

SCOTS Regimental Association

COVID-19 - Scottish Govt Policy Christmas restrictions

Christmas instructions are now 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, or change in, sense of smell or taste).
<https://www.gov.scot/coronavirus-covid-19/>

Home Energy Scotland

The Scottish Government is offering help to homeowners & private sector tenants struggling to heat their home. Improvements will depend on a survey of the property. *In most cases, costs will be met by the Scottish Government* for: Wall insulation • Loft insulation • Draught-proofing • Central heating • Renewables. Qualifying criteria is on the Energy Scotland website: <https://www.homeenergyscotland.org/> 0808 808 2282.

How to get a Veterans Rail Card in Scotland at a discount!

<https://www.transport.gov.scot/news/new-veterans-rail-card-launched/>
Scottish veterans can get a new rail card which gives 34% discount on travel. The veterans' rail card, £21 per year, allows holders + a companion (named at time of purchase) 34% discount + 4 children aged 5-15 60% discount, *but only when travelling with the cardholder*. To encourage uptake, the Scottish Government is funding a **further discount whereby anyone resident in Scotland registering between now & 31 March 2021 a £6 rail voucher making the initial cost just £15**.

Northern Ireland Legacy Enquiries - Any former Royal Scots who receive correspondence from any source regarding their service in Northern Ireland are advised to contact the Regimental Office who can provide appropriate advice.

Captain J Springthorpe,
Regimental Administrator
The Royal Scots 0131 557 0405
jimmy.springthorpe@theroyalscots.co.uk
www.theroyalscots.co.uk

Barclays Scotland Military Network – MoneySkills Tue, 1 December

2020 10:30 – 11:30 GMT is aimed at providing **servicing Military personnel** hints & tips on managing debt.

Logon details provided 48 hours before the 60 min online webinar. Sound only available via telephone/mobile.

Delivered by members of Barclays Scotland Military Network. *No specific individual financial advice on banking products or services will be given or promoted during this session.*

<https://www.eventbrite.co.uk/e/barclays-scotland-military-network-moneyskills-debt-management-tickets-128492150481>

Bulletin 15



Veterans Housing Scotland - is about to release Veterans homes across the country. Check out this link <https://www.vhscot.org.uk/applicants/> to see where their homes are, find out if you meet the criteria & follow the referral pathway through contacting: <https://housingoptionsscotland.org.uk/>

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 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)

Lothian 0131 220 9920 Ayrshire & Arran 01294 310400 Fife 01383 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 Welfare Service
Community Support

5 WEEKS OF WELLBEING For Adults

MINDFULNESS
By Networks for Wellbeing



Mondays from
23rd Nov – 21st Dec
8pm – 9pm via Zoom

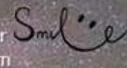
We look forward to sharing a 'Self Compassion Break' with you. In these challenging times when life can be quite difficult, these little practices can help us all be with our inner experience, to self-soothe, with a little more kindness and compassion.

COSMOS VIRTUAL PLANETARIUM

Friday 27th November
7pm – 8.30pm via Zoom

A chance to switch off from the things around us, and explore something outside of this world, by discovering about the beautiful night sky from the comfort of your home. (Families welcome).

QUIZ NIGHT

Friday 4th December 
8pm – 9pm via Zoom

We all need a bit of fun sometimes. Come and test your braincells while meeting with others and having a good laugh!

DRU YOGA



Relaxation
Therapeutic Drum Yoga

Fridays from
20th Nov – 18th Dec
10am – 11am via Zoom

We look forward to sharing some relaxing stretch and balance time with you to promote good mental and physical wellbeing. Take time for YOU. In a stress free zone, to replenish the batteries, learn a few easy techniques to support you through these challenging times.

To register, please contact Stephanie Ireland (Business Support): Stephanie.ireland105@mod.gov.uk

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

CIVIL SERVICE JOBS

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

Ministry of Defence jobs

7 SCOTS HQ Company,

Storeman/Driver Skill Zone 2 –
Perth HQ Company 51st Highland,
7 SCOTS, Army Reserve Centre
£18,754 37hrs **Closes 1 Dec** Ref:
74435

FORCE PROTECTION TRAINING FLIGHT CLERK - Lossiemouth

£19,559 **Closes 10 Dec** Ref:71290
To provide guidance on all aspects
of training & act as focal point for
visitors. Distribution of mail,
maintain office materials, providing
reports on specialist courses &
maintain Flt sub-registry.

Required: Resilience, adaptability
& ability to work in a high tempo
environment. IT proficient. Strong
interpersonal skills & teamwork.

DIO – MGS Security Officer Supervisor – DAY WORKING

Lossiemouth
£20,919 20mths **Closes 7 Dec**
Ref:85322 To provide or supervise
provision of an overt unarmed
security presence.

Band D Practice Manager - Fort George, Inverness

£26,350 **Closes 30 Nov** Ref:80759

Community Development

Worker Inverness - Army Welfare
Service - Kinloss
£29,551 **Closes 10 Dec** Ref:80530

Media & Communications

Assistant – Lossiemouth
£20,919 **Closes 1 Dec** Ref:64612
Proactive communications
assistant with technical &
management skills to manage
enquiries from the press & public.
Create/release press releases.
Maintain website, assist with
publications, distribute information.
Required: Motivated individual
able to handle ambiguity, think on
their feet with an eye for detail.
IT literate & able to deputise for
the MCO when they are absent.

Low Value Purchase Clerk -

Lossiemouth
£20,919 **Closes 1 Dec** Ref: 83849
Procurement support functions:
Investigation of demands; Health

& Safety; Monitoring trends to
influence implementation &
modification of existing contacts.

Required: On the Job Training
must be satisfactorily completed.
Working knowledge of Excel,
Word & MJDI 5.2, however,
training can be provided.

Specialist Instructional Officer (SIO) – Inverness

£26,350 **Closes 3 Dec** Ref:73061
Adventurous Training Foundation
Wing. To Instruct on ATFC
courses; Implement Training Risk
assessments procedures; Deliver
professional safe training in
accordance with Standard
Operating Procedures (SOPs),
Course Syllabi & JSP 419.
Undertake driving duties, including
towing trailers. Participate in AT
activities to develop knowledge of
JSAT disciplines & process.

Required: Good communication
skills; MS Office; Clean UK driving
license. *Desirable qualifications:*
Mountain Biking MBL, Alpine/
Nordic Ski, Paddlesport,
Mountaineering, Climbing &
Mountain 1st Aid Award.

Officer of the Quarter - Explosive

Safety Support - Faslane
£20,919 **Closes 7 Dec** Ref:81277

Explosive Safety Officer -

Faslane
£26,350 **Closes 15 Dec** Ref:86277



Key Keeper - Ravenscraig Castle, Central & West

£19,000 **Closes 2 Dec**

To ensure visitors can access the
monument during opening hours
in summer & winter seasons. To
regularly walk round, dust and
sweep the interiors, lift litter &
dispose of it in plastic bags with
due regard to security/preservation
of the monument. To report
damage caused by vandalism,
storm etc to local police & HES
Required: Good communication,
self-organisation & inter-personal
skills, allowing for engagement
with people onsite on regularly.
Comfortable working alone.

<https://applications.historicenvironment.scot/Default.aspx>

MYJOBSCOTLAND

<https://www.myjobscotland.gov.uk/>

Systems Support Assistant - Kilmarnock

£23,824 35hrs Ref:EAY04988

Closes 11 Dec

To assist the Asset Performance
Officer in provision, development
& support of asset management
data & information systems.

Required: SCQF Level 6 in
English or Maths; Knowledge of
Microsoft Applications; Teamwork;
Initiative; Leadership; Attention to
detail; Current driving licence.

Operations Manager - Irvine Ref:NAY07002 **Closes 3 Dec**

£49,986 35hrs Facilities
Management Service. To oversee
day to day operational duties of
the Catering, Cleaning & Janitorial
& manned security services. Some
eves/weekends required.

Required: Relevant degree or
equivalent experience; MS
Packages; Understanding of
operational service delivery
activities - Catering, Cleaning,
Janitorial, School Crossing Patrol,
Manned security. Managing &
maintaining effective employee
relations. Negotiation & influencing
skills. Ability to apply innovation &
creativity in the design & delivery
of services.

Forester - Ayr

£21,783 37hrs Ref:SOA05593

Closes 20 Dec

To assist with the maintenance of
Arboricultural features & the
implementation of Forestry works
in all South Ayrshire woodlands &
associated areas

Required: Arboricultural
qualifications CS 30, 31 & CS 38,
39 & a full current driving licence.

Depot Manager - Glasgow City Ref:GLA06521 **Closes 6 Dec**

£36,993 35hrs Variable hrs
Delivery of Frontline Services
within a Neighbourhood Services
Environment. **Required:** HNC or
able to *work towards* a relevant
qualification. *Substantial
experience in an operational
environment.* Supervisory
experience. Basic IT skills, good
communication/influence/decision
making skills & current driving
licence.