

POPPY

# STORIES

poppy   
scotland

Autumn 2024

## Hitting the fundraising heights.



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## Welcome to your new edition of *Poppy Stories*.

With Remembrance fast approaching, autumn is a time of year that is important to everybody connected to the Armed Forces community. However, as 2024 is the 80th anniversary of D-Day, we have already come together for a very poignant tribute. On 6th June, we held a D-Day anniversary concert at Edinburgh's Usher Hall. With music-led storytelling taken from eye-witness accounts, it was a moving tribute to those who fought for freedom on that momentous day.

I would love you to join in with Poppyscotland's Remembrance activities this year. See page 3 opposite for some of the ways that you can mark the occasion with us.

Of course, Remembrance is also about the veterans who are still with us today. You can learn how your support helped Andy rebuild his life on pages 4 and 5, while on pages 6 and 7, get a first-hand account of how important our Admiral Nurses are to supporting veterans and their families living with dementia.

Such life-changing support is only possible thanks to the generous gifts of supporters like you. Thank you for helping our brave veterans and their families live the lives they deserve.

Gordon Michie,  
Head of Fundraising and Learning,  
Poppyscotland & RAF veteran  
(1988 - 1995)

Andy now works in  
our Welfare Team.



Admiral Nurse Lead:  
Zoe Scowcroft  
Client: Mrs Hyatt

# We will never forget.



**Remembrance is one of the most special times of year. A time when people across the country come together to pay tribute to the brave men and women who gave up their lives to keep us safe. It's also an opportunity to show our gratitude to those Serving today.**

Poppyscotland are proud to mark Remembrance in a number of different ways, and to offer you the opportunity to pay your respects.



### Pay your respects online.

Create your personal tribute in our Virtual Field of Remembrance by scanning the QR code below.



### Visit the Fields of Remembrance.

The centres of both Edinburgh and Inverness will again be transformed into vibrant, heartfelt displays of gratitude to our Armed Forces.

Visit the Fields of Remembrance at Princes Street Gardens, Edinburgh from 21/10/24 to 12/11/24, and Cavell Gardens War Memorial, Inverness from 18/10/24.

### Armistice Day Service, Monday 11th November 2024.

Please join us for a short service, including a National Two Minute Silence at 11am, at the Scott Monument in Edinburgh's Princes Street Gardens.

Our service starts at 10.50am and all are welcome. If you're unable to attend we would encourage you to look out for a gathering in your local area.



Don't miss our amazing volunteers who will be out across Scotland selling our new plastic-free Poppy.

e-Newsletter – If you would prefer to receive this newsletter by email, please sign up at [www.poppyscotland.org.uk/poppystories](http://www.poppyscotland.org.uk/poppystories)

# Heartfelt tribute to a superhero.

**Andy Served with the 22nd Cheshire Regiment for 14 years. Yet it was after leaving the Army that he collapsed from the effects of a bomb during Service. Lucky to be alive, Andy was told he would never walk again.**

Facing an uncertain future and not knowing if he would be able to work again, Andy became increasingly withdrawn.

Thanks to supporters like you, Poppyscotland provided Andy with a mobility scooter, allowing him to regain his independence and rebuild his life. Having overcome such huge challenges, Andy is now a proud part of our Welfare Services Team. He is a hero to many, not least his daughter, Chloe (pictured in the centre), who has kindly allowed us to reproduce some of an essay she wrote in tribute to him.



Andy's courage has been an inspiration to his daughter, Chloe.



**1,378**

In the last 11 months we awarded over 1,378 grants to veteran like Andy who needed help to rebuild their lives.

## We're always here for you.

Asking for help can be daunting, but the Armed Forces community living in Scotland are never alone. If you or anyone you know is struggling, please contact Poppyscotland on **0131 550 1557** or **info@britishlegion.org.uk**

## "The superhero I love"

What do you think of when someone mentions superheroes? Batman? Hulk? Spiderman? Not me. When someone mentions superheroes, I think about the one superhero that allows me to cry on his shoulder, the superhero that I have grown up with, the superhero I love - my father.

He had a very long army career, from being among the first troops to enter the Bosnian War to getting punched by a monkey in Brunei!

No one has the emotional capacity to deal with death knocking on a loved one's door, especially not a child. How did I deal with this, you may ask? It's really simple, I didn't. It's been almost ten years, and I still don't know how to deal with it.

My dad built his life back up from the ground; he kept going for me and my sister. He worked and fought day and night, and now, finally ten years later, he is not only fighting for himself but for every single veteran in the United Kingdom.

So yes, my dad is my hero, but he is not only mine; he is a hero to every single veteran and their families that he stands for. Every battle he has fought and every sacrifice he has made has been for my family, and I am forever proud and grateful to call him my dad.

Chloe



**A donation of £27 could go towards providing mobility aids for another veteran like Andy.**

**Your support today could help another veteran rebuild their life and regain their independence.**



# A day in the life of an Admiral Nurse.

Our wonderful Admiral Nurses give expert guidance and hands on care to veterans with dementia. Offering practical support to their families or carers, they help veterans live more positively with dementia.

To give you more of an insight into this valuable service, Kath Penrith, our first Admiral Nurse in Scotland, takes you with her on a typical day.

Admiral Nurse:  
Kath Penrith

## 6am – up with the lark.

"This morning, I'm travelling to Fife, which is a 3-hour drive. I plan my day to arrange visits near each other due to the distances. I have three visits and two telephone calls booked in."

## 9am – arrive with my first family.

"I am supporting this family to get a diagnosis of dementia for the husband who is experiencing issues with his memory and communication. They are new to the Admiral Nurse service and have no other support.

"My role is to provide support to the gentleman's wife, give her advice about symptoms and how to care for her husband. I have also been liaising with their GP and referring them to other services for welfare support and day care."

Each month, Kath provides advice and life-changing support to help our beneficiaries live better with dementia.

## 11am – back on the road.

"My next family is a complex case due to several physical health issues with both the carer and person living with dementia, and difficulty accessing care and support in the home.

"We have developed an in-depth care plan to support transition to a care home, and the difficult process of moving to another area."

## 2pm – last visit of the day.

"After a short drive, I arrive with a carer I have been supporting for a year. I am providing bereavement support as he is experiencing grief. Part of this involves enabling him to explore ways of rebuilding his life, as well as talking about his loss and feelings."

## 7pm – back home.

"After a three-hour drive, I return home, check my emails and plan for the next day. I love travelling and meeting the families I support. But after a long day I enjoy unwinding at home with a bit of crafting, and spending time with my family and dogs."

"Helen supports me as a person, not just a carer. She explains dementia, which helps me cope."

Dorothy

Admiral Nurses like Kath and Helen, a nurse in England, are a lifeline to carers struggling to cope on their own.



## Create brighter futures with a gift in your Will.



**Did you know that with Poppyscotland's free, Will-writing service, you can write a Will with a solicitor who is local to you?**

There is no obligation to leave a gift to Poppyscotland when you take advantage of this service. However anything you leave will help us to continue providing vital support to the Armed Forces community living in Scotland, like the Admiral Nurses who make such a difference to veterans living with dementia.



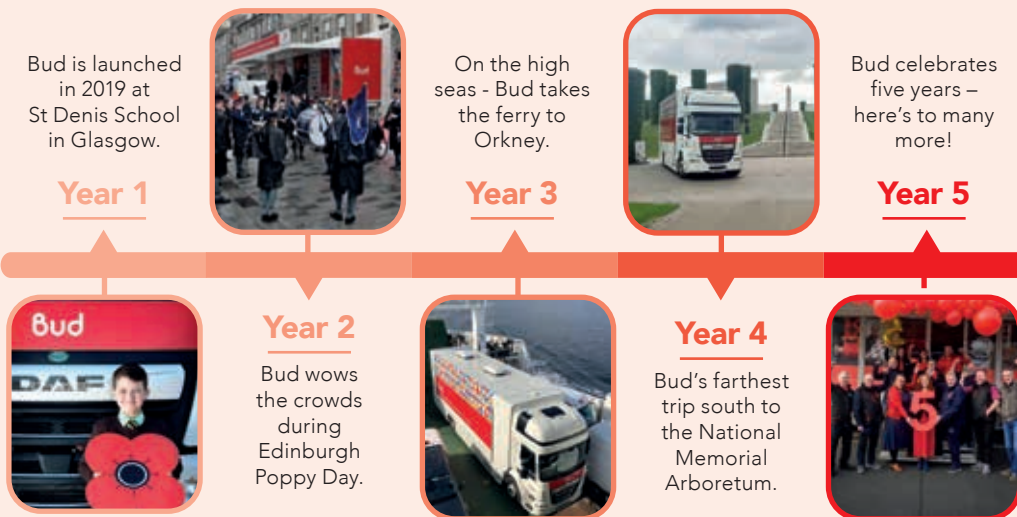
Learn more about Admiral Nurses at [www.poppyscotland.org.uk/admiral-nurses](http://www.poppyscotland.org.uk/admiral-nurses)



To find out more about writing your Will for free head to [www.poppyscotland.org.uk/will-writing](http://www.poppyscotland.org.uk/will-writing)

## A half-decade on the road for Bud.

After first taking to the road in 2019, this year marks five years of our interactive micro museum, Bud. During that time, Bud has clocked up over 70,000km, visiting almost 400 schools and welcoming nearly 40,000 people on board to learn about veterans' stories and the Poppy's history.



## Path of the Poppy winners crowned!

We received some fabulous entries to our latest Learning Competition, the Path of the Poppy, leaving our judges with a tough task.

Katla won the primary poster category for her beautifully illustrated poster. Zlata won the primary leaflet category with her informative leaflet, while Gabriel won the high school poster category for his thoughtful, striking layout.

Alongside winning £200 vouchers for their school, each design has been printed and is on display at Lady Haig's Poppy Factory.

Congratulations to all the winners!



Visit the Lady Haig Poppy Factory to see the winning designs.

8 Book today at [www.poppyscotland.org.uk/tour](http://www.poppyscotland.org.uk/tour)



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## At the side of veterans every day of the year.

Remembrance is naturally the focus for many people when choosing to support our Armed Forces. However, veterans need our year round support. Our popular Poppy Club ensures supporters can be there for veterans whenever they reach out for help.

## A very special way of caring.

By giving as little as £8 a month, Poppy Club members know they are behind veterans whenever times are tough. That ongoing commitment offers veterans and Forces families the support they need day by day, week by week, for as long as it takes to enjoy the life they deserve.

What's more, if you choose to become a Poppy Club member you'll receive an exclusive Poppy pin badge, certificate, invites to Poppy Club events and much more in recognition of your wonderful support.



Poppy Club members enjoy lots of exclusive benefits.



Giving a small amount each month ensures Poppyscotland can be there whenever veterans like Sammy are in urgent need. When his home was destroyed in a fire, he was able to move his family into temporary accommodation thanks to a Poppyscotland emergency grant.

Discover more about this special way of supporting by scanning the QR code or visiting [www.poppyscotland.org.uk/poppy-club](http://www.poppyscotland.org.uk/poppy-club)



# Hitting the fundraising heights.

A group of 16 Fire Fighters from Blairgowrie Fire Station successfully scaled Ben Nevis, the UK's highest peak, to raise funds for both Poppyscotland and the Scottish Fire and Rescue Service Family Support Trust.

No strangers to heat, the group from Perth and Kinross faced soaring temperatures on the day. However, four of the Fire Fighters who had also Served in the Armed Forces, had an even tougher time as they each wore full fire kit and a 20kg bergen!



Sean, pictured left.

## Staying motivated.

Sean Cameron, who joined the Fire Service after Serving in Afghanistan, Iraq and Ukraine explained the motivation behind the challenge. "Having known people who have received help from Poppyscotland and other military charities to deal with mental and physical injuries, I know how important they are as a lifeline."

The group had aimed to raise £2,000, but their efforts far exceeded expectations, raising a fantastic £8,000.

In the words of Callum Gibson, another of the veteran Fire Fighters: *"Poppyscotland is a great charity to support that helps so many people and families in the Armed Forces."*



From left to right: Fire Fighters Ross Miller, Callum Gibson, Sean Cameron and Steve Owen

If you would like to take on a fundraising challenge, either on your own or with friends or colleagues, we'd love to hear from you.

Visit [www.poppyscotland.org.uk/challenges](http://www.poppyscotland.org.uk/challenges) for more fundraising events and challenges.

## Make it a Remembrance to remember by winning £3,000!

Cyril Bird, D-Day veteran.



Play the Poppyscotland Remembrance Raffle this autumn and you could be celebrating as our £3,000 winner.

Just imagine how winning would make this poignant time of year even more special. You could escape the grey skies on a sunny holiday or go to town on your preparations for Christmas!

## Make it an autumn to remember for veterans too.

On top of the chance to win cash prizes, every £1 ticket you buy could also mean this is the Remembrance one more deserving veteran gets the support they urgently need.

The draw closes on 9th January 2025 – don't miss the chance to make this a prize-winning, support-giving Remembrance, enter today!

*"Delighted!"* Mrs Macpherson, £3,000 winner.

### Don't miss out!

Call **0131 550 1567**, scan the QR code or visit [www.poppyscotland.org.uk/poppy-raffle](http://www.poppyscotland.org.uk/poppy-raffle) before 28th November 2024 to get your tickets.



**1ST PRIZE**  
**£3,000**  
**CASH**

**2ND PRIZE**  
**£500**  
**CASH**

**3RD PRIZE**  
**5x£100**  
**CASH**

## Every ticket you buy supports those who Served.

Play tribute to our veterans at this special time of year. Each ticket you buy could help to offer life-changing support:

**5 tickets = £5** could help to fund home adaptations so a family can live a fulfilling life together.

**10 tickets = £10** could help to support a Forces family who are working as full-time carers.

**12 tickets = £12** could go towards specialist mobility aids for a veteran or their family.

**JOIN THE FUN FOR JUST £1 A TICKET**



# Briony's virtual fundraiser.

Living with cerebral palsy which affects her right arm and both legs, Briony Beattie finds taking part in physical events extremely difficult. Inspired by the courage and determination of our veterans, in the run up to Armed Forces Day earlier this year in June, she tackled a fundraiser with a difference.

Using her special Motomed exercise bike, Briony saddled up for a virtual ride from Stirling Castle to Glasgow's Cenotaph. Covering 31.6 miles, over a gruelling five hours, Briony raised £350 to support veterans in Scotland.

"Despite the challenges, the overwhelming feeling of fulfilment and pride stemming from the opportunity to support our Armed Forces community made every ache and struggle worthwhile," said a tired but happy Briony. We'd like to say a huge thank you for her amazing efforts.

If you are interested in undertaking a virtual challenge to raise funds for us, please email: [fundraiseforus@poppyscotland.org.uk](mailto:fundraiseforus@poppyscotland.org.uk)



## Autumn / Winter dates for your diary.

### Firewalk 2024, Edinburgh

Friday 8th November

Could you walk over red-hot embers for a great cause? Conquer your fears with this exhilarating challenge. Get your ticket before they go up in smoke at [www.poppyscotland.org.uk/firewalk2024](http://www.poppyscotland.org.uk/firewalk2024)

### The Band of the Royal Regiment of Scotland – "Sounds of Scotland"

Friday 6th December 2024, Peebles, and Thursday 19th December 2024, Glenrothes  
Scotland's best-known military band has teamed up with renowned folk musician and songwriter Alan Brydon for a series of unmissable concerts. Get your tickets at [www.poppyscotland.org.uk/bandtour2024](http://www.poppyscotland.org.uk/bandtour2024)

### Armistice Day Service

Monday 11th November 2024 10:50am, Princes Street Gardens, Edinburgh

## Keeping in touch

We value your support and would like to keep you informed of our work – if you would like to update your contact preferences, or prefer not to receive our newsletter, please contact us on **0131 550 1567**, or email [enquiries@poppyscotland.org.uk](mailto:enquiries@poppyscotland.org.uk)



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