

The Bugle

Winter 2022



**Sight Scotland
Veterans**

Tackling vision loss together

sightscotlandveterans.org.uk

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A message from Clair Bryan, Director of Services

Hello and welcome to our winter edition of The Bugle newsletter.

Recently we were able to bring together many veterans to commemorate Remembrance Day at both of our activity centres, and across Scotland. I was pleased to be able to attend a service at Edinburgh's Garden of Remembrance, and also lay a wreath at the Remembrance Sunday service in Edinburgh. I know many of our Independent Living Workers also supported veterans to attend local cenotaphs and memorials. It is important that we take a moment to reflect and remember.



In the last two months, it has been a joy to see some of our own veterans popping up in our latest advertising campaign. I hope you had a chance to spot the campaign, which ran across television, radio, buses, billboards and online.

Thank you to those who generously volunteered their time to take part. Sharing your real stories helps us to connect with other veterans like you and show that they don't have to lose sense of who they are, because of changes to their sight. It helps more veterans impacted by sight loss, like you, to receive support from Sight Scotland Veterans.

Another exciting thing we've developed is our new Support Hub. It's one of the ways we're delivering on our Sight Scotland Veterans strategy, to build on our existing services and offer you more ways to access our support. You can read all about it on page 28.

You might have noticed a survey that we sent with this edition of The Bugle. We would greatly appreciate it if you wouldn't mind completing this survey. It has questions about your experience of rising costs in 2022, and whether you've made changes in your shopping, behaviour or activities due to these costs. You can fill in the survey and send it back in the freepost envelope that is included. Your responses to this survey will assist our policy team's campaigning efforts, and also assist with the development of our new Financial Wellbeing service, so a huge thank you if you are able to participate.

Finally, I'd like to take this opportunity to wish you a joyful time over the festive season, and a very happy new year for 2023.

Take care,

Clair

Remembrance Day Commemoration

Lest we forget: Three passages on Remembrance Day

Every November at Sight Scotland Veterans, we commemorate Remembrance Day. We remember the service and sacrifice of all those who have defended our freedoms and protected our way of life.

We remember the Armed Forces, and their families, from Britain and the Commonwealth and we remember the vital role played by those who lost their lives as a result of conflict or terrorism.

This year, we held services at our activity centres – Hawkhead and Linburn – each day of the week leading up to 11 November, which many veterans with sight loss attended. A number of veterans who live in Edinburgh attended a commemoration at the Redford Barracks.





In Peebles, veterans went to their local War Memorial and laid a wreath on Remembrance Day, while a Dundee-based veteran, John, met with the Lord Provost of Dundee at a service at Dundee City Square. Across Scotland, many of us will have taken a moment to think about those who have given so much to make this world safer for us all.

In this edition of *The Bugle*, we offer three passages of writing on Remembrance Day. The first two passages are poems written by Dave Phillips from Paisley, a veteran with sight loss who we support at Sight Scotland Veterans.

The third passage is a piece of writing by Mick Hilton – an Army veteran who is now training to be a Rehabilitation Officer for Sight Scotland Veterans, after several years working as an Independent Living Worker.

We hope these passages give you something interesting to think about.

Commemorating Remembrance Day with Poetry

Dave Phillips served in the RAF as an Aerospace Systems Operator from 1985 until 1991. Now 57 years old, Dave is affected by an eye condition called Retinitis Pigmentosa. Dave says he loves to write poetry that gives the reader something to think about.

Out Of Sight (Not Out of Mind)

By Dave Phillips

He silently stands to attention
He can't see the names on the stone
And over the years
He's shed many a tear
For the comrades that never came home

For although he no longer has vision
Although we all know he is blind
The horrors of war
Are indelibly stored
As images there in his mind.

2. Mementoes

By Dave Phillips

As we're reminded to remember
Stand in silence
Lay our wreath
Respectfully respect our dead
Whose bones now lie beneath

The mud and sand of foreign lands
Where flowers rise from dust
As we stand mutely in salute
As tradition says we must

Spare a thought for those of us
Who only paid half fare
The limbless, the blind
The battle-scarred minds
And don't forget to care

For us without names etched in marble
We with our uniform pride
We're still fighting each day
Wars that don't go away
As we pay our respects by your side.

3. Thoughts on Remembrance Day

By Mick Hilton

Mick Hilton served in the Army for 22 years. He currently works as a trainee Rehabilitation Officer at Sight Scotland Veterans, after several years working as an Independent Living Worker. Below, Mick shares his thoughts and feelings on Remembrance Day.

Mick Hilton writes... "My last Remembrance Day in uniform was 2013. By the time that parade came, I already had the date for my leaving the Army after 22 years' service. The Remembrance Day parade itself was in Leicestershire, and it was a lovely day with a really good local turnout. We formed up and marched through the village, finishing in front of the Memorial where the local minister was waiting. As I stood there listening to him speak, my mind drifted over the previous two and a bit decades. I remembered places I had been, some of which had not always been pleasant. I recalled friends who were no longer with us, and wondered how their family felt on Remembrance Day.

"I am normally fairly calm at these things, but as I stood there, I realised I would never again be taking part as a serving soldier. The following year I would not be part of the 'Green Machine'. The realisation hit me pretty hard, and I actually had a couple of tears. Not loads, but enough to make me feel a little self-conscious, so I reigned it in pretty quick."

"Since then, I have attended many more, and have had the privilege of laying wreaths in several places across Highland and Moray. I went to some as a member of staff for Sight Scotland Veterans, and to some as a veteran in my own right.

"Each time I remember the repatriation ceremonies in Afghanistan; my friend Gaz who died and had a newborn daughter at home; and some of the sandy crap holes I never want to see again. I remember a Fijian soldier at Headley Court with no arms or legs, facing a future I can't imagine.

"World War One seems a long time ago now. People want to move on I guess, and Remembrance Day seems less important to many as a result. But it is the day we remember the men and women who served and didn't come home, regardless of when. We think on the injured, and their struggles. I like to think it's as important today as it was in the past. Last year I stood at the memorial in Findhorn and had two minutes silence, and I was the only person there. I was disappointed, but I didn't mind. I don't expect Civvies to understand why we do it. I don't really care. I know, and those I remember know. That's enough."

Are you interested in visiting the Cenotaph in London for Remembrance Day in 2023?

Sight Scotland Veterans is planning a trip to attend the 2023 Remembrance Sunday memorial service at the London Cenotaph.

- The trip will be from Friday 10th November to Monday 13th November 2023.
- We will attend the Remembrance Sunday service on Sunday 12th November.
- Transport and accommodation would be organised and you would travel in a coach with other veterans from a central pick-up point.

If you would like to register your interest and if you require your carer to attend as well, please tell your Independent Living Worker or a Centre Officer.

Jason Duncan, Veterans Community Lead, will be organising the trip. You can learn more about Jason in this edition of The Bugle, on page 32.

Veterans' stories

World War Two rear gunner recounts bombing missions over Germany

To commemorate this year's Remembrance Day, we have a story from Geoffrey Payne, who served in World War Two.

Geoffrey, 98, says he 'didn't expect to come back' from missions over Nazi Germany.

Geoffrey was enlisted into the Royal Air Force in 1943.

He served as a rear gunner on a Lancaster bomber and flew on 30 operational missions.

Most of the missions were to bomb Nazi targets at night-time, and were without an RAF fighter escort.

Geoffrey said: "I didn't expect to come back any time I went.

"The Germans knew you were coming because of radar activity. They would listen in on how much activity was going on, and they'd know there would be an air raid against them that night."

The flights were long and Geoffrey had to stay alert.

"My first flight was eight and a half hours, to Augsburg in southern Germany," Geoffrey said.

"We went to Poland once, too. Before D-Day, most of the air raids were industrial targets."



"After D-Day, we went on shorter trips to military targets on the Rhine River."

As a rear gunner located behind the tail of the aeroplane, Geoffrey was responsible for spotting and firing at enemy fighter planes.

"You were stuck in your gun turret all the way, during the flight. We would sit and watch out for enemy fighters. Mostly they would attack from behind, but sometimes over the target, they would come in from the side. Your turret could come around 90 degrees to each side, so you could fire at them.

"Most rear gunners had the Perspex screens cut away so you could see better. Otherwise, if you got a bit of oil on the Perspex, you'd think you'd see a fighter."

High above Europe late at night, rear gunner turret would get very cold.

Geoffrey said: "It'd get down to 40 degrees Fahrenheit (4.4 degrees Celsius). It got very cold."

On just his fourth mission, Geoffrey's Lancaster came under heavy fire from a Messerschmitt 110 fighter plane.

Geoffrey saw the Messerschmitt approaching and tried to warn the pilot. However, the radio had frozen and wasn't operational. Geoffrey tried to fire at the Messerschmitt, but his guns had jammed.

The Messerschmitt opened fire and bullets tore through the Lancaster. Geoffrey said he remembered thinking "...so this is how I'm going to die".

"I thought, this is it. There was nothing I could do about it. My guns were jammed, my intercom was US [unserviceable], my oxygen mask was frozen, I couldn't fire at anybody. I knew immediately, we would get shot up."

Geoffrey managed to get out of his turret and into the main body of the plane.

"I walked past where the mid-upper gunner was supposed to be, and the main door was open. He had disappeared... he had gone and parachuted out over Germany.

"I walked up further and found that my main crew was still okay."



Caption: A painting of an air gunner in an RAF Halifax bomber. This was painted by Geoffrey's son Alan Payne and is based on a photograph.

The bullet-stricken bomber limped back to base. Geoffrey's nerves went back on edge after the bomber landed though: he smelt something burning near his ammunition.

Geoffrey said: "I thought there was something in the ammunition panniers right behind me. It turned out there was a German incendiary bullet in with all the ammunition, and it was still burning.

"If that had caught, the whole lot would've gone off. But the ground crew rushed in and put it out."

After the mission, Geoffrey was hospitalised due to frostbite.

Geoffrey said: "I've still got that numbness in my fingers. My hands are always cold."

Once he recovered from frostbite, Geoffrey transferred to Waterbeach 514 squadron based in Cambridge to fully recuperate. He then joined the 514 squadron crew and served with the 514 for his next 26 bombing missions.

Geoffrey stayed with the same flight crew.

"There were seven of us on the bombers: a pilot, a flight engineer, a navigator, a bomber, two gunners, and a wireless operator who was known as the WOP AG, as they could also be an air gunner."

Geoffrey and his flight crew remained firm friends and kept in contact over the decades.

"But, I've never been able to trace my first air gunner, who bailed out. I've never been able to contact him."

Geoffrey continued his service after the war finished. He was trained to drive heavy goods vehicles and was posted to Germany as part of the reparations process. He remembers driving to German military factories and acquiring the technology and blueprints for German weaponry.

On return to civilian life, Geoffrey resumed his job at a sheet metal factory in Birmingham. He then used the skills he had learnt in the RAF to take on a transport role. Geoffrey had a number of driving jobs and was also briefly a coalman in his local town. He later decided it was time for a complete change and gained employment with Carron in Falkirk.

Geoffrey said: "Carron was founded in 1759 and they made cannons for battleships. Then they went on to make cast iron baths. They used to do their own smelting. In the 1960s, the government gave various companies money to expand their works.

"I came up and set up part of a pressed steel bath plant for Carron. I ended up as Production Director for the pressed steel bath plant. And I worked there for the next 23 years until I retired."

Geoffrey was a keen sportsman throughout his life. While serving in Germany after the war, he played football for a British army team.

"We played against the German Frankfurt side, and various German sides. It was friendly, but it was friendly because they kept winning," he laughed.

"There was no real animosity at that time because, I think, everybody was pleased the war had finished."

Geoffrey was also an excellent amateur athlete and won many prizes, competing in Decathlon events around the Midlands area. In later years, his passion was rugby and he played in local leagues right up to the age of 50. He was involved in setting up youth teams in Cumbernauld and helped with coaching, fundraising and administration into his 70's.

In his retirement he enjoyed going on walking holidays with his wife to the North of Scotland. He also did a lot of work for the Airforce Association. These days, Geoffrey lives in Cumbernauld. He receives care from his son and his daughter-in-law, and is visited by his grandchildren.

The former air gunner says he was pleased he got to make a contribution to Britain's war effort.

Geoffrey said: "It had to be done. Germany's ambition was world conquest. That's what Hitler was really looking for.

"I enjoyed the service life. There was a lot of comradeship, which you didn't find on civvy street a lot of the time.

"I'm pleased I did it. It's a once-in-a-lifetime thing that occurs."

This Remembrance Day, Geoffrey said he would be thinking about the sacrifice made by those who went to war.

"It's always been important to me, Remembrance Day. I remembered it as a kid at school and it's carried on all the way through."

Geoffrey recalls seeing war veterans when he was young.

"My biggest impression was when I was child, seeing injured soldiers from the First World War. As a young lad, we'd just moved into a new estate in Birmingham. There was a Scottish soldier with one leg who would come up the road to collect food and money. There was very little help for veterans.

"Terrible things occurred in war time. This business that's happening today, the war in Ukraine, makes me feel sick."

Geoffrey said: "The important thing is thinking about it. And appreciating the sacrifices.

"I think about all the people who never came back."

Baker called up for service at the border of North and South Korea

The sweetness of Christmas cake will likely bring the festive season to mind for many. But for Kirkcaldy veteran David Cruickshank, Christmas cakes remind him of electric ovens in South Korea.

David, who is 86, has diabetes-related sight loss and receives support from Sight Scotland Veterans.

The Army veteran started his National Service in 1954. Rather than doing military exercises in Britain, he was posted to South Korea for his National Service - soon after the Korean War ended with an armistice in July 1953.

David said: "People back home thought the Korean War had ended, and so the British Army was no longer in South Korea. But we were still there, guarding the border between South Korea and North Korea.

"It was a six-week trip to South Korea. We were only 18 years old, you know. We were just young lads, and we didn't have a clue what was going on.

"We had basic training on the boat: firing your rifle at balloons that would float off the end of the boat. You'd get so many points for a yellow one, so many points for a red one. We enjoyed that," he said.

David served as a Lance Corporal with the Queen's Own Cameron Highlanders.



Caption: David Cruickshank (left) as young man in the 1950s. He is pictured with a fellow Scotsman, Corporal Tom Poultry, at the Queen's Own Cameron Highlanders Barracks in South Korea.

David said: "I was put in charge of three RP's (Regimental Police) at a base near the Korean city of Tokchon. The RPs had the same power as the military police.

"What was happening on the DMZ was, they were on one side, and we were on the other, patrolling.

"But you could meet the North Koreans there on a Monday and shake hands. We up there right before Christmas. There were cigarettes exchanges, but their cigarettes were rubbish, like, so I couldn't do anything else but stub it out."

As Christmas approached, a senior officer noticed David's experience in a bakery before his National Service.

David said: "He asked me, 'You were a baker's confectioner, right? You've been seconded to me for the next three weeks. I want you in the bakehouse'.

"He said to me, 'The South Koreans only know to do buns and rolls. We want you to do Christmas cakes, shortbread, and mincemeat pies for all the troops. If you've done time in a small bakehouse, you're going to love this'."

David joined the bakehouse and began with a new type of oven.

"The electric ovens they had were built into the back of lorries. They worked off big batteries and were first class," he said.

"We'd make big slabs of Christmas cake. We'd spend a day making mincemeat pie pastry, and fill them in the next day. We made anything and everything relate to Christmas.

“The winter was one of the hardest things for a baker though, because all your butter and margarine was frozen. You had to whip it up by hand to get it to cream.

“By the time Christmas came, I was a fully-fledged bakers’ confectioner.”

The cold Korean winter didn’t give David too many chills though, as he grew up near Aberdeen.

He said: “I originally came from the North East of Scotland, so I was accustomed to winters. But their winters were a dry cold – it wasn’t damp, like here. They would say, ‘How can you not feel the cold?’ I would say, ‘I was brought up in the cold’.”

David left Korea and completed his National Service in 1956. He returned to Keith near Aberdeen and continued his bakery apprenticeship at Luis McPherson’s bakery.

“The army put in that I was a fully-fledged to be a baker. I said, ‘That’s not bad’.

“Luis also said, “It’s no’ bad. We’ll have to pay you as a baker’.”

David visited South Korea many years later, in 1985.

“There were four busloads of us. We were bused all around Korea and they were desperate to show us how well they were getting on – and they were getting on, definitely. We went to a war museum and saw tanks and all the rest of it.

“They couldn’t do too much for us, during our visit. It didn’t matter where you went,” he said.

Glenrothes veteran stars in new Sight Scotland Veterans TV advert

Sight Scotland Veterans is keen to support more veterans affected by sight loss, and we want to support veterans at an earlier stage in their sight loss journey.

To help us reach more veterans, we recently filmed a TV advert which screened on STV. The advert starred a number of veterans, including Derek Donaldson who lives in Glenrothes.

Derek served in the Army's Black Watch regiment from 1979 to 1989. In the advert, he is seen cooking a stew at Sight Scotland Veterans' Linburn Centre.

Derek, 61, said he enjoyed filming the advert, which was on STV and is now on the Sight Scotland Veterans website.

Derek said: "I never thought I'd be in a TV advert. I had to put make-up on. I've got a bald head, so they put foundation make-up on it to stop it shining."

The Black Watch veteran lost his sight just four years ago, at the age of 58, due to diabetic retinopathy.

Derek said: "I can see nothing at all through my right eye and with my left eye, it's like looking into fog."



Caption: Derek Donaldson is one of the veterans who featured in our new TV advertisement on STV earlier this year. The advert encouraged veterans affected by sight loss to call us on **0800 035 6409** and receive support.

Derek said: "I've been diabetic since I was 40, but just in the last four years it has affected my sight. I was driving a class one truck when it happened. I was working as a driver and all of a sudden, everything went all fuzzy. It was quite a shock."

Derek got in touch with Sight Scotland Veterans.

"The difference has been night and day since I contacted Sight Scotland Veterans. At the moment, my wife and daughter are on holiday for a girl's holiday, and I'm managing myself. I could never have done that before support from Sight Scotland Veterans. When cooking, I couldn't read any labels or anything, and see what's on a packet."

At Sight Scotland Veterans, we are seeking more veterans with sight loss to support.

If you meet someone affected by sight loss and have done any military service, please encourage them to call our Sight Loss Information Line on 0800 035 6409.

You can find the TV advert on the homepage of the Sight Scotland Veterans website.

Visit <https://sightscotland.org.uk/veterans>

Sight Scotland Veterans Update:

The Support Hub services: a freephone sight loss information line, financial information, and information on sports clubs and events in your area

Sight Scotland Veterans has increased its services for veterans like you.

Currently, you can receive support with your sight loss from your Independent Living Worker and Rehabilitation Officers, who visit you at your home. Activity centres in Paisley and West Lothian are also available for veterans with sight loss. In recent years, you've also been able to participate in quizzes and discussion groups over the phone with other veterans. These services will continue to be offered.

In addition to these, we are now offering a new service. The new service is called the Support Hub.

The Support Hub offers information and advice on a range of matters, including personal finance and information on local sports and events that may be in your area.

Many of the veterans that we support told us these things were important to them, and due to that, we created the Support Hub. The Support Hub is available right across Scotland.

The Support Hub offers three new types of support:

1. the Sight Loss Information Line: **0800 035 6409**
2. advice on financial matters and grants
3. information on local sports and social events within your local community.

If you are a family member or a partner of a veteran, you can contact these services too. Friends can also call us for information on your behalf. We are here to help you and those around you.

You can learn more information about these types of support on the following pages.

The new Support Hub service offers you:

1. The Sight Loss Information Line 0800 035 6409

You can now call our Sight Loss Information Line for facts about sight loss conditions, and to get in touch with our Sight Scotland Veterans services. The freephone number is **0800 035 6409**.

The Sight Loss Information Line is manned by Sight Scotland Veteran's experienced team, who have resources and information at their fingertips.

This service works in partnership with your Sight Scotland Veterans' Independent Living Workers and Rehabilitation Officers, who will continue to visit you face-to-face and assist you.

You can call the Sight Loss Information Line about:

1. your sight loss condition
2. ways to mitigate the impact of your sight condition
3. changes you could make in your home
4. new ways Sight Scotland Veterans could help you in your daily life
5. details about other organisations that could help you.
6. more information on the services that Sight Scotland Veterans can provide.

Family members and partners of veterans, as well as carers and friends, are encouraged to call too. Please don't hesitate to get in touch on **0800 035 6409**.

The new Support Hub service offers you:

2. Advice on financial matters and grants that are available to veterans

You can get advice on financial matters through our new Financial Wellbeing Service. This service is led by Sue McKay, our new specialist on financial support. Sue is working to maximise people's financial support and access to information. Sue can provide you with personalised assistance on budgeting, on applying for grants and on ways to receive discounts.

Sue works for Sight Scotland Veterans and any information you provide is private and confidential.

You can speak with Sue about any range of financial issues, and she can look at ways to assist. Sue will be starting drop-in sessions from December in the Hawkhead and Linburn centres, and also in The Hub for veterans that do not access the activity centres.

How to get in touch:

If you would like to speak with Sue McKay, Financial Wellbeing Lead at Sight Scotland Veterans, please call the Sight Loss Information Line **0800 035 6409**.

Our survey: Your experience of rising costs in 2022

You might have noticed a survey was sent with this edition of The Bugle. We would greatly appreciate it if you wouldn't mind completing this survey and posting it to us. Whatever you share in this survey will only be used develop at our Financial Wellbeing service, and by our Policy team to generate statistics. If you use the internet, you can complete the survey online at:
<https://sightscotland.org.uk/wellbeing-survey>

The new Support Hub service offers you:

3. Information on local sports and social events within your local community

Exercise is a great way to keep healthy, as we all know. Of course, it's easier said than done: exercising can be more difficult when you have an eye condition and other health concerns. Being able to participate locally is also crucial – sporting activities need to be easy to get to.

Sight Scotland Veterans has established a new position to help you access more local sports activities and participate in social events.

Jason Duncan is our new Veterans Community Lead. Jason is working beyond our activity centres, in our new 'Centre Without Walls' service. This includes increasing accessible sporting opportunities in your local area and The Hub service which offers phone and virtual groups.

Jason is focused on increasing opportunities for you to take part in sporting and physical activities in your local area. He is building partnerships with sports clubs across Scotland and paving the way.

Jason is a veteran of the British Army and served in the Argyll and Sutherland Highlanders. For the last four years, Jason has worked at Sight Scotland Veteran's Hawkhead Centre as a Centre Officer and has experience in acoustic shooting, archery, bowls and other popular sports. He also worked at the Linburn Centre for a year.

You can speak with Jason about sports you'd like to try, and you can ask him about sports-related social groups and events.

How to contact Jason about sports and events:

Call the Sight Loss Information Line on **0800 035 6409**.

You can also tell your Independent Living Worker or staff at our activity centres that you'd like to speak with Jason.



Are you interested in visiting the Cenotaph in London for Remembrance Sunday in 2023?

We are planning a trip to London in November 2023 so that veterans like you can attend the National Service of Remembrance.

The trip will be from Friday 10th November to Monday 13th November 2023. We will attend the Remembrance Sunday service on Sunday 12th November.

Transport and accommodation would be organised and you would travel in a coach with other veterans from a central pick-up point.

If you would like to register your interest and if you require your carer to attend as well, please tell your Independent Living Worker or a Centre Officer. Jason Duncan, Veterans Community Lead, will be organising the trip.

Tips and Tricks

Easy-to-use radios

We have found three excellent radios that are super easy to use.

These radios have one large power button – and that’s all you have to worry about.

Have a read about each of these and see what you think. These radios can be perfect for people with sight loss due to their simplicity.

If you would like help to purchase one of these, please call us on our new Sight Loss Information Line: **0800 035 6409**.

The three options are:

1. one Button Radio sold by Story and Sons
2. the Relish brand Simple Music Player and Radio from ALZ Products.co.uk
3. stereos with more buttons and settings from the British Wireless for the Blind.

1. One Button Radio sold by Story and Sons

Description: This radio has a simple on/off radio on the top. It has two main control knobs – a volume knob and an AM/FM tuner knob. These knobs can be removed so the settings don't get changed by mistake. The knobs can be put in a compartment in the back of the radio. It can be plugged in or run on batteries.

Price: Normally £60, but currently on sale for £50 from Story and Sons.

How to buy: You can buy from the Story and Sons website. If you would like some help to make the purchase, please contact your Independent Living Worker.

Website:

<https://storyandsons.com/products/one-button-radio>



2. Relish brand Simple Music Player and Radio from ALZ Products.co.uk

Description: This radio has more options. You can set four favourite stations, and you can switch between these by pushing buttons on top. It has a large volume knob and on/off buttons on top. It also has a slot for USB sticks, so you can plug in a USB stick and listen to talking books. It also has a slot for headphones, and can be plugged in or run on batteries.

Price: £114

How to buy: You can call AlzProducts to order this Simple Music Player and Radio, and they will deliver it. AlzProducts can be reached on **024 7642 2224**.

If you would like some help to make the purchase, please contact your Independent Living Worker.

Website address: <https://www.alzproducts.co.uk/relish-simple-music-player-radio-dab>



3. Stereos with more buttons and settings from the British Wireless for the Blind

Description: The British Wireless for the Blind has several options, if you want a stereo with more settings and buttons. Some of these can play CDs, tapes and USB sticks. However, they don't offer the simplicity of the two radios above.

Please contact your Independent Living Worker if you would like to learn more about these stereos.

Website address: <https://blind.org.uk/equipment>

Caption: The radio below is a Concerto 3.



Get involved

You can participate in the government's first UK-wide survey of veterans

The government has launched the first ever UK-wide survey for veterans and their families. By participating, your voice can help the government develop better services for veterans.

The survey is funded and commissioned by the Office of Veterans' Affairs. It is being conducted by the Office for National Statistics.

This survey takes around 30 minutes to complete, and it asks veterans to describe their experiences of being a veteran and of using government services. Responses to the survey will help the UK government better understand the experiences, needs and wellbeing of the veteran community, and to guide future action.

Minister for Veterans' Affairs Johnny Mercer said: "Public services need to reflect the people they serve and so it's really important we hear from veterans on their experiences in accessing support.

"No one knows better what it's like to be a veteran in Britain than ex-military themselves. So I urge all ex-service personnel to take the small amount of time to fill in the first ever Veterans Survey."

The survey can be completed online, or you can request a paper copy of the survey.

- If you wish to complete the survey online, visit:
<https://sightscotland.org.uk/veterans-survey>
- To request a paper copy of the survey in either Large Print or standard print, please call the Office of National Statistics's Survey Enquiry Line: **0800 298 5313**.

The Office of National Statistics will post you a paper copy of the survey, and you can complete it and send it back. Please specify if you would like a Large Print survey, with text that the same size as in this magazine.

**Thank you for reading the latest edition of
The Bugle.**

**We promise to keep your information
safe and will never sell or swap your
details. If you change your mind about
receiving newsletters, please email**

**hello@sightscotlandveterans.org.uk
or call 0131 229 1456**



**Sight Scotland
Veterans**

Tackling vision loss together