

CALLING ALL SCOTS

AND THE CHILDREN OF SCOTS



Were you (or one of your parents) born in Scotland? Do you live in London or the surrounding area? If so, and you need help, we are here for you.

ScotsCare 
The charity for Scots in London



Are you Scottish?

ScotsCare is here to help and support Scots and their families in Greater London

We have helped thousands – we can help and support you. Our services can make a real difference to your future.

- ✦ **We work with you to find the right solutions for you.**
- ✦ **We will support you for as long as you need.**
- ✦ **It's ok to ask for support. It's who we are and what we do.**

We work with:

- ✦ **children and families**
- ✦ **older people**
- ✦ **working age adults**

We are dedicated to helping and supporting Scots and their families with financial, practical and emotional support



Advocacy: We will support you to stand up for your rights and raise your concerns about particular issues which you feel need addressing. Our advocates can assist you with a wide range of day to day matters such as preparing for benefit assessments, challenging decisions, communicating with local authorities, lodging formal complaints and general non-legal housing issues.

"ScotsCare has been a lifesaver. They're always on the end of the phone."



Job coaching: Our CV and application writing support and interview skills advice can help you in the job market.



Counselling: Our talking therapy service will offer the support you need, quickly.



Sheltered housing: ScotsCare owns and manages three sheltered housing sites in London. Accommodation in one of our properties is allocated based on priority housing needs for those over 55, or over 50 with a significant disability.

"I've got a lot to be really thankful for. ScotsCare gave me a chance at life that I never had before. They gave me faith in myself and that's what I was needing."



Volunteering: We offer a range of interesting volunteer opportunities and do our best to match your skills, interests and availability to the most suitable role for you. This might involve spending time with our clients through our befriending service, assisting on reception or at social events and more.

"I like the challenge. It's nice to get out of your comfort zone."



Financial grants: We can offer assistance to obtain essential household items, children's clothing and school uniforms, and training for adults.

"I just can't believe what they've done. They are a lifeline."



Social events: We sponsor a range of social activities to build a stronger Scottish community. Our **children and families** events are held several times during the year which provide opportunities for parents to spend time with their children, and get to meet other Scottish families. In addition, each summer we organise the UK-based PGL outbound holiday for our client families.

Social activities for our **over 50s** include monthly lunches in London and Luton, and summer seaside outings. We have a big Christmas party and our annual Burns Night get-together in January. We also offer a befriending service 'Blether Buddies' where befrienders either call or meet you on a regular basis for a friendly chat.

If you are a Scot, or are a spouse or child of a Scot, contact us for more information and to check if you are eligible for our support. Our services cover the area **within 35 miles of Charing Cross**.

We also would like to hear from you if you would like to make a donation or volunteer your time.

Or, you may know Scots who could benefit from our help and support – if so let them know about us!



ScotsCare is here to help you



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find the right solutions for
you and your family*



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