

The Bugle

Autumn 2024



**Sight Scotland
Veterans**

Tackling vision loss together

sightscotlandveterans.org.uk

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A Word From Gillian McDonald, Director of Operations

Welcome to the Autumn edition of The Bugle.

After a vibrant Summer, with all of you hosting your very own Olympics, we now focus on Remembrance Day. As Autumn sets in, preparations are underway for events across the country to honour and remember.

During Remembrance Weekend, a group of our veterans will travel to London for the Cenotaph Parade. For them, this occasion is deeply personal—a time to pay tribute to those who sacrificed their lives for our freedoms and to honour loved ones who contributed so much to our peace. For those unable to attend the Cenotaph Parade, there will be other ways to pay their respects on Remembrance Sunday.

We hope you enjoy this edition of The Bugle. If you need any assistance, please reach out to our team at 0800 035 6409.



Gillian McDonald

Director of Operations Sight Scotland Veterans

Sight Scotland Veterans Looking Forward to Cenotaph Parade 2024

This November, 22 of our veterans will journey to London to participate in the Cenotaph Parade, a highlight of the Remembrance Day commemorations. For our veterans, Remembrance Day is a deeply personal and poignant occasion—a time to honour the countless individuals who sacrificed their lives for the freedoms we enjoy today. It's a day to remember lost family members and friends who gave so much, allowing us to live in peace.

The opportunity to march in the Cenotaph Parade in London is one of the proudest moments in their lives, a chance to pay tribute to those who have fallen. This honour, however, would not be possible for many of them without the support of Sight Scotland Veterans.

David Martin, a former Lance Corporal in the Army, reflected on his experience at the 2023 Cenotaph Parade: "This is such a life-changing experience. Think about it—would we ever have been able to go and show our respects to the fallen at the Cenotaph in London if we were not part of this fantastic charity? No. This is a life-changing experience for everyone who is taking part."

John Reilly, Senior Centre Officer at the Hawkhead Centre and a veteran himself, shares similar sentiments: "It is one of the proudest moments of their lives. Many of these veterans wouldn't have had the opportunity to march in the Cenotaph Parade if it

wasn't for Sight Scotland Veterans. It is a very special thing the charity offers them."

The Cenotaph Parade will take place on Sunday, 10 November 2024. There will be Remembrance Day events taking place at both the Linburn Centre and Hawkhead Centre and at Sight Scotland Veteran groups around the country. For more information, please call 0800 035 6409.

Caption: Our proud veterans march through London in the Cenotaph Parade, they are all dressed smartly in their uniforms, with some of them wearing purple Sight Scotland Veterans ties



Caption: James Abercrombie, formerly of the Royal Pioneer Corps, proudly displays his medals as he marches in the Cenotaph Parade.





Caption: Former Army Lance Corporal, Tommy Carruthers, met some old Army pals at the Cenotaph Parade 2023. The trio hadn't seen each other for years and their beaming smiles shows how much it meant to them.

Royal Scots Drum Major Calls Marching in Cenotaph Parade One of Life's Proudest Moments

Andrew Keane, 78, from Livingston, who served over 24 years in the army, shares his gratitude to Sight Scotland Veterans for their support and for giving him the chance to march in the Cenotaph Parade again.

A Soldier's Journey

"I joined the Army in 1962 with the Cameronians (Scottish Rifles). When the regiment was disbanded due to government cuts, I moved over to the Royal Scots, where I served until 1986. In total, I gave over 24 years of my life to the Army, and every moment was filled with pride, especially my time as a Drum Major."

Reflecting on his military career, Andrew shares, "My time in service was quite traumatising. In 1966, I was blown up in Aden when two hand grenades were thrown at our Land Rover. My eyesight has never been quite right since then. I had to wear glasses, and I suffered from blurred vision for years after. It was horrendous, but as soon as I was out of the hospital, I was straight back out again with no counselling. I was also ambushed in Northern Ireland, which was another terrible experience. Again, there was no counselling offered, and now I'm dealing with PTSD. For a long time, I had flashbacks and nightmares, and I still do. It

was only recently, with help from Combat Stress, that I started to see the light at the end of the tunnel.”

Caption: A black and white photo of Drum Major Andrew Keane marching with the Royal Scots. Andrew is smartly dressed in his uniform alongside his comrades.



Sultan of Oman’s Military Guard

Following his military service, Andrew Keane embarked on an unexpected and rewarding journey, where his expertise led him to a significant role overseas.

“After leaving the Army, I went on to teach military skills to the Sultan of Oman’s Royal Guard. It was supposed to be a short post, but I ended up staying for 12 years. The people were lovely, and it was an honour to serve them.

A New Beginning with Sight Scotland Veterans

"I was referred to Sight Scotland Veterans by Combat Stress, and it has been quite literally life changing for me.

"I go to the Linburn Centre every Tuesday, and I absolutely love it. I've tried all the activities—archery, shooting, and the gym. The gentle exercise really helps with my back. I've made so many good friends, and the atmosphere is always so positive. It just makes you feel good every time you come along. I really look forward to it every week."

Andrew continues, "Sight Scotland Veterans is a fantastic charity. It gets veterans like me, who need a bit of help, out of the house, keeps us active both physically and mentally, and helps us form strong friendships. It's been so good for my mental health, and I can't thank them enough."

Caption: Andrew Keane stands alongside the Poppy Wall at the Linburn Centre. Andrew is wearing a grey t-shirt and a name badge and there is a Lest We Forget sign in the background.



Andrew recently had surgery to remove cataracts from both his eyes: “I suffered from cataracts and had my first surgery in 2022, followed by the second one last year. The difference it made to my life was like night and day. My eyesight still isn’t perfect, but it’s so much better than before. It’s amazing what a change it’s made.”

Looking Ahead to the Cenotaph Parade

“I’ve been to the Cenotaph twice before with the Royal Scots and my late wife,” he recalls. “This year, I’m very much looking forward to it—it will be one of the proudest moments of my life. I’ve recently taken up the post as Chairperson of the Sight Scotland Veterans Forum for the Linburn Centre, and it will be an immensely proud moment marching alongside my comrades from Sight Scotland Veterans.”

He adds, “I’m so proud to march alongside my friends and the staff members. I was a very proud soldier and a very proud Drum Major. Now, I’m very proud to represent Sight Scotland Veterans.”

Caption: Andrew Keane, dressed in military-style uniform holding a large ceremonial baton, marching with the Royal Scots.



Sight Scotland Veterans Olympics

Sight Scotland Veterans has been hosting its very own Veterans Olympics.

Earlier this year, veterans from both the Hawkhead Centre in Paisley, and the Linburn Centre in West Lothian, as well as veterans from across the country, have been competing in a series of inclusive and inspiring events, vying for gold, silver and bronze medals in a variety of different sports and activities.

The Sight Scotland Veterans Olympics was designed not only to foster a spirit of healthy competition but also to celebrate sportsmanship, camaraderie and community. Competitors showcased their skills in a wide array of sports, including archery, acoustic shooting, bowling, boccia, curling and axe throwing. In addition to the physical challenges, participants also took part in pool, dominoes, virtual reality games and Olympic-themed quizzes, ensuring that everyone got the chance to take part.

Eileen Peat, Activity Worker at the Linburn Centre in West Lothian, who was responsible for much of the organising of the events and medal ceremonies, comments: "The Sight Scotland Veterans Olympics has been an incredible success, bringing joy and excitement to our veterans."

Lorraine Bruce, Acting Deputy Manager at the Hawkhead Centre, adds: "The highlight for many was receiving their medals, which added a thrilling competitive edge to the event. It was truly heartwarming to see the enthusiasm and determination in each

participant, and the camaraderie that developed as veterans engaged with different groups and made new friends. Many of our veterans have discovered new hobbies and interests because of their participation, which is a wonderful outcome. While it's a shame we must wait another four years to do it all again, the impact of this event will be felt for a long time. Congratulations to all the medal winners, but in reality, every veteran who took part was a winner, having enjoyed such a memorable and rewarding experience."

Caption: The winning veterans in the Curling competition collect their gold, silver and bronze medals at the Linburn Centre. The winners are standing on top of a three-tiered rostrum which was made in the woodwork room at the centre.



Caption: Some of our veterans compete in Boccia during the Sight Scotland Veterans' Olympics. In the picture the veterans are throwing blue and red balls to try and get as close to the white jack as they can.





Caption: Staff at the Hawkhead Centre are dressed up for the Olympics. It is a funny photo with some of them wearing headbands, some are holding tennis rackets and one of them has boxing gloves on.

Caption: Andy Pollock holds aloft a pretend Olympic Torch. Andy is smartly dressed in a suit and a Sight Scotland Veterans' tie.





Caption: Jo Long, from Inverness, competing in the archery in the Sight Scotland Veterans' Olympics. Jo, who is in a wheelchair, is firing a bow at a yellow, red, blue and black target.



Caption: John Mitchell is standing holding his target sheet and rifle after competing in the acoustic shooting in the Sight Scotland Veterans' Olympics. John is wearing a white t-shirt and blue trousers and is smiling at the camera.

Sight Scotland Veterans' Centres

Compete for the Cup

Veterans from Sight Scotland's Hawkhead Centre in Paisley, and Linburn Centre in West Lothian, recently gathered for an exciting day of competition as they took to the bowling green to compete for the Centre's Cup.

Held at Hawkhead Bowling Club, the event marked the first time since 2018, prior to the COVID pandemic, that the Centre's Cup has returned. Eight veterans from each centre came together to participate in the big match, with both teams eager to showcase their skills and enjoy the friendly rivalry.

After a series of closely fought ends, Hawkhead emerged victorious, winning the match 3-1.



Caption: A veteran bowls during the Centre's Cup at Hawkhead Bowling Club. Staff and veterans are watching on in the background.



Caption: A group photo of veterans and staff from the Linburn and Hawkhead Centre standing on the bowling green at Hawkhead Bowling Club.

Climbing His Way Back to Health After Vision Impairment and Cancer Diagnosis

David Coe, a 66-year-old RAF veteran from Banchory, faced a life-altering challenge when he was diagnosed with retinitis pigmentosa (RP) in his 50s. RP is a group of rare, genetic eye diseases that cause progressive vision loss due to the deterioration of the retina. Although David had lived with the condition unknowingly for most of his life, it wasn't until 2021 that the disease's impact became devastatingly clear. This period was compounded by a diagnosis of prostate cancer.

Caption: David Coe and his friend are riding a tandem bike along a road with bushes and trees in the background. David is wearing a brightly coloured helmet and a high-vis jacket.



He explains: “When I was diagnosed with RP in 2008, it was a shock, but I managed. I was still passing my annual vision tests and kept my driving license, so life didn’t change too much. But in November 2021, everything came crashing down. My vision suddenly deteriorated, and I lost my driving license. With that, I lost a huge part of my independence. Just days later, I was diagnosed with prostate cancer. It was a tough time—my wife, who was a huge support to me, was working five days a week and I was alone in the house, not knowing what to do and struggling to see a future for myself. My physical and emotional health took a real hit.

“My journey back to life started with a simple question at an eye clinic: ‘Are you a veteran?’ That one question connected me with Sight Scotland Veterans, and that connection changed everything. They gave me the spark and support I needed to start rebuilding my life.

“After my cancer treatment, I knew I had to regain my strength and confidence. I started tandem cycling with a friend. I hadn’t been on a bike since I was a child, but those weekly 20 to 25km rides brought me immense joy. It was a great way to get physically active again, and it did wonders for my mental health.

Climbing his way back

“A huge turning point for me came when Judith Crawford from Sight Scotland Veterans introduced me to Garry Cowan. Garry and I have a lot in common—both of us are ex-RAF and Mountain Rescue, and both of us have had to deal with losing our sight. Garry lost his sight in 2015 after contracting chickenpox, but that didn’t stop him. He’s an experienced climber who coaches internationally with Scottish Para Climbing and Para GB Climbing, so when I met him, I knew I was in good hands.

“I hadn’t climbed in over 30 years, but as soon as we started our first session at Transition in Aberdeen, it all came flooding back. The muscle memory from my RAF and Mountain Rescue days was still there. Garry was incredible—he pushed me just the right amount, encouraging me to step out of my comfort zone without making me feel overwhelmed. I’m improving all the time, and every session gives me more confidence. Climbing again has been transformative for me—not just physically, but mentally as well. It’s reignited a passion that I thought was lost forever.

“I had stopped climbing years ago, mostly because life got in the way. Raising young children and all the responsibilities that come with it meant that climbing took a back seat, and I never really got back into it. But now, with Garry’s support, I’m absolutely loving it again. It’s not just about the climbing itself; it’s also about the fitness and the movement. I feel stronger, more agile, and more in tune with my body than I have in years. Climbing has given me a new lease on life, and I’m so grateful for that.”

Sight Scotland Veterans

“Connecting with Sight Scotland Veterans has been nothing short of life changing. They stepped in at a time when I felt utterly beaten down by everything that had happened—the loss of my sight, the cancer diagnosis, and the isolation that followed. I was in a dark place, and they provided the spark I needed to start living again.

“The support they have given me has been incredible. They didn’t just offer help—they actively reached out to me, letting me know about local activities, checking in on how I was doing, and making sure I knew I wasn’t alone. That kind of support is priceless. Just knowing there are people out there who genuinely want to help makes a huge difference. It gave me the push I needed to get back on my feet and start engaging with life again.



Caption: David Coe is climbing a red climbing wall in Aberdeen as Gary Cowan stands at the bottom of the climbing wall. David is wearing a red and black checked shirt and Gary has dark glasses on.

David adds: "Judith from the Sports and Partnership team has been particularly amazing. She keeps me informed about all sorts of activities I might enjoy, and thanks to her, there's hardly a week that goes by where I'm not out trying new things and meeting new people. Without the help of Sight Scotland Veterans, I honestly don't know what I'd be doing right now. They've shown me that I can still live a full and active life, despite the challenges. My confidence has skyrocketed, and I'm so busy now that I don't even have time to feel lonely. It's been an incredible turnaround, and I owe so much of it to them."

Caption: Judith Crawford from the Sports and Partnerships team is sitting in a boat on the water on a cold, rainy day. She is wearing a navy-blue jacket and a scarf and she is smiling at the camera.



Be My AI

I'm Amy, an Assistive Technology (AT) intern at Sight Scotland Veterans. I use assistive technology both at work and at home to enable me to do things independently as I have a visual impairment.

I use various apps daily and teach clients how to use them effectively. Apps are software programs you can download onto smartphones or tablets, with both free and paid options available. One of my go-to apps is Be My Eyes, which is free on both iOS and Android. A standout feature of this app is Be My AI.

What is it?

Be My Eyes primarily connects sighted volunteers with individuals who have visual impairments, providing assistance when you need help locating something.

The app uses your smartphone's camera to allow sighted volunteers to see what you're viewing and help. Be My AI is a new feature of the app and one that has taken the VI community by storm! People are coming up with all sorts of great ways to use it.

How can it help you?

Personally, I have used this feature to help me in numerous ways from choosing a new phone case, choosing a Christmas present for a relative, to finding out where a certain key is located on my laptop.

1. The app is easy to use, for instance, if you want to get a sense of what a room looks like, follow these steps:
2. Open the app and tap the Be My AI tab.
3. The app will switch to camera mode. Position your phone where you think it best captures the scene.

Tap or double-tap the "Take Picture" button to capture the image.

Once the picture is taken, the app will process it. If you have a screen reader enabled on your phone, it will audibly describe the image to you.

If you need more details, you can ask follow-up questions. For example, if you hear there's a chair in the middle of the room and want additional information about it, tap the "Ask More" button. This will open a text field similar to a text message.

You can type your question using the onscreen keyboard or use dictation. After entering your query, tap the "Send" button, and the app will provide a more detailed description of the chair. Make sure a screen reader like VoiceOver on iOS or TalkBack on Android is running to hear the descriptions read aloud.

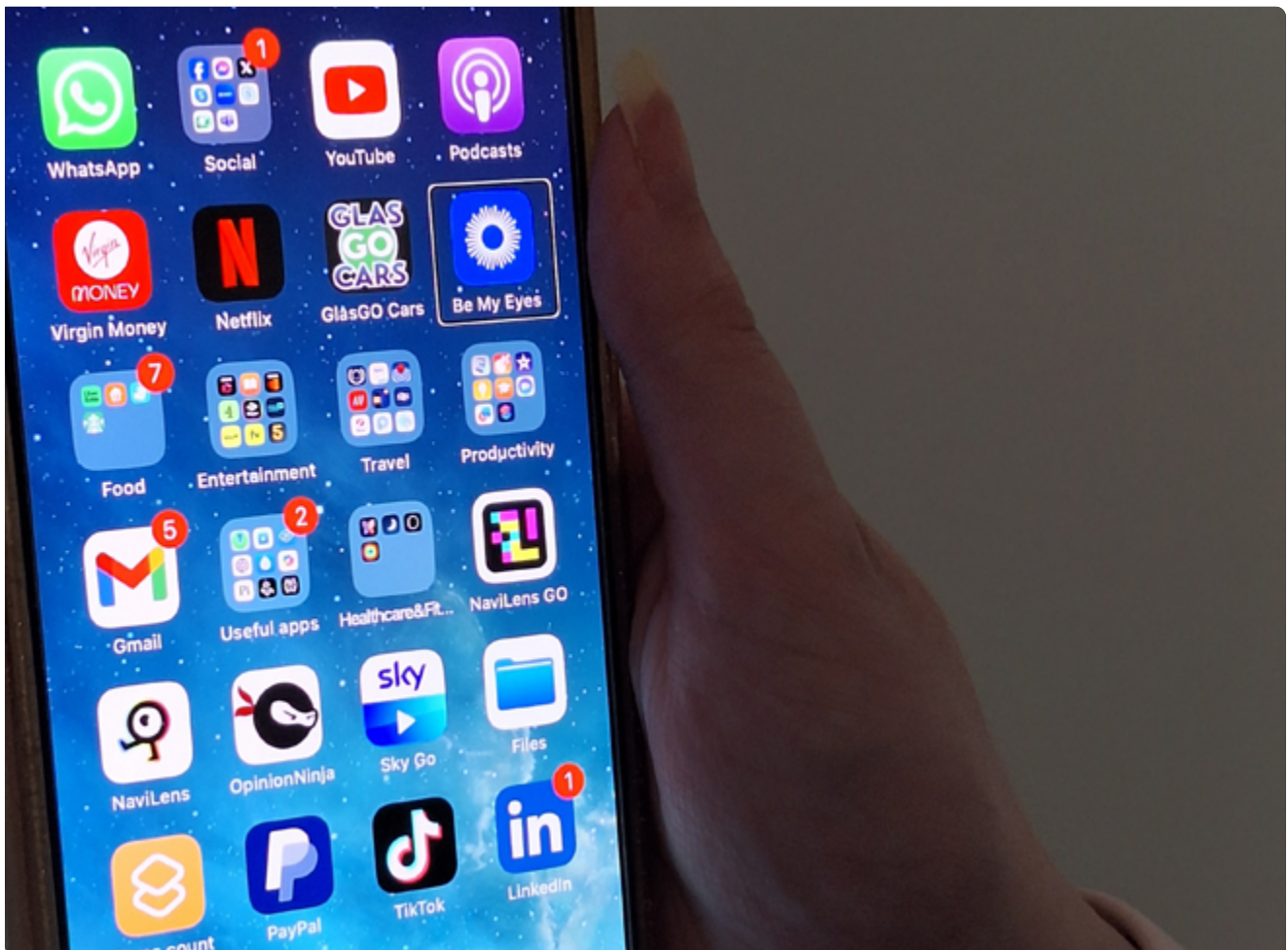


Caption: A picture of Amy at the Hawkhead Centre. Amy is smiling at the camera and is wearing glasses and a stripey shirt. She is sitting on a turquoise seat.

Be My Eyes on Windows

The app is now available for Windows, bringing AI capabilities to your computer. It can describe your screen, read clipboard contents, describe images, and even take pictures with your computer's built-in camera (if available). Convenient keyboard shortcuts make it easy to use these features.

If you're interested in learning more about using this app, please contact your Independent Living Worker or Rehab Officer, who can refer you to me, Amy McAinsh, in the AT team.



Caption: This close-up image features a smartphone screen displaying various apps. The Be My Eyes app is highlighted.

Gardening for Wellbeing at Veterans Sight Support Group

The Gardening for Wellbeing sessions at the Veterans Sight Support Group in Hamilton is dedicated to highlighting the numerous benefits that gardening can bring to both physical and mental health. This engaging initiative blends conversation, shared experiences, and hands-on demonstrations to offer veterans a deeper appreciation of gardening.

Over the past 18 months, the group has focused on reducing social isolation by fostering a sense of community among veterans with sight loss. Participants explore various plants, discussing their shapes, colours, textures and scents. They also learn about different tools and techniques designed to make gardening more accessible for those with visual impairments. This approach not only enhances their gardening skills but also promotes independence.

Veterans attending commented: “This has really inspired me—I am going to plant some seeds in the spring.” Another added, “Very interesting—I’ve learned a lot.”

Veteran's Greenhouse Gets a Personal Touch

Hamilton VSSG member Daniel Craig, an avid gardener who frequently uses his greenhouse, recently needed new panes of glass so he visited Glass Age Ltd in Uddingston with his niece. During the visit, a keen-eyed staff member spotted Daniel's veterans badge and inquired about his service. Upon learning that Daniel had served with the Cameronians (Scottish Rifles), the staff member revealed a personal connection: a family member had also served in the same regiment.

After taking the necessary measurements for the replacement panes, the staff not only delivered and installed them but also surprised Daniel with a special gesture. They presented him with a pane of glass emblazoned with the Cameronians (Scottish Rifles) badge. Daniel was overjoyed by this thoughtful tribute, and as the accompanying photo shows, he takes great pride in his new, personalised pane.

Caption: Daniel Craig proudly sits in his greenhouse which displays his personalised pane of glass with the Cameronians (Scottish Rifles) badge emblazoned on it. Daniel is wearing a blue jacket and has a huge smile on his face.





Caption: Four of our veterans sit around a table enjoying the Gardening for Wellbeing sessions. A lady dressed in a red sweater is standing up in front of some plants talking to the veterans.

Winter Grant - Back for 2025

Our Financial Wellbeing Service is providing tailored, targeted support where it is most needed. Given challenges with the cost of fuel, we are offering a grant of £150 this winter. This will be paid in January 2025 to assist with the cost of heating.

Are you eligible?

You could be eligible if you fit either of the following criteria. Firstly, if you spend more than a quarter of your income on utilities (power, gas). Or, secondly, if you receive a benefit. More details are below:

Receiving a benefit

You may be eligible if you are in receipt of at least one of the following benefits:

- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support
- Pension Credit
- Housing Benefit
- Council Tax Support
- Universal Credit

Spending one-quarter of your income on bills

If you are spending more than one-quarter of your income on utility bills, you may be eligible for this grant. This situation is given the term of “fuel poverty”. Please get in touch if this sounds like you.

Supported by Sight Scotland Veterans since before September 2024

Finally, this grant is for anyone who had already joined our organisation, Sight Scotland Veterans, before 1 September 2024.

How to apply for the £150 Winter Grant

You can apply for the grant between now and 31 December 2024.

There are two ways you can apply for the grant:

1. Call us on 0800 035 6409. Our Sight Loss Information Line team will ask you for details and complete the Winter Grant application form with you over the phone.
2. Speak with a member of staff in person, and they can complete the Winter Grant form with you. This could be an Independent Living Worker visiting you, or staff at the Hawkhead Centre or the Linburn Centre.

You can contact us

Our Financial Wellbeing Team are only too happy to answer any queries you have about the grant, so feel free to call 0800 035 6409 to book a time to speak with our team.

Challenging Attendance Allowance Decisions

“Recently, two veterans I work with had their applications for Attendance Allowance (AA) declined, despite both experiencing severe sight loss. They shared with me that they received phone calls from the Department for Work and Pensions (DWP) asking whether they received personal care. During these calls, they were informed that their applications would be declined. This development has raised concerns about a possible shift in the decision-making process.

“What is important to know, however, is that challenging a decision to decline AA is often simpler than many might think. Initially, both veterans were hesitant to challenge the decision. But when I spoke with one of the veterans, I sought advice from Lucy, a Financial Wellbeing (FWB) Worker. Lucy suggested a mandatory reconsideration (MR), a process where the DWP is asked to review the application again. The reassuring part is that this process can be initiated by the FWB worker without the applicant needing to be involved.

“When I explained this to our veteran—assuring her that no additional information, forms, or tribunal hearings were required—apart from a signature—she agreed to let Lucy proceed with the MR. The outcome was positive: after the reconsideration, she was awarded the Attendance Allowance she needed. This experience highlights not only the challenges in the application process but

also, the importance of persistence and support in ensuring that those with sight loss receive the benefits they deserve.”

Anne Garry, Independent Living Worker, Sight Scotland Veterans

Caption: Anne Garry, who is wearing a yellow cardigan and glasses, stands smiling in front of a Sight Scotland Veterans banner.



Working to Make Scotland a Fairer Society

Sight Scotland Veterans' Policy Team work to make Scotland a fairer society for people with sight loss by campaigning for positive change.

Enhancing Accessibility: Venues and Visual Impairment

Many venues in Scotland are not accessible for people with visual impairment. The journey people experience interacting with venues, from the process of booking accessible seating to attending a venue, seeking out toilets and facilities, purchasing a refreshment and travelling around a venue, needs to meet the requirements of people with visual impairment and other disabilities.

Inaccessible venues are preventing those with sight loss from being able to attend arts and cultural events. This can lead to feelings of isolation, loneliness and exclusion – all of which blind and partially sighted people are more likely to experience.

Accessible Venues Report

Our report has been co-produced with our Policy Group, made up of people with lived experience of visual impairment, and venues from across Scotland. It shines a light on positive examples of the work already in place to support customers with visual impairment and highlights recommendations to make event spaces more

accessible to best meet the needs of blind and partially sighted people. We hope that our report will inspire other venues to therefore follow suit.

We're campaigning for sector-wide changes too. These include:

1. A standardised booking system for accessible seats at venues in Scotland
2. Mandatory accessibility standards and requirements that venues in Scotland must meet
3. Making audio description and touch tours a standard practice for all performances
4. Visual impairment awareness and sighted guide training for all staff members who work in venues in Scotland

Got a campaign idea?

Feel free to contact us at policy@sightscotland.org.uk with any ideas or thoughts about campaigns that matter to you.

Caption: Staff members from Zoo Venues in Edinburgh, stand alongside Callum Lancashire from the Sight Loss Councils and members of the Policy Group, outside an old church which is being used as a venue for the Edinburgh Fringe.



The Gardeners Cottage at Linburn

This accessible three-bedroom cottage, located within walking distance of the Linburn Centre just outside Edinburgh, comfortably sleeps up to five people. We offer Sight Scotland Veterans the opportunity to reserve a stay when attending the centre or accessing services in the area.

This may appeal to those of you living outside the centre's catchment area who would like to participate in activities offered at Linburn, such as woodwork, accessible technology, bowls, archery and acoustic shooting. It also provides an opportunity to connect with the Independent Living and Rehabilitation teams to develop skills for independence.

Although bookings are for a minimum of one week, veterans interested in attending the centre can choose to participate for the number of days that best suit their schedule.

The costs for this have not been reviewed in several years. To continue offering this valuable resource to veterans at a subsidised rate, we decided to conduct a review of these costs. This review involved discussions with all three of our Veterans Forums. From September 2024, as a guide, we will be offering bookings at the following rates:

Booking Type	Cost
Veterans booking to access Sight Scotland Veterans Services & Support	£200 per week (maximum of two veterans) For group bookings each additional veteran would be a cost of £100 per head)
Individual Veterans booking to attend external Support Opportunities or for Leisure. (Travelling by yourself or with partner/carer)	£400 per week
Veterans visiting Lothian locality with family OR Family members of Sight Scotland Veteran booking a stay to visit their relative who resides within the Lothian locality	£800 per week

If you are a veteran interested in attending the centre as part of your booking, please call the 0800 035 6409 and ask for your Independent Living Worker to support your referral. If you are a veteran whose family is interested in booking, we will request confirmation of your relationship to the interested family member.

If you are interested in attending the centre during your stay, please allow a minimum of six weeks from booking. This is to allow your Independent Living Worker to carry out any necessary assessment.

While we appreciate that this increase may be unexpected, we hope that you will understand the need to ensure that all costs of running this resource are reviewed regularly with appropriate adjustments to ensure all costs are covered. These rates will not generate profit but assist to subsidize use of services for veterans and cover the running and cleaning costs of the property.

Caption: The Gardeners Cottage at the Linburn Centre. The image shows a single-story, grey-coloured house with a sloping roof. The house features a large front window, a smaller window to the right, and a central entrance door.





Caption: A cozy dining room at the Gardeners Cottage, featuring a table adorned with fresh flowers. A window in the background offers a picturesque view of the garden.

Veterans Sight Support Groups

You are invited to attend our Veteran Sight Support Groups! These groups are run by Sight Scotland Veterans and bring together veterans of the Armed Forces, such as yourself, who are experiencing sight loss. You can call our Sight Loss Information Line on 0800 035 6409 to find out more.

Dates for October, November, December 2024:

Largs Probus Group: Wednesday, October 2

Cunningham Blind Club: Monday, October 7,

NE Fife VSSG: Tuesday, October 8, 13:30 - 15:30

Hawick VSSG: Wednesday, October 9

West UF Networking Meeting: Thursday, October 10

Hamilton VSSG: Thursday, October 10 11:00 - 12:30

Dundee VSSG: Tuesday, October 15, 13:30 - 15:30

Seamill VSSG: Tuesday, October 15, 11:00 - 12:30

Inverness VSSG: Monday, October 21, 11:15 - 13:15

Banff VSSG: Tuesday, October 22 10:30 - 12:00

Perth VSSG Tuesday, October 22 10:00 - 12:00

Elgin VSSG: Monday, October 28

Dumfries VSSG: Wednesday, October 30, 11:00 - 13:00

Angus VSSG: Wednesday, October 30, 13:30 - 15:30

Kilmarnock VSSG: Thursday, October 31, 13:30 - 15:00

NE Fife VSSG: Tuesday, November 5, 13:30 - 15:30

Kirkcaldy VSSG: Wednesday, November 6, 11:00 - 12:30

Dundee VSSG: Tuesday, November 12, 13:30 - 15:30

Hamilton VSSG: Thursday, November 14, 11:00 - 12:30

Scottish Optical Conference: Sunday, November 17, Radisson Blue Glasgow, 07:30 - 18:00

Inverness VSSG: Monday, November 18, 11:15 - 13:15

Perth VSSG: Tuesday, November 19, 10:00 - 12:00

Inverurie VSSG: Thursday, November 21, Acorn Centre

Elgin VSSG: Monday, November 25

Seamill VSSG: Tuesday, November 26, 11:00 - 12:30

Angus VSSG: Wednesday, November 27

Kilmarnock VSSG: Thursday, November 28, 13:30 - 15:00

NE Fife VSSG: Tuesday, December 3, 13:30 - 15:30

Dundee VSSG: Tuesday, December 10, 13:30 - 15:30

Dumfries VSSG: Wednesday, December 11, 11:00 - 13:00

Hamilton VSSG: Thursday, December 12, 11:00 - 12:30

Kirkcaldy VSSG: Wednesday, December 18, 11:00 - 12:30

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**Sight Scotland
Veterans**

Tackling vision loss together