



East Lothian





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Foreword

A message from East Lothian's Armed Forces Champion



Leaving the Armed Forces or relocating while still serving can be challenging for Veterans, Serving Personnel and their families. There are many practical issues to be considered including availability and access to suitable housing, employment, schools and health services. The information provided here aims to give advice and support on these issues to help Service Leavers, Veterans and their families make a planned and sustainable transition to East Lothian.

East Lothian Council is committed to strengthening ties between the Armed Forces Community and warmly welcomes Service Leavers and relocating personnel to the County. We hope that the information provided in this leaflet demonstrates our commitment to supporting the Armed Forces Community across the range of services we provide. We are also committed to working in partnership with other services that provided vital support to our Armed Forces Community such as Veterans F1rst Point and the Lothian Veterans Centre.

I am honoured to have been appointed Armed Forces Champion by the council and continue to work hard to ensure that the needs of current and former Service Personnel in East Lothian are being identified and addressed.

Councillor Jim Goodfellow
East Lothian Armed Forces Champion
email: jgoodfellow@eastlothian.gov.uk

Introduction

East Lothian Council has made a pledge to support Her Majesties Armed Forces. As part of this pledge they have signed up to the Armed Forces Covenant. East Lothian Council has chosen to produce an information booklet to help those leaving the Armed Forces settle within their area. Their aim is to make transition as easy as possible should you choose to live in East Lothian.

The Armed Forces Community

What is the Armed Forces Community? The Armed Forces Community comprises current and former Service Personnel (Regular, Reserve – Territorial as was – and National Service) and their families, from the Royal Navy, British Army, and Royal Air Force, as well as members of the Merchant Navy who have served on board a commercial vessel in support of UK military operations. Any former member of the above may be referred to as a ‘Veteran’ or as ‘ex-Forces’.

What is the Armed Forces Covenant?

The Armed Forces Covenant refers to a pledge made by the UK Government on behalf of the nation as a whole to ensure that Serving Personnel, Veterans and their families are not disadvantaged as the result of service. It reflects an understanding that the duties, rights and responsibilities of members of the Armed Forces are different from the rest of society, that the demands, obligations and risks of the job are unlike those in any other occupation or profession, and that in return Veterans and those currently serving should be treated fairly and supported when in need.

For more information about the Covenant go to www.armedforcescovenant.gov.uk

Is this booklet for me?

If you have served at least one day in the Armed Forces you are classed as a Veteran regardless of your rank, gender, age or reason for leaving. You may have had time to plan your discharge or this may have happened suddenly. Whatever your discharge circumstances this booklet is to help you settle into your new life.

East Lothian Council also has a dedicated webpage for members of the Armed Forces Community as well www.eastlothian.gov.uk/armedforcescommunity with a downloadable PDF of useful information www.eastlothian.gov.uk/elafcsupportleaflet

East Lothian

East Lothian Council's 22 elected members and 4,800 staff work to deliver quality services to everyone, whether you live in the heart of one of its thriving towns or in a more rural community. The council uses new technology such as online service requests on our website making its services accessible to all.

East Lothian, is one of the 32 council areas of Scotland and currently one of the fastest growing. For a time, it was also known as Haddingtonshire. It borders the City of Edinburgh, Midlothian and the Scottish Borders. It has a population of 104,000 and its administrative centre is Haddington, although its largest town is Musselburgh.

www.eastlothian.gov.uk

Transport links

The A1 road travels through East Lothian where it meets the Scottish Borders southbound and Edinburgh northbound. The A1 throughout East Lothian is dual carriageway and major junctions include Dunbar, Haddington, Tranent, Prestonpans and Musselburgh.

Rail

East Lothian is served by seven railway stations: Dunbar, North Berwick, Drem, Longniddry, Prestonpans, Wallyford and Musselburgh. Railway lines which travel through and stop at stations in the county include: The Abeillo North Berwick line, the Cross Country line and the London North Eastern Railway London to Edinburgh line.

Bus

East Lothian is well served by bus services. Operators in East Lothian are: Lothian Buses and its subsidiary East Coast Buses, Eve Coaches of Dunbar, Prentice of Haddington and Borders Buses. East Coast Buses is the main bus service provider connecting the towns and villages of East Lothian to Edinburgh. The company has depots in North Berwick and Musselburgh.



Housing

Finding somewhere to live can be challenging for many people when they chose to leave the Armed Forces. There are many factors to consider; this section will hopefully give you a better understanding of your options.

Renting a property

You may wish to rent a property from a private landlord or apply for housing from a social landlord, either a local council or housing association.

Social housing

Social housing homes are managed by housing associations and the council and offer a secure tenancy. You can visit East Lothian Council's housing page at www.eastlothian.gov.uk/housing

Here you can find advice about your housing options as well as finding out how to go about applying for a council house in the area. East Lothian's Community Housing service also offer free housing options advice, you can call them and arrange an interview with a member of the Housing Options Team on 01620 827827.

If you speak with them or are applying for a council house always remember to let them know about your service history.

Mid-market rent

Many organisations in East Lothian provide homes for mid-market rent. These homes are aimed at helping people on low to modest incomes to access affordable, private rented accommodation. Information on mid-market rent options in East Lothian can be found at www.eastlothian.gov.uk/affordablehousing

Private rent

Homes for private rent can be found online through websites such as www.rightmove.co.uk, www.citylets.co.uk and www.lettingweb.com

If you want to rent a home privately, there are steps you should follow. For example, before you move into a property, you should sign a tenancy agreement which sets out the terms of your tenancy. You'll usually pay the first month's rent and the deposit on the day you move into the property – your deposit must then be lodged in a tenancy deposit scheme. This is a

government backed service which ensures your deposit is safe. Your landlord must use one of three organisations authorised to run a deposit scheme. This means that when you leave the property your deposit will be returned in full if the property is left in good condition and all rent and bills have been paid. Further information on private rent tenancies can be found at www.eastlothian.gov.uk/privatetenantrights

Comprehensive information for tenants about private renting in Scotland can be found in the Private residential tenancies: tenant's guide at <https://beta.gov.scot/publications/private-residential-tenancies-tenants-guide/>

Buying a home

If you wish to buy a home but cannot afford the total cost, there are a number of schemes that might be able to help you.

The Forces Help to Buy Scheme enables Service Personnel to borrow up to 50% of their salary (to a maximum of £25,000) to buy their first home, or to move to another property on assignment or as their families' needs change. More information can be found at www.gov.uk/guidance/forces-help-to-buy

The Scottish Government operates shared equity schemes which can help you to buy a home that is for sale on the open market, or to buy a new build home from a housing association or local council. Support is also offered through the Help to Buy (Scotland) Scheme to purchase a new build property from a participating builder. Funding for these schemes is provided by the Scottish Government and you can find out more about them at www.mygov.scot/help-buying-home/

Further housing advice

The Armed Services Advice Project (ASAP) www.adviceasap.org.uk provides free, impartial advice to members of the Armed Forces Community.

You can also visit Housing Options Scotland and download their military matters booklet www.housingoptionsscotland.org.uk or visit the East of Scotland Housing Hub www.eastscotlandhousingoptions.co.uk

Alternatively you can go to www.mygov.scot/veteran-housing/ and download the Scottish Governments Housing Guide. This guide also has links to charity organisation that can offer support and advice.

Education

Schools and nurseries

You can visit www.eastlothian.gov.uk/schoolcatchments where you will find out what schools are in your catchment area and how to apply to these schools. There is also information on applying for schools outside your catchment area.

You can also visit www.eastlothian.gov.uk/schoolsandlearning where you can find further information about the schools in East Lothian as well as nurseries and childcare, community centres and adult education amongst other things.

Early years learning and childcare

Funded early learning and childcare is free to parents, but funded by the Scottish Government.

If your child is 3 or 4, you can get up to 600 hours a year (the equivalent of 16 hours a week if taken in term time). This will be increasing to 1140 hours a year by August 2020. You can claim your funded early learning and childcare place by visiting the local council's website. More information is available at www.mygov.scot/childcare-costs-help/when-funded-early-learning-and-childcare-can-start/

Depending on whether you are eligible for certain benefits, you may also be entitled to funding for early learning and childcare if your child has turned 2. You can find more on entitlement and eligibility to childcare for children aged between 2 and 3 years old at www.mygov.scot/childcare-costs-help/funded-early-learning-and-childcare/

Once your child qualifies for early learning and childcare, they will stay qualified.

School age and stages

There are differences in the ages children start school across the UK, and children might start school later in Scotland than they would in England. Children start in Primary 1 and move up to the next class each year through to Primary 7. All children in Primaries 1–3 receive free school meals.

Children move up to secondary school automatically after primary school (aged 11 or 12 depending on when they started school). The secondary school curriculum has two phases – completion of the broad general education (S1–S3) and the senior phase (S4–S6).

The school year

Term time

The school year is broken into three terms which will include public holidays and may include a mid-term break (schools will be closed for one or two weeks).

- * Autumn term begins in August and usually ends in December.
- * Spring term begins in January and will usually end in March/April.
- * Summer term begins in April and will usually end in June/early July.

Term dates will vary depending on the local authority area. You can find term dates at www.eastlothian.gov.uk/schooltermdates

My child needs extra support

Additional support for learning in Scotland is different to special educational needs in England.

In Scotland we understand that children from Service Families may need additional support to overcome barriers to learning which may arise because of the nature of their parent's work. An additional support need can be of short or long-term duration and can arise for any reason. We have a Scottish advice service for additional support for learning, where you will find useful information about when your child might be entitled to extra support. This can be found at www.enquire.org.uk/

Contact the local authority as early as possible if your child has significant or complex learning needs. Educators will want to begin communication with the family and child before a school move, if possible.

Additional information can be located on the Forces Children's Education website www.forceschildrenseducation.scot. This is a dedicated site for Armed Forces families that provides information about schools and communities and has links to local authority sites.

Adult Education

Scottish Credit and Qualifications Framework (SCQF)

The Scottish Qualifications Framework helps people of all ages and circumstances to access the education and training that is appropriate to them over their lifetime. It can help you plan your learning and develop progression routes to follow, whatever your situation may be.

SCQF has recently undertaken a project to map the qualifications of Veterans to the SCQF (Scotland's Lifelong Learning Framework) – initially focusing on infantry soldiers.

Some of the qualifications you gained while serving may be recognised on the SCQF or may be English qualifications and therefore you may be concerned whether they will be recognised and accepted in Scotland by employers or by educational institutions.

Full details can be found at <https://scqf.org.uk/support/support-for-learners-parents/support-for-veterans/>

Further education

If you are interested in starting a college or university course, there are many options in Lothians area:

Queen Margaret University

www.qmu.ac.uk

Queen Margaret Drive
Musselburgh EH21 6UU

Edinburgh Napier University

www.napier.ac.uk

Craiglockhart Campus
219 Colinton Road
Edinburgh EH14 1DJ

Merchiston Campus

10 Colinton Road
Edinburgh EH10 5DT

Sighthill Campus
9 Sighthill Court
Edinburgh EH11 4BN

The University of Edinburgh

www.ed.ac.uk

Old College
South Bridge
Edinburgh EH8 9YL

Heriot-Watt University

www.hw.ac.uk

Edinburgh Campus
Edinburgh EH14 4AS

Edinburgh College

www.edinburghcollege.ac.uk

Sighthill Campus
Bankhead Avenue
Edinburgh EH11 4DE

Granton Campus
350 West Granton Road
Edinburgh EH5 1QE

Milton Road Campus
24 Milton Road East
Edinburgh EH15 2PP

Midlothian Campus
46 Dalhousie Road
Dalkeith EH22 3FR

West Lothian College

www.west-lothian.ac.uk

Almondvale Crescent
Livingston EH54 7EP

These are just some of the universities and colleges in the area. You can find out more information on each of them by visiting their websites. All of the organisations mentioned have shown support for our Armed Forces Community and some have admission routes specifically aimed at ex-Service Personnel.

Healthcare

Access to healthcare

Members of the UK Armed Forces and family members should have any previous NHS waiting times taken into account when moving to a new location, including to Scotland. The expectation is that treatment in your new location will be met within the waiting time standards, treatment time guarantee and according to clinical need.

Registering with your local GP

When settled in a place of residence in Scotland your family should register with a local doctor – a general practitioner (GP). Your GP will be able to care for your health conditions and provide treatment if you become unwell. Any prescriptions prescribed by your GP are free of charge. You can find more information at www.nhsinform.scot/care-support-and-rights/nhs-services/doctors/registering-with-a-gp-practice

Registering with a dentist

Your family can get care, advice and treatment from NHS Scotland to keep your mouth, teeth and gums healthy. Scotland also provides free dental checks. You can find a dentist near you using the links at www.nhsinform.scot/care-support-and-rights/nhs-services/dental/receiving-nhs-dental-treatment-in-scotland

Registering for your Baby Box

Every baby born and living in Scotland is entitled to a Baby Box. This is an opt-in scheme, and expectant parents register to receive their box via their midwife, at approximately 20 weeks.

Further information on Scotland's Baby Box can be found via the Scottish Government's ParentClub website at www.parentclub.scot/baby-box or via your health professional.

In an emergency

NHS 24 is Scotland's telephone service providing health advice 24 hours a day.

The telephone service allows people who feel unwell or those caring for them to obtain health advice if it is not possible to wait until they can visit their GP when the practice is next open. You can call them on 111 if you are ill or need any health services. Alternatively, you can access their website at www.nhs24.scot

The advice line is not intended as a substitute for obtaining an emergency ambulance service. For all life threatening emergencies you should still call 999.

NHS Lothian Hospitals in the area:

Roodlands General Hospital (no A&E)
Hospital Road
Haddington EH41 3PF

Royal Infirmary of Edinburgh
51 Little France Crescent
Edinburgh EH16 4SA

Western General Hospital
Crew Rd South
Edinburgh EH4 2XU

St John's Hospital Livingston
Howden Road West, Howden
Livingston EH54 6PP

There are other NHS services in the area and these can be found online at www.nhsinform.scot

Mental health

NHS Scotland provides mental health services that offer a range of treatments and self-help advice for those experiencing mild, moderate or more complex mental health problems. The first point of call for accessing NHS care is usually your GP. You can discuss any issue with your GP, who can also arrange referral to more specialist services if that is necessary. You can find more details regarding support and services at www.nhsinform.scot/illnesses-and-conditions/mental-health. There is also a free and confidential 24-hour helpline available for you to talk about mental health, which family members or carers can use too. You can access this through Combat Stress at www.combatstress.org.uk/helpline

Veterans First Point (V1P)

V1P Lothian is made up of Veteran peer support workers, clinicians, therapists and an administration team. They provide:

- * Peer support worker led caseload management of welfare issues
- * Mental health assessment and treatment with both psychiatry and psychology
- * Self-referral through afternoon drop-in, phone and email (we also accept referrals through GPs and other agencies)
- * Peer support worker led activities including fly fishing, city walks, music groups, archery, etc
- * In-house clinics from Citizen's Advice Bureau, Veterans UK and Edinburgh Housing Advice Project (EHAP)

www.veteransfirstpoint.org.uk

Lothian Veterans Centre

The Lothian Veteran Centre is a charity that was designed to meet the need for a Veterans drop-in centre with no appointment necessary allowing complex needs to be catered for in an environment which is familiar and friendly.

www.lothiansveteranscentre.org.uk

Armed Forces and Veterans Breakfast Clubs

To help tackle isolation and loneliness, there are a number of breakfast clubs. For more information please see www.afvbc.net/



Employment

There are a number of ways to find work in East Lothian and below is a list of the support services that we provide to help you in securing employment.

Jobcentre Plus

Jobcentre Plus is committed to supporting Veterans, Service Leavers, Serving Personnel, their partners and families. It provides a number of programmes and services to help jobseekers, unemployed people, those with disabilities and others who may need extra help in finding work.

Jobcentre Plus works closely with the Ministry of Defence and other partners to provide support to Service Leavers, including resettlement advice, job searches or training. They work closely with a range of partners, including Veterans First Point, Glasgow Help for Heroes, Poppy Scotland, and Right Management. The organisation has Armed Forces Champions based in each Jobcentre Plus district. Job search support and advice for those who have left the service is available in all job centres, and specialist advisers can assist Service Leavers and their families in overcoming more complex barriers to employment.

Visit your nearest Jobcentre Plus for help with finding a job and information on any benefits you and your family might be entitled to, or visit the website at www.gov.uk/browse/benefits/entitlement

You can find further information surrounding the support services available at www.mygov.scot/working-jobs/

Skills Development Scotland (SDS)

SDS provides careers information, advice and guidance, as well as work-based training programmes aimed at building career management skills. They support a wide range of pathways into work, including Modern Apprenticeships (further information below). There are SDS Careers Centres based in each local authority area which you can visit to access support, more information on these can be found at www.skillsdevelopmentscotland.co.uk

There is also an online service, My World of Work (www.myworldofwork.co.uk), which can assist you through every stage of your working life. Anyone can access information on a wide range of subjects, including choosing a career, learning and training, applying for jobs and making a career change. You will find information on researching careers to building your CV. You can also

access specific information and assistance for Veterans and early Service Leavers through the dedicated page at www.myworldofwork.co.uk/support-armed-forces-leavers-and-veterans

StartScotland

StartScotland will work with you to give you all the tools you need to help you get ready for work. You will work with your dedicated personal adviser who will be with your every step of the way - working through your barriers and challenges to help identify what support you need to help you make the transition back into the workplace.

You will get:

- * a personalised employment action plan to help you meet your goals while giving you access to a wide range of specialist support if required such as health and wellbeing, basic skills, personal development and lots more
- * the opportunity to gain accredited and vocational qualifications such as Level 1 City and Guilds in ICT, customer services and much more
- * support to help you build on your existing skills and attributes to develop a professionally formatted CV
- * help with searching and applying for jobs
- * help with preparing for an interview such as interview coaching and conducting mock interviews
- * the chance to take part in suitable work placements, work trials or volunteering opportunities
- * the self-confidence you need to progress in work

To find out more information call 0800 049 7061 or visit www.startscotland.scot/your-journey

Working in your local area

A wide range of jobs in the public and third sector are advertised on the My Job Scotland website. To search, view and apply for jobs in your local area visit www.myjobscotland.gov.uk

Regular Forces Employment Association (RFEA)

REFA exist to provide life-long, life changing support, jobs and training opportunities to Service Leavers and Veterans, irrespective of circumstances, rank, length of service, or reason for leaving. Founded in 1885 and operating across the UK, they have the specialist knowledge and understanding to bridge the gap between military life and civilian employment.

For more information check their website www.rfea.org.uk/

Other Sources of Support

Benefits and social care

The East Lothian council have welfare rights advisers who can help you with problems surrounding benefits or your eligibility www.eastlothian.gov.uk/welfarerights. Citizens Advice Scotland can help you find information on benefits and other issues like housing, debt and employment www.cas.org.uk/bureaux

Department of Work and Pensions (DWP)

The DWP is responsible for most welfare, pensions and child maintenance policy. They deal with the administration of a range of working age, disability and ill-health benefits.

As part of the Armed Forces Covenant, the DWP has initiatives that help current and former members of the Armed Forces and their families access Jobcentre Plus services. This includes having an Armed Forces Champion in every Jobcentre Plus district who ensures that the DWP provides support that meets the needs of the Armed Forces Community. See more information on the DWP and the Armed Forces at www.gov.uk/government/publications/jobcentre-plus-services-for-the-armed-forces-and-their-families

Citizens Advice Bureau (CAB)

The CAB provide information and advice on issues such as benefits, debt and money advice, consumer issues, work related problems, housing and relationships. There are two branches in East Lothian:

Musselburgh CAB

141 High Street
Musselburgh EH21 7DD
0131 653 2748

Haddington CAB

46 Court Street
Haddington EH41 3NP
01620 824471

Veterans Welfare Service

The Veterans Welfare Service (VWS) are tri-service and part of the MOD. VWS provide support to enable the seamless transition from service to civilian life, assist bereaved families or respond to life events that present welfare needs. They achieve this by facilitating access to all appropriate services.

VWS provide one to one welfare advice to Veterans and their families.

Contact for Scotland: 0141 224 2709 or email

[**Veterans-UK-VWS-Scot-NI@mod.uk**](mailto:Veterans-UK-VWS-Scot-NI@mod.uk)

Other useful information

We have a great network of organisations in Scotland which can help and support the Armed Forces community. For example:

Legion Scotland
New Haig House
Logie Green Road
Edinburgh EH7 4HQ
0131 550 1583
www.legionscotland.org.uk

Poppyscotland
New Haig House
Logie Green Road
Edinburgh EH7 4HQ
0131 557 2782
www.poppyscotland.org.uk

Veterans Scotland
www.veteransscotland.co.uk
www.veterans-assist.org/

Combat Stress
Call: 0800 138 1619
Text: 07537 404 719
www.combatstress.org.uk

Veterans Gateway
0808 802 1212
www.veteransgateway.org.uk

Armed Forces Covenant
www.armedforcescovenant.gov.uk

Veterans UK
www.gov.uk/government/organisations/veterans-uk

Support in Mind Scotland
www.supportinmindscotland.org.uk

SSAFA The Armed Forces Charity
New Haig House
Logie Green Road
Edinburgh EH7 4HR
0131 557 1697
www.ssafa.org.uk

Veterans First Point
Floor K
Argyle House
3 Lady Lawson Street
Edinburgh EH3 9DR
0131 220 9920
www.veteransfirstpoint.org.uk

Armed Service Advice Project (ASAP)
0808 800 1007
www.adviceasap.org.uk

Shelter Scotland
<https://scotland.shelter.org.uk>

Lothian Veterans Centre
11 Eskdail Court
Dalkeith EH22 1AG
0131 660 5537
www.lothiansveteranscentre.org.uk

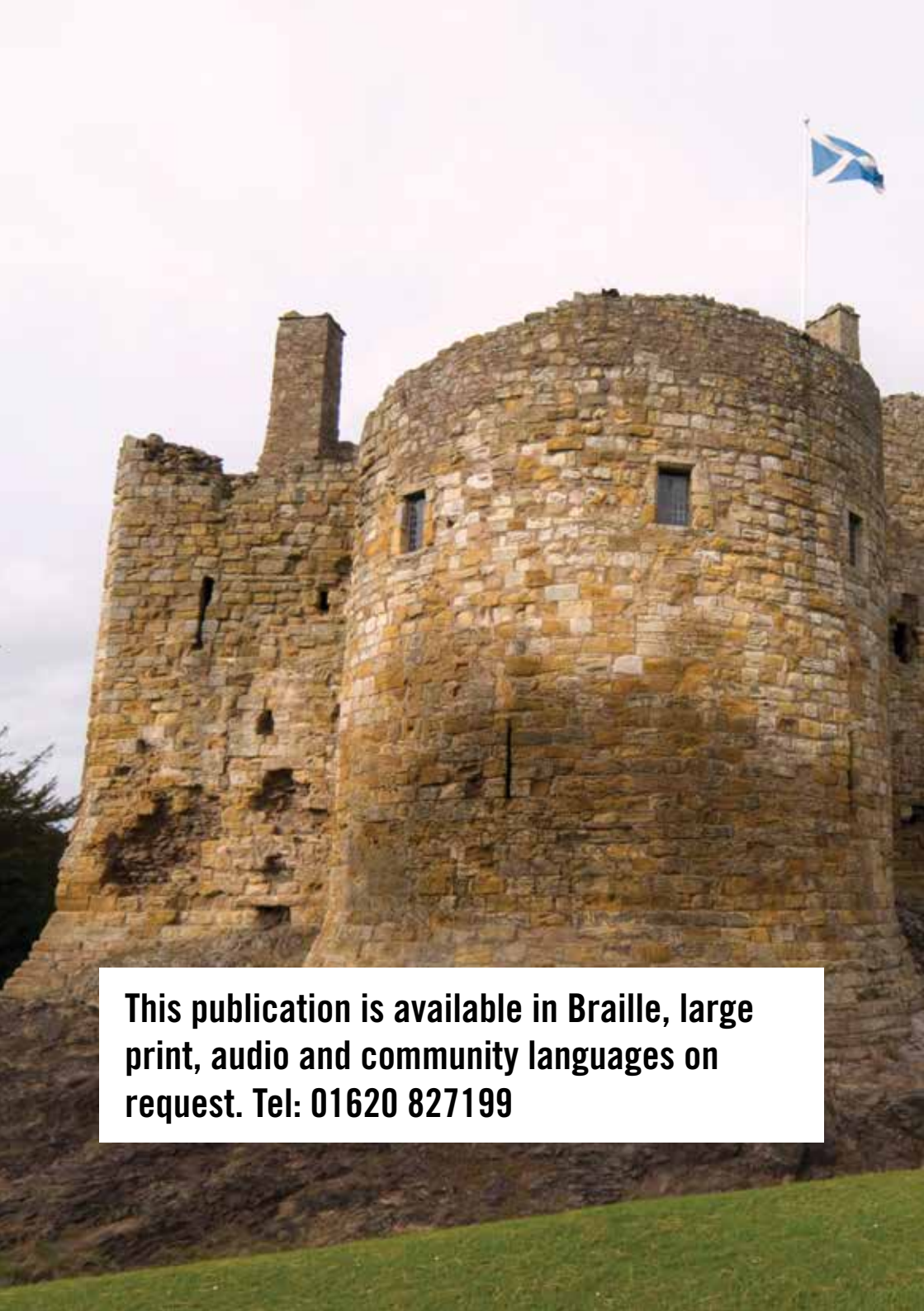
Naval Families Federation
02392 654374
<https://nff.org.uk>

Army Families Federation
01264 382324
<https://aff.org.uk>

RAF Families Federation
01780 781650
www.raf-ff.org.uk







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