

# CALLING ALL SCOTS

*and the children of Scots*



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**Were you (or one of your parents) born in Scotland?  
Do you live in London or the surrounding area?  
Are you married to a Scot?**  
**If so, and you need help/support, we are here for you.**

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**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.

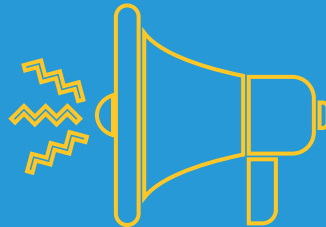
We work with:

- 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.



Contact our helpline number:

**0800 652 2989**

## Counselling:



Our talking therapy service for children and adults offers the mental health support you need quickly. Mental health support is just as important as financial and practical support.



*"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."*



## Financial Grants:

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



*"Great charity and very helpful, without ScotsCare, I would have been financially ruined. I'm so grateful."*



## 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.

“ScotsCare has been a dream come true for me. You have given me a beautiful home.”



## Volunteering:

We offer a range of opportunities to volunteer, from helping on our reception desk at City Road, to befriending our clients across London through our Blether Buddy befriending service.

If you have some time to spare, once a week or less often, and want to do something that is both enjoyable and rewarding, contact us to discuss our current needs, and we'll do our best to match your skills and interests to the right role for you.

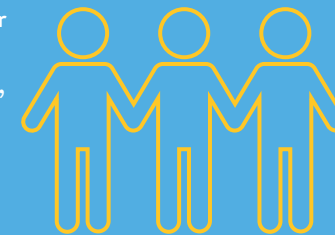


Send us an email:

[info@scotscare.com](mailto:info@scotscare.com)

## Social Events:

We run a range of social activities to build a stronger Scottish community for our clients. Our children and families and over 50s events include Christmas, Burns and Easter gatherings, summer days trips to the sea, as well as monthly social lunches for 50s in Luton and London.



Our choir runs at different terms throughout the year, if you are interested in joining in, contact [socialevents@scotscare.com](mailto:socialevents@scotscare.com) for more information. The choir is made up of clients, volunteers, and staff.

“I have always found ScotsCare so helpful and understanding. They have been a real rock in my hardest times.”

## Job Coaching:



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

Our job coaches provide one-to-one, flexible support to you in person, by phone and email. Whatever your age, if you want to find a new career, or get back into training and education, then we can help.

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.

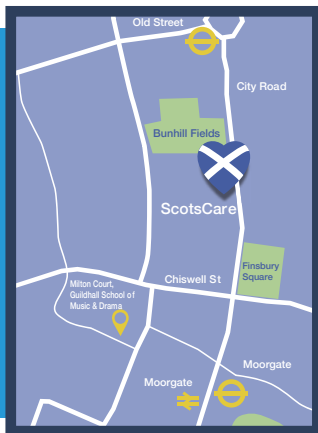
We also would love to hear from you if you would like to make a donation or volunteer your time.

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



**Address:**

22 City Road, London, EC1Y 2AJ

**Email:**

[info@scotscare.com](mailto:info@scotscare.com)

**Website:**

[www.scotscare.com](http://www.scotscare.com)

**Telephone:**

0207 240 3718

**UK Helpline:**

0800 652 2989



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The charity for Scots in London

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