

The Bugle

Autumn 2025



**Sight Scotland
Veterans**

Tackling vision loss together

sightscotlandveterans.org.uk

Welcome to the autumn edition of The Bugle

As autumn settles in and the leaves change, we have plenty to share in this edition! Remembrance Day is just around the corner, with events taking place across the country and at both our centres. A group of veterans will also be heading to London to take part in the Cenotaph Parade.

It's been a busy summer, highlighted by our first Centre Without Walls event in Montrose, which helped us reach more veterans across Scotland. We've also launched our new digital hub music sessions, and some of our veterans enjoyed the exhilarating Need for Speed driving experience – what a thrill!

This edition also shines a spotlight on our dedicated Rehabilitation and Mobility team, whose work across the country continues to make a real difference in veterans' lives.

Finally, a very happy 100th birthday to our inspiring Linburn veteran, Hector!

We hope you enjoy this edition of The Bugle. And remember, if you need any assistance, our helpline is always available on 0800 035 6409.



Warm wishes
Gillian McDonald
End of article

The need for speed as our veterans take on the thrill of a lifetime

Three of our veterans recently embraced an unforgettable challenge at Driftland in Fife, experiencing the exhilaration of high-speed driving with Speed of Sight.

The event offered more than just motorsport. It was about rediscovering freedom, confidence and the showing what is possible. The smiles said it all as each veteran took to the track.

Gary Cowan, a veteran who is also a Sight Scotland Veterans volunteer, who lost his sight due to chicken pox in 2015, shared:

“It was absolutely fantastic. It has given me the chance to drive again, something I haven’t done for so long, and something I honestly didn’t think I would ever do again. I’m on cloud nine – you won’t get this smile off my face. Just to be in the car, listening to the instructions through the headset and then trying to memorise the track, the whole thing was incredible.”

Veteran Gordon Campbell, who only recently lost his sight, added:

“It was absolutely amazing. It was just so exciting – great instruction, and I’ve been smiling all day. I only recently lost my sight, and it has been great to be supported by Sight Scotland Veterans, they have done so much for me. It gave me the opportunity to do something I never thought I would be able to

do again, so it was just brilliant – thanks so much to everyone who organised the day. I loved it.”

These experiences are made possible by Speed of Sight, a remarkable charity dedicated to creating life-changing driving opportunities for children and adults with disabilities. With thanks also to event sponsors Simple Life Homes and Sigma Capital Group.

End of article

Caption: Gary is sitting in a red car getting ready to take the wheel during the recent driving challenge at Driftland in Fife



Caption: Gordon sits in the car smiling at the camera during the recent driving challenge.



Get involved

Are you interested in getting involved in sports and activities in your area? Please call 0800 035 6409.

Happy 100th birthday, Hector!

Everyone at Sight Scotland Veterans would like to send our warmest congratulations to Navy veteran Hector McDonald, who recently celebrated his 100th birthday.

Hector's family organised a wonderful party at Howden Park Centre in Livingston, where he was joined by friends and loved ones, Depute Provost Peter Heggie, and the Lord-Lieutenant of West Lothian, Moira Niven. Former Rangers captain Barry Ferguson also came along to present Hector with a signed strip, making the day extra special.

The Linburn Centre also threw Hector a party, where members of his family joined veterans and staff for a celebration filled with music and laughter – and a piper even played Happy Birthday for him.

Caption: Hector stands beside his great grandson and Barry Ferguson who is presenting him with a Rangers jersey.



Originally from Govan, Hector served in the Royal Navy on HMS Implacable, a ship built in his hometown, before working in the railways, shipyards, and later at the BMC in Bathgate. He has lived in West Lothian for many years and is now based in Howden, Livingston.

For the past 20 years, Hector has been a regular at our Linburn Centre in Wilkieston, where he has enjoyed friendship, support, and camaraderie among fellow veterans. Earlier this year, he travelled with us to London for the VE Day celebrations at Horse Guards Parade, as a guest of the BBC.

Hector is an inspiration to us all, and we are delighted to celebrate this very special occasion with him.

Happy Birthday, Hector!

End of article

Caption: Hector sits with a 100th birthday banner on drinking a whisky during his recent birthday party.



Learn more

To learn more about our support for veterans with visual impairment, visit sightscotland.org.uk/veterans

Remembrance 2025

Remembrance Day, taking place on Sunday 9th November 2025, is a time to honour the courage and sacrifice of those who gave their lives in conflict. For veterans, it is a chance to remember fallen comrades and ensure that their sacrifices are never forgotten.

Our Veterans at the Cenotaph

This November, a group of Sight Scotland Veterans will travel to London to take part in the Remembrance Day Cenotaph Parade. For those attending, it is one of the proudest and most meaningful moments of their lives. Standing shoulder to shoulder with fellow veterans from across the country, our group will honour the memory of fallen comrades and reflect on their own service.



Caption: A group picture taken on Horse Guards Parade of all our veterans dressed smartly after the 2024 Cenotaph Parade.

Join us for Remembrance Sunday in Edinburgh

This Remembrance Sunday, members of our Independent Living Team are inviting veterans to join them in attending the Remembrance Service at Edinburgh City Chambers on Sunday 9th November at 11.00am. This is a standing, outdoor event, and we warmly invite our veterans to join us as we come together to pay our respects.

We will gather at the front of Edinburgh High Court, Parliament House, EH1 1RQ, at 10.00am before making our way to the service. If you are able to travel independently, or with the support of a friend or family member, you are most welcome to join us. After the service, we will be heading for tea and coffee to share stories and reflections.

If you would like to attend, please contact our Sight Loss Information Line on 0800 035 6409 to register your interest and let us know if anyone will be accompanying you.

Remembering around the country

This Remembrance, our Independent Living Workers will be helping veterans mark the occasion at events across the country. From local services to national commemorations, we will be standing alongside those who served, honouring their courage and sacrifice. We will also be sharing moments and reflections on social media – so you can join us in remembering, wherever you are. Follow us on Facebook at facebook.com/SightScotlandVeterans.

Remembrance at Hawkhead Centre

The Hawkhead Centre in Paisley will be holding small services throughout the week with its main Remembrance Service on Tuesday 11th November 2025. Members will come together and join in paying tribute to those who gave their lives in service.



Caption: A wreath of red poppies is propped up against the Remembrance memorial at the Hawkhead Centre.

Remembrance at Linburn Centre

This November, the Linburn Centre in West Lothian will be marking Remembrance with a series of daily services. From Wednesday 5th to Tuesday 11th November 2025, members are invited to come together each weekday to reflect, remember, and honour all who have served.

End of article



Caption: A veteran lays a wreath at the Remembrance memorial at the Linburn Centre.

Join us

For more information, please contact our Information Line on 0800 035 6409.

Life-Changing support from our rehab team

At Sight Scotland Veterans, we understand that adjusting to sight loss can feel overwhelming. That is why our dedicated Rehabilitation and Mobility Team is here to help.

Sight Scotland Veterans helps former servicemen and women build confidence, strengthen skills, and stay safe and independent in daily life. Support goes beyond the practical, offering emotional guidance and clear information about sight loss, while working closely with veterans, families, and carers.

Rehabilitation focuses on everyday tasks such as walking to the shops, reading mail, preparing meals, or continuing much loved hobbies. Specialist sight loss assessments take place at home or in activity hubs, helping veterans identify needs and set personal goals that promote independent living.

Tailored equipment and training are available, from handheld magnifiers to electronic readers and text to speech devices. Lighting assessments and colour contrast advice ensure veterans make the best use of remaining vision.

Independence in the kitchen is supported through training and accessible tools such as talking scales and tactile markings for appliances. Mobility needs are also assessed, with training in cane

use including symbol, guide, long cane and support sticks, as well as sighted guide training for families, carers, and staff.

End of article

Caption: Our Rehabilitation officer Fiona helps a veteran in the kitchen.



Caption: A member of our rehab team helps a veteran with her long cane skills in a garden.



Call today

If you feel you would benefit from further information or support from our Rehabilitation and Mobility Team, please contact our information line 0800 035 6409.

Allan's new vision for life with Sight Scotland Veterans

At just 21, Army veteran Allan Mustard was medically discharged after being diagnosed with type 1 diabetes. Now 38, Allan has since faced the devastating news that he is living with diabetic neuropathy, a life-limiting condition. During this tough time, Allan found strength and hope with Sight Scotland Veterans, who helped him embrace a new vision for life.

He explains: "I joined the army in 2004 and was diagnosed with type 1 diabetes while serving in Iraq during TELIC 7. One day, I came in from patrol, slept through a debrief, and was taken to hospital where I was told I had type 1 diabetes. I was medevaced to Scotland for treatment before returning to Germany and later reassigned to a recruiting team back home. When my vision declined, I was forced to give that up too.

"It was incredibly difficult. I didn't want to leave the Army, and I certainly didn't want to give up my role in recruitment, but the decision was out of my hands. Receiving a life-limiting diagnosis was even harder, especially with a wife and young family. My confidence was shattered. I thought, I can't drive, I won't be able to do anything, I'll just be stuck at home. But Sight Scotland Veterans changed that – not just for me, but for my wife and son as well. They have provided incredible support, visited my sons school, and helped us embrace the mindset that life is for living."

Caption: Allan is looking at the camera dressed smartly on his way to the Cenotaph Parade in London.



Allan credits Sight Scotland Veterans with helping him realise that no matter the setbacks, it's still possible to get out and do the things you enjoy. He's now a regular at the Linburn Centre in West Lothian, proudly represents Scotland in blind golf, and recently fulfilled a lifelong dream by attending the Cenotaph Parade in London - an experience he describes as one of the proudest days of his life.

"I can't thank them enough. They've not only helped me but also my family, and now I want to give back. I want to get the word out that this incredible organisation is here for all veterans with visual impairment, no matter your age, sight condition, or where you live. There is so much support available, and I want others to know they don't have to face it alone."

Finding strength through sport

“At first, I was reluctant to go to the Linburn Centre. I pictured it as a place where people just sat around feeling sorry for themselves – but I couldn’t have been more wrong. There’s always something happening, whether its archery, shooting, bowling, woodwork, art. It feels like a big family where everyone supports each other.

“The sports and partnerships team have been amazing. They don’t just tell you what’s available, they give you confidence to try. I used to love golf, but thought I’d never play again. When they suggested blind golf, I wasn’t sure, but I gave it a go. Now I play regularly across the UK, I’ve entered the British Masters and British Open and even represent Scotland.



Caption: Allan shares a joke with fellow veteran Andrew Keane as they get set to march in the Cenotaph Parade.

"I've been paired with Andy, a volunteer spotter, who travels with me. He plays golf himself, so he doesn't just help me find the ball – he gives me tips and helps me line up. I couldn't do it without him."

One of Allan's proudest moments was attending the Cenotaph Parade in London: "It had been on my bucket list for years. Watching it on TV is moving enough, but being there in person was overwhelming; marching past the Cenotaph, hearing the applause, remembering the sacrifices. It reminded me how much my service meant, and how important it is to honour those who didn't make it back. To do it alongside fellow veterans, representing Sight Scotland Veterans, was incredible."

Caption: Allan and Lorna from the Linburn Centre are squashed into a small yellow helicopter smiling at the camera.



Helping his family

"When this happened, it was a huge shock. I lost my eyesight, my job, my independence and then I was told my illness was life-limiting. We didn't know what to do. The charity gave us the help

and support we desperately needed. The financial wellbeing team helped me understand benefits I was entitled to, easing some of the burden. With support from my Independent Living worker and the Rehabilitation team I have learned to use a white cane, gained emotional support, counselling, help around the house and links to local charities. The rehab team even visited my son's school to raise awareness about vision impairment, which made a big difference for him. Knowing this support is there has just been so important."

End of article



Caption: Allan is standing beside other veterans at Horse Guards Parade in London.

Rehab officer Kate White provides support

When I first met Allan Mustard, he was facing a major life change. His vision was deteriorating due to diabetic retinopathy, he recently had to stop driving, and he and his wife were preparing to move. Allan needed support to navigate how his sight loss might affect everyday life, from walking his son to school safely to managing paperwork and preparing family meals.

I was able to provide practical and emotional support. We carried out a full rehabilitation assessment, trialled equipment to help him read, and introduced cane mobility training so he could move independently and safely. I also visited his son's school to raise awareness of visual impairment, easing his son's worries. Alongside this, we guided him through medical retirement and benefits.

End of article

Find out more

To find out more about our Rehabilitation and Mobility Team, call 0800 035 6409.

Army veteran Andy Cole finds new purpose through volunteering

Army veteran Andy Cole has found a new purpose in life after discovering volunteering opportunities with Sight Scotland Veterans. Andy served for 25 years in the Army including tours of Northern Ireland and Bosnia.

After leaving the Army, Andy spent five years working as a chef at Sight Scotland Veterans' Hawkhead Centre, beginning in 2017.

He explains: "It was the best job I've had since leaving the Army. The centre has such a great atmosphere, brilliant staff, and fantastic camaraderie between all the veterans. The charity is providing such an important service, and I was so proud to be part of it.

"Losing your sight is so tough. People need support, a place where they feel comfortable, where they can regain confidence and independence. At Hawkhead, veterans are with others who understand – there's the banter, the safety, the support. It's a wonderful service. When we moved east, it was hard thing to give it up, I still miss it."

Volunteering with Sight Scotland Veterans

Now semi-retired, Andy was looking for ways to keep active beyond his love of golf. That's when Sight Scotland Veterans' Sports and Partnership team got in touch and suggested volunteering.

Through this, Andy met fellow veteran Allan Mustard, who had recently taken up blind golf after losing his sight. Andy became Allan's "spotter" on the course, and the pair immediately clicked.

"We hit it off straight away, and I've travelled all over the UK with Allan supporting him. He plays for Scotland now at blind golf, and it's such a joy to see how his confidence has grown. We've built a great relationship, our families have met up, and honestly, it's made such a difference in my life too, never mind Allan's. It's so rewarding."

Andy has also been supporting fellow veteran Ian Young, who has Retinitis Pigmentosa and is regular at the Linburn Centre, to get back into fishing.

"Ian loved fishing but had lost his confidence. He just needed someone to go with him for support. Volunteering makes such a difference to people, but you get so much out of it as the volunteer too. You're helping someone, but at the same time, you're helping yourself. I love this charity and I'm so proud that I can do my little bit to help. Anyone thinking about volunteering should just go for it. I can't recommend it enough."

End of article

Caption: Andy and Allan smile at the camera after competing in a blind golf tournament.



Caption: Andy stands beside Allan wearing a caddy bib with the name Mustard on the back.



Get involved

To find out more about volunteering with Sight Scotland Veterans please call 0800 035 6409.

Rehab helps Veteran rediscover lost hobbies

Airforce veteran Donald, 92, from Dundee, has praised Sight Scotland Veterans for helping him stay active and independent. Diagnosed with wet Age Related Macular Degeneration, Donald found it increasingly difficult to enjoy hobbies like reading, using his computer and iPad, and building model aircraft and soldiers. With support from the Rehabilitation and Mobility team, Donald has regained confidence and independence. Task lighting and access to the Calibre talking book service have helped him reconnect with reading and stay in touch with family overseas. A Vario desktop magnifier has allowed him to return to model making, while guidance from the Assistive Technology team has improved his use of an iPad for researching military history and video calling relatives.

Donald said, "Before, I felt like my hobbies and independence were slipping away. With the support of the rehab team, I feel like I have got part of my life back again."

Veteran Ross has also benefited from rehabilitation support. A passionate rope tying enthusiast, Ross struggled to continue his hobby as his sight changed. After trying various tools without success, Rehabilitation Officer Rachel Thomas introduced him to the Visolux XL magnifier with a stand. This allowed Ross to work

hands free with a clear, steady image, making a big difference. Rachel said, "Ross can now adjust the magnification depending on what he is working on. It has been a game changer."

Ross has also received long cane training to help him travel safely and independently.

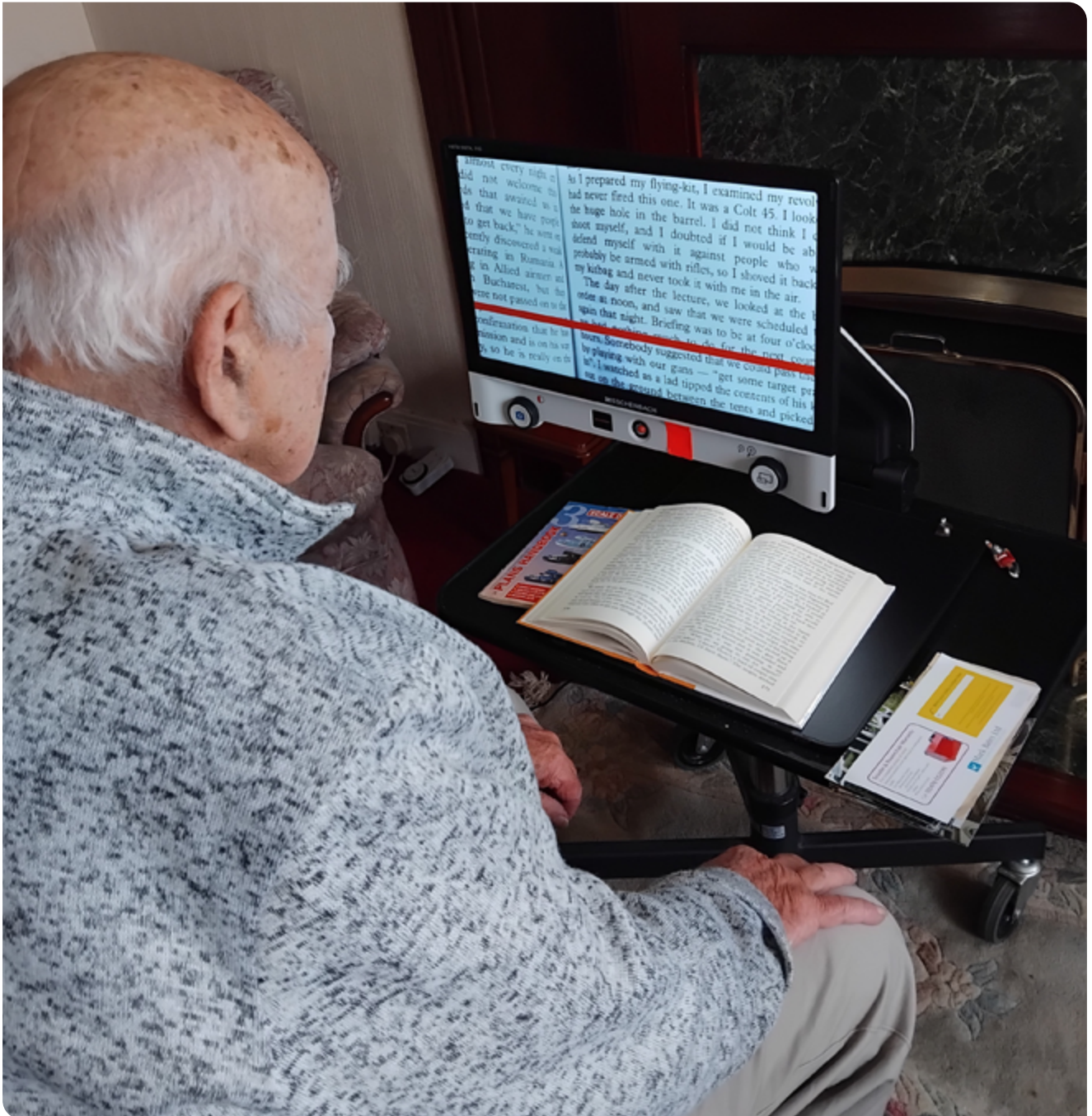
He said, "I have gained confidence and can continue with the hobbies I enjoy. It has had such a positive impact."

These stories show how the right support can help veterans stay independent and reconnect with the things they love.

End of article



Caption: Ross using his electric magnifier to tie red and blue knots.



Caption: Donald is sitting with his back to the camera using a desktop magnifier to read a book.

Find out more

For more information on what our Rehabilitation and Mobility team can offer, please call 0800 035 6409.

Our first 'Centre Without Walls' day in Montrose

Sight Scotland Veterans recently held its very first 'Centre Without Walls' event in Montrose – a day full of connection, discovery and fun.

The event gave local veterans the chance to meet others, try new activities, and find out more about the wide range of support our charity offers. Staff from across our services – including the digital hub, financial wellbeing, information line, accessible technology and sports and partnerships – were there to welcome everyone and answer questions.

There was something for everyone to enjoy, with activities such as archery, boccia, curling and quizzes proving popular throughout the day.

David Macleod, from the sports and partnership team, helped organise the event. He said: "Our first-ever 'Centre Without Walls' event in Montrose was a huge success, bringing local veterans with sight loss together for a day filled with connection, discovery, and fun. From trying out activities like axe throwing and boccia to learning more about the wide-ranging support we provide, the day really highlighted what Sight Scotland Veterans is all about. We're not just putting on events we are building

connections, breaking down barriers, and showing veterans that they are never alone.”

End of article

Caption: A veteran is throwing an axe at a board during the Centre Without Walls event at Montrose.



Caption: Veterans are sitting beside each other playing bocchia, one veteran is throwing a blue ball.



Find out more

To learn more about our support for veterans with visual impairment, visit sightscotland.org.uk/veterans

Digital Hub music sessions bring memories to life

The Digital Hub has launched music sessions with veterans, inspired by the popular sessions at the Linburn and Hawkhead Centres. The only difference is these sessions take place over the phone, ensuring more veterans across the country can take part.

The format is simple but powerful. Veterans choose a song, or sometimes a conversation sparks a memory of a song. The team then finds it, plays it, and the music does the rest. Songs become conversation starters, prompting veterans to share where they were when they first heard it, why they love it, or the memories it brings back.

Music has proven to be an extraordinary tool. It fuels emotions, sparks conversations, and is particularly valuable for those living with dementia or memory loss.

Curtis Campbell, Digital Activity Worker, explains: "The music sessions have been a real success, and the veterans absolutely love them. They get to enjoy their favourite songs together, share what the music means to them, and recall the memories it brings back. Often, they'll hear a track they haven't listened to in years, and it sparks other requests and conversations. These sessions have been especially important in reaching veterans who might

otherwise feel isolated, and the difference they've made has been truly inspiring. Music is such a powerful tool – it lifts spirits, stirs memories, and creates joy.”

End of article



Caption: Curits and Donna from the Digital Hub are taking a quiz in front of a group of people.

Get in touch

If you are a veteran and haven't joined a Digital Hub music session yet why not give it a try? Please call 0800 035 6409 for more information.

Winter Grant 2026

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 2026 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.

This grant is for anyone who had already joined our organisation, Sight Scotland Veterans, before 3 September 2025.

How to apply for the £150 Winter Grant

You can apply for the grant between now and mid-January 2026.

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.

End of article

Get involved

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.

Peter's story: Finding confidence and camaraderie again

Peter Ramsay, aged 56 from Irvine, served in the Army before losing his sight as a young man due to Retinitis Pigmentosa, a life changing event that led to his early discharge from service.

Since 2014, Peter has been supported by Sight Scotland Veterans, a charity he credits with helping him rebuild his confidence and independence. He describes going to the Hawkhead Centre as a real turning point in his life, and he now encourages other veterans to come along and see the difference it can make.

Peter attends the Hawkhead Centre twice a week, taking part in a wide range of activities while enjoying the camaraderie of fellow veterans. He also regularly joins the Digital Hub, where he takes part in weekly quizzes, chats, and support calls, helping him stay connected beyond the centre.

Peter shares: "I honestly do not know where I would be without the Hawkhead Centre. Before I came here, I was struggling, not just with my sight loss, but with my confidence and mental wellbeing too. Losing your vision is a huge adjustment, and it can leave you feeling cut off from everything and everyone. I was not sure what I could still do, or where I fitted in anymore. "From the moment I first walked through the doors, I felt welcomed. The staff are brilliant, they genuinely care, and some

of the other veterans have become close friends. I have tried so many things I never thought I would be able to do again: woodwork, bowling, archery, shooting, pool, fishing, hill walking, going to the Cenotaph in London. I love the kitchen, where we are shown how to make our own meals, stuff like this is just so important for your confidence. I never imagined doing any of that after losing my sight.

“But honestly, it is not just about the activities. It is about having somewhere to go where you feel safe and understood. Somewhere you can just be yourself. The friendships I have made here have changed my life. It often feels like I am back in the Army again, the banter is just like we are back in the barracks. It has given me my confidence and independence back.”

End of article

Caption: Peter sits in a chair at the Hawkhead Centre.



Get involved

To find out more about our Hawkhead and Linburn Centres please visit sightscotland.org.uk/veterans

Gifts in Wills – A Lasting Legacy for Sight Scotland Veterans

A lot of the life-changing support we provide for our veterans is only possible thanks to generous gifts left in wills.

These special gifts play a vital role in funding our services – from practical support at home, to the activities at our Hawkhead and Linburn Centres, these gifts let our veterans stay connected and independent.

By leaving a gift in your will, you can make a lasting difference to the lives of future generations of veterans.

End of article

Call today

If this is something you are interested in, or would like to discuss further, please call us on 0131 446 3093. We would be happy to talk through the options and how your gift could help.

Share your views in our Scotinform survey

As you may know, Sight Scotland Veterans has not proactively fundraised for many years, although we have gratefully received donations during that time. We also want to acknowledge the incredible generosity of veterans who have remembered us with a gift in their will, an enduring contribution that makes a lasting difference.

We are now exploring how we might reintroduce fundraising to ensure ongoing financial sustainability of the charity, always with veterans and their families at the heart of everything we do. To guide this, Sight Scotland Veterans has asked market research company ScotInform to carry out a survey, which will look at attitudes and preferences towards fundraising and we would very much like you to take part and share your thoughts.

We will be in touch soon with more information about how you can get involved.

End of article

Please visit

For more information please visit
sightscotlandveterans.org.uk

Sight Loss Councils launch in Dumfries and Galloway

A new Sight Loss Council has launched in Dumfries and Galloway, offering a unique opportunity for local veterans with visual impairment to have their voices heard.

Sight Loss Councils are made up of blind and partially sighted volunteers who use their own experiences to address local and national issues, promote accessibility, and make the community more inclusive.

Caption: Mick, one of Independent Living Workers, stands beside a yellow Sight Scotland Veterans stand at the recent Sight Loss Council launch event in Dumfries and Galloway.



Caption: Francesca Munoz, Steph Nicholson and Zara Grew stand behind their respective stalls of Sight Loss Councils, Visibility Scotland and Sight Scotland at the recent Sight Loss Council launch event in Dumfries and Galloway.



Callum Lancashire, Engagement Manager for Sight Loss Councils Scotland, explains: "The idea behind this is that we want people to talk, share their experiences, their struggles and their successes, and collectively make real changes for the better. We would love some of our veterans to get involved in Dumfries and Galloway."

If you are a veteran living with sight loss in Dumfries and Galloway we would love to hear from you.

End of article

Get involved

For more information about how to get involved with the Sight Loss Councils please call 0800 035 6409 or email callum.lancashire@sightscotland.org.uk

Five things to know about...winter weather

Sight Scotland Veterans' Rehabilitation and Mobility team share five key tips for people with visual impairments to make navigating in winter weather a bit easier:

1 - Glare

Glare can be a big problem in winter for people with visual impairments. The sun is low in the sky during the morning and late afternoon, and there is the additional issue of the sun reflecting off snow, ice and water on the road. To help control glare issues, wearing a skip cap and/or antiglare glasses can be very beneficial.

Caption: A pair of Cocoon's; fit-over sunglasses that are designed to eliminate glare and UV rays.



2 - Bright coloured clothing

It's extremely important to be visible to drivers and other pedestrians during dark winter months. Short winter days and gloomy weather make it harder for drivers to see pedestrians trying to cross roads.

Wearing brightly coloured outerwear or adding a reflective item such as a reflective arm band or Hi-Viz band or vest can alert drivers and pedestrians to visually impaired people.

3 - Use a white cane

A white cane not only helps with mobility but also alerts others that someone is visually impaired. Its reflective design makes it especially useful in the dark. Our Rehabilitation Officers can provide canes and offer guidance and training on how to use them safely and confidently.

Caption: A member of our rehab team helps a veteran with his long cane skills walking along a street.



4 - Light attachments

Adding a light, such as the Pharos Cane Light, to a cane or support stick can be very helpful. The light runs down the length of the cane and brightens the area around the tip, making it easier to spot kerbs, pavements, and other obstacles – especially for those who are partially sighted.

5 - Dealing with snow

Snow can affect the feedback from guide and long canes. A lighter touch works best in fluffy snow, while a heavier touch is more effective on icy surfaces. It can also help to poke the cane through the snow to judge its depth and consistency. If gloves are needed, leather is better than wool as it provides clearer feedback. Golf club muffs are another good option, keeping your hand in direct contact with the cane.

End of article

Find out more

For more information on what our Rehabilitation and Mobility team can offer, please call 0800 035 6409.

Join our General Veterans Forum

We would like more veterans to get involved in our General Veterans Forum.

The forum is a friendly and welcoming group made up of veterans who receive support from our organisation. Together, members share ideas, give feedback, and work with our teams to improve the support we offer across Scotland.

If you're interested, please give us a call on 0800 035 6409 to find out more.

Veterans Sight Support Groups

We have Sight Support Groups running all over Scotland and would love for you to come along and see what we have on offer.

Our groups are all about bringing veterans together to enjoy outings, hobbies, and skills sessions that boost confidence and independence. Most importantly, they offer the encouragement and understanding that only come from being part of a group that truly gets it.

End of article

Get involved

For more information or to find out where your nearest group is please call 0800 035 6409.

Fundraising for Sight Scotland Veterans

We would love for veterans like you to get involved in fundraising for Sight Scotland Veterans. Every effort, big or small, helps us support fellow veterans living with visual impairment across Scotland.

We have had some magnificent support recently from the friends and families of veterans, as well as from several staff members who have chosen to fundraise on our behalf. Their generosity and creativity have already made a real difference.

If you, your family, or friends would like to get involved, there are many exciting ways to do so. From taking part in organised events like a Kiltwalk or marathon, to arranging your own activities such as bake sales, coffee mornings, raffles, or sponsored walks.

End of article

Get involved

If you would like to help fundraise for Sight Scotland Veterans, please visit sightscotland.org.uk/veterans/challenge-events

If you would like to make a donation today, please call 0131 446 3089.



Sight Scotland Veterans

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to donate



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1 I would like to give a one-off gift of:

Here is my donation of: ☐ £54 ☐ £22 ☐ £12
or my own choice of £

☐ I enclose a cheque or voucher made payable to Sight Scotland Veterans
OR please debit my card:

☐ Credit/debit card ☐ CAF Charity Card

Card No: ---

Expiry Date: / Security code:

Name on card:

Signature:

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