 801 0414 or text 07974 429075

**Shelter** – for emergency housing matters phone 0808 800 4444

**Simon Community** - for rough sleepers/homeless phone 0800 027 7466

**Families Outside** - helpline for families of prisoners phone 0800 254 0088

**Lanarkshire Armed Services Advice Project** Helpline - 0808 196 9180

**Scotland's Citizens Advice Helpline** - 0800 028 1456

**SSAFA Forcesline** - 0800 260 6767

SSAFA has a volunteer network of trained caseworkers to help veterans and their families throughout Lanarkshire and the rest of the UK. Any contact will be dealt with in an efficient and confidential manner. Initial contact can be either through [SSAFA Central Office](#) or on the phone number above.



# ARMED FORCES COVENANT

The [Armed Forces Covenant](#) is a pledge that together we acknowledge and understand that those who serve or who have served in the armed forces, and their families, should be treated with fairness and respect in the communities, economy and society they serve with their lives.

The covenant focuses on helping members of the armed forces community to have the same access to government and commercial services and products as any other citizen.

This covers a number of areas including:

- education
- financial advice and health
- healthcare
- housing
- starting a new career
- wellbeing

North and South Lanarkshire Councils have signed the Armed Forces Covenant to pledge support for our Armed Forces community.

There is a Lanarkshire Firm Base group which meets three times a year to identify and discuss matters relevant to the community. The group is co-chaired by the Veterans Champions from North and South Lanarkshire Council and membership is made up of representatives from:

- Army and RAF units
- Reserve units
- council services
- NHS
- DWP
- military charities
- veterans charities

The role of the local authority Armed Forces Champion is to ensure that the authority achieves its commitments to the Armed Forces community and resolves any issues.



# ARMED FORCES COVENANT FUND

The [Armed Forces Covenant Fund Trust](#) receives £10 million each year from the Ministry of Defence to support the Armed Forces community with [grant programmes](#).

Grants of up to £20,000 are awarded for projects that meet their [guidance](#). The key priorities are that the project helps to integrate armed forces and civilian communities or will deliver valuable local services to the Armed Forces community.

Projects in Lanarkshire include:

- [Who Dares Cares](#) - walking groups, PTSD awareness, mental health first aid training, essential food and household supply hampers

Read about other [successful projects](#) that have been awarded a grant under the local grants programme.





ARMED FORCES  
COVENANT

