



MLG (Education)

Issue 4 :
August 2019
Summer

Find out what we are doing to support Children & Young People of the Armed Forces Highland Community

Armed Forces Community

3SCOTS

3 SCOTS have just returned from overseas exercises in Germany and Poland. We are now currently about to take part in a major training exercise in England. 3 SCOTS will then become part of a NATO hi-readiness task, potential deploying to any flash points anywhere in the world. Our new Commanding Officer Lt Col Graham Sefton has now taken command and is looking forward to continuing our presence within the Inverness community.

7SCOTS

C Company 7 SCOTS were honoured to host the visit of Grace Miller (11) and her family. Grace's father sadly passed away on operations in Afghanistan in 2009. The visit gave Grace the opportunity to meet some of her father's friends and find out about her father's life as a soldier.



This issue: Millburn Academy

Mrs Lorna Brunton, Depute Head Teacher is the Armed Forces contact for families at Millburn Academy and is a member of the Military Liaison Group (Education). Mrs Brunton has been in liaison with the 3SCOTS Army Welfare Office at Wimberley Way regarding the current work of 3SCOTS, potential pressures for families and discussing future partnership work. The social and emotional needs of the young people are a priority for Millburn and these will be supported through key adult conversations, pupil support groups and the support of Unit Welfare Officer as appropriate. Millburn looks forward to welcoming Capt Allan Campbell, 3SCOTS Unit Welfare Officer to Millburn and to the continued positive relationships and partnerships work.

Highland Children and Young People Allied Health Professionals (AHP) Enquiry Line

Every Tuesday between 2pm and 5pm there will be AHPs available to answer questions you may have. AHPs are Occupational Therapists, Physiotherapists, Dietitians, Speech and Language Therapists, Educational Psychologists and Primary Mental Health Workers. The enquiry line is for all young people, parents, carers and professionals in Highland Council area to access. Please call us on **07785477686**

Highland Council Armed Forces Website [Click here](#) or visit www.highland.gov.uk and search "Armed Forces"


School Enrolment: Let your school know if your child (s) is from a Serving, Reservist or Veteran family. If we know—we have a greater understanding of your child and how best to ensure their time at school is the best it can be.



Army Welfare Service Community Support

The Community Development Support Workers have been busy delivering the transition project which works with pupils of any age who will be moving school in the next few months. Whether it is the transition from primary to secondary or as a result of a parents posting, it can be a stressful time. The group meet weekly and discuss topics such as friendship and bullying as well as work on building self esteem and confidence. Young people have the chance to share their fears and be listened to. Over 50 pupils have participated this year.

Currently, we are busy putting together our summer activities programme which include art project, family days out and drop in sessions. Hopefully there is something for everyone and we are always keen to hear from anyone who might want to volunteer with us or deliver a project. Contact Helen on 01463 235104 or Email: Helen.Martin773@mod.gov.uk.



Having talked with and listened to young people across Scotland RCET has produced 2 information leaflets which have been sent to all Secondary schools in Scotland. We are keen to hear from and listen to Young People from Armed Forces Families in Highland so that we can better understand the local issues and represent their views. RCET staff are available to visit schools to hear what your young people have to say so please get in touch.

RCET is currently compiling Resource Boxes and lists of recommended resources aimed at pupils aged 10-13 years to support transition from Primary to Secondary School. Some of these have been reviewed by P7 pupils in Raigmore Primary. If you would like to see these resources please do get in touch. For further information please contact

Moira Leslie at edprogofficer@rcet.org.uk Tel. 01381 620412



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Poppyscotland
The MacRobert Centre
Strothers Lane
Inverness
IV1 1LR



Big Poppy Bounce 2019

... a fun new fundraiser
and we are asking families,
youth groups and

friends across Scotland to organise a Big Poppy Bounce in
your local community.

Can you take on a bouncing challenge?



To get started got to:
Website: [www.poppyscotland.org.uk/
bounce](http://www.poppyscotland.org.uk/bounce) or
Email: events@poppyscotland.org.uk



www.armedforcesmorayandhighland.co.uk

Information, guidance, advice and help for
the Armed Forces community in Moray and
Highland. We welcome suggestions to im-
prove information please email

AFCMorayandHighland@moray.gov.uk

Welcome to...

A series of Welcome guides for service personnel and their
families moving between devolved administrations and
returning from overseas. There is a separate guide for Scotland,
England and Wales which explains support and services
available in each country.

Link to [welcome guides](#)

Armed Forces Covenant Trust news ...

This year's **large grants programme** focusses on 'Removing
Barriers to Family Life' and is aimed at supporting

- Young people from Armed Forces families
- Families and carers of veterans
- Serving families

The **local grants programme** will finish at the end of 2019. This
programme awards up to £20,000 for projects that support the
Armed Forces community. If you know of a project that would
benefit from support please contact us.

MLG (Education) would like to extend **A BIG THANK YOU to WO2 Eddie Nichol 3SCOTS** for the input, energy and enthusiasm made to MLG over his time as Welfare Unit Officer. He has been an invaluable asset in the support he has shown for our children and young people from Armed Forces families across Highland. We wish you well in your new post

Hello to

Capt. Allan Campbell,
Unit Welfare Officer
3 Scots



Looking forward to my time as UWO 3
Scots working in partnership to build a
positive future for our civilian and mili-
tary community within the Highlands.



... and a big thanks
and farewell to
WO2 Eddie Nichol

We want to hear
from you!

Your voice and
views are
important to us

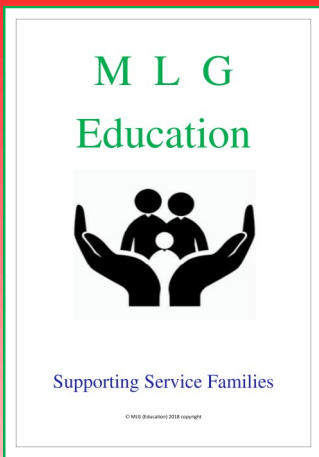


Email: Louise.kinnear2@highland.gov.uk

If you require an alternative format to suit individual needs
please get in touch

Our Vision

MLG (Education) is a vehicle for understanding and supporting the needs of the service
community and the local area in an educational context



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Mental Health support /resources

In Highland we have a Primary Mental Health Worker Team who support the mental health and wellbeing of children and young people. They do this by offering advice, support and training to professionals who work with children and young people. They also work with CYP and their families, offering interventions to support their mental health and wellbeing. If you have concerns about your child's mental health please speak to your Health Visitor, Head Teacher or Guidance teacher. Emma Campbell, Primary Mental Health Worker recently presented at the MLG (Education) meeting and is doing some development work that helps the service think about the needs of armed forces families and how they can be supported.



Reading Force – the shared reading activity for Armed Forces families

Reading Force is a fun shared reading activity that helps keep Armed Forces families close and connected, whether they are at home together or separated for any reason such as deployment or training. It is **FREE** for all families (including Reserves, Veterans, Cadets and former Forces families) to take part.



We provide special scrapbooks and books for children aged 0–18 - families then read and share a book together at home or over Skype or Facetime if a loved one is deployed or away on training. Many families involve the wider family, such as grandparents. It's a great way of staying in touch and doing something together.

While reading the book families can complete the scrapbook, filling it with their thoughts about the book, drawings and photos – the more creative the better! We love seeing the finished scrapbooks, but we return each one for families to keep as a memento, together with the prize of a book and a certificate.

How to get involved:

Families can go to our [website](http://www.readingforce.org.uk) to order a scrapbook (if they do not already have one) and a book for each child in the family.

Organisations such as welfare organisations, pre-schools, schools and veterans' organisations can register on our [website](http://www.readingforce.org.uk) to order scrapbooks, which they can hand out to the families they work with.

For more information and to order scrapbooks/books go to www.readingforce.org.uk or contact Fiona Maxwell: **07548 778 930** Email fiona@readingforce.org.uk

