

WELCOME >



Dear Friend,

As I write this we are well into lockdown due to the Covid-19 crisis. It is difficult to predict where we will be by the time you receive this edition, such is the pace of developments at the moment.

However, firstly and importantly, I want to send you and your family all our best wishes and sincerely hope you are keeping safe and well.

'Unprecedented' is now being regarded as an overused word to describe this pandemic. However, unprecedented or not, we, like every other charity, have had to adapt quickly to ensure that we support all those we work with, especially those in most need. It has given me great pride to see how the team at RCET has responded so positively and imaginatively in adapting our services to accommodate this. Many Armed Forces children, young people and families across Scotland are now being supported both financially and emotionally by RCET at this difficult time.


But we must be sure we will be here for them as this is a long game. Our funders have been incredibly supportive and generous but, as I am sure you have read, charities will suffer significantly as a result of the crisis. We want to support every child who needs us, but to do this we must continue to raise vital funds. If you are able to help us at this time, please do and details can be found inside.

Please stay safe and thank you for your continued support.

Colin Flinn
Chief Executive, RCET

WORKING TOGETHER

*Special
Covid-19
edition*



Our support to children, young people and families during this pandemic

Your views matter:
Our survey on
page 7



You can still contact us even though we are working from home



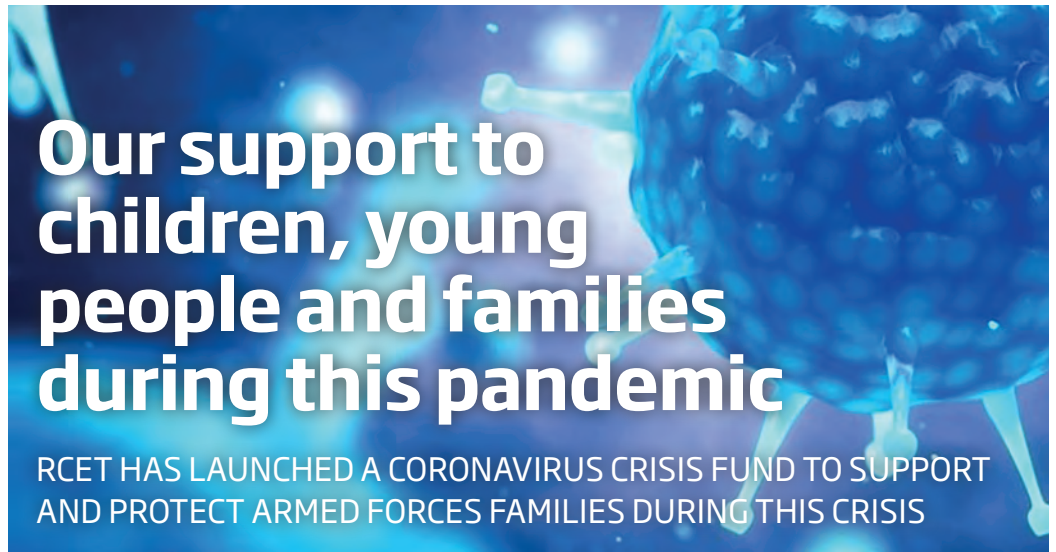
Email us at:
admin@rcet.org.uk



Call us on:
0131 322 7350

Royal Caledonian
Education Trust
Established 1815

Scotland's Armed Forces
Children's Charity



Our support to children, young people and families during this pandemic

RCET HAS LAUNCHED A CORONAVIRUS CRISIS FUND TO SUPPORT AND PROTECT ARMED FORCES FAMILIES DURING THIS CRISIS

We know that the outbreak of coronavirus has caused great disruption to families, individuals and organisations up and down the country, including RCET.

Our small team are now all working from home to ensure that we can still be there for Armed Forces children and their families during this unprecedented crisis. However, it has been crucially important for us to be able to respond in the most appropriate way and as a result we have re-shaped our activity to ensure that we can support those in most need – quickly and sensitively.

The team is working very hard as we know that coronavirus is placing additional pressures on thousands of Armed Forces families, particularly veterans, across Scotland already at breaking point. They will struggle to put food on their tables, keep the lights on, their homes warm and to meet the essential needs of their children, especially now that schools are closed and incomes are being cut or taken away altogether.

Firstly we have now launched a Coronavirus Crisis Fund to support and protect Armed Forces families during this crisis. We will be providing food vouchers, paying for utilities bills and providing children's clothing to ensure that families stay warm, clothed and fed for as long as this crisis continues, and beyond. For those who have specific health needs and are shielding currently with young families, we are giving extra support towards activities that allow them to exercise and be entertained within the confines of their family home.

Having now informed partners,

supporters and our wider networks, we have reached out directly to those service users. We have made them aware of our new fund, the support that is being offered and how to access the funding. This has not only given us an opportunity for direct contact, but it also helps us learn and better understand the lived experience of these families right now.

Through our Youth Participation Programme, we are doing all we can to keep young people connected with us, and with each other. We are delivering online Forum meetings across Scotland so young people can access the vital support they need to protect them from isolation, as well as continue the fantastic work they have been doing to improve policies and services relating to Armed Forces children and young people.

We are committing further funds to support veteran families facing hardship as a result of Covid-19, but we need your help.

Can you help us?

Our own resources are stretched, yet Armed Forces families need us now more than ever. Many of the ways in which we raise funds have been greatly reduced or have even vanished overnight.

We appreciate that this is a challenging time for everyone, but we are asking you to please make a donation to our fund if you can. You don't have to give a lot. You could give the price of a takeaway coffee or a bus fare. Whatever you

are able to give, it will make a big difference to the families we support.

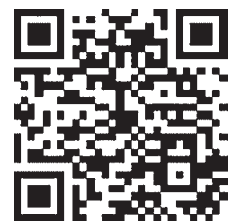
You can donate by:

- Visiting our website at rcet.org.uk and by clicking on the red 'Donate' button in the top right hand corner of our homepage, or scan the QR code below with your phone to be taken straight there.
- Sending us in a cheque to our Freepost envelope address: Freepost Plus RUAT-ERCU-UEHT, Royal Caledonian Education Trust, 15 Hill Street, Edinburgh EH2 3JP.
- Calling us to make a donation over the phone.

We will use every penny you give to try to support every vulnerable family in our Armed Forces community get through this crisis.

Furthermore, if you are aware of any struggling Armed Forces or Veteran families within your community, please contact them and share the information on our Coronavirus Crisis Fund so we can reach all families in difficulty as a result of the outbreak of coronavirus.

Thank you for your continued support and we hope our supporters stay well and safe during this difficult time.



We appreciate that this is a challenging time for everyone, but we are asking you to please make a donation



Jasper the dog gives a tin a home!

Here is 'Chairdog' Jasper of Black Dog Financial Services Ltd in Elgin, Moray, with one of our donation tins! Black Dog have kindly taken on one of our tins to help us raise funds for Armed Forces children and young people. If any of their visiting clients happen to have spare change, they can pop it in the tin, plus take away one of our leaflets about how the money raised will benefit Armed Forces families and children and help spread the word.

Could you also give a tin a home?

They are a great way to help us raise funds and awareness of

what we at RCET do to support Armed Forces children and young people. You can place one or more of our tins in many places in and around your community, including:

- Schools
- Colleges
- Workplaces
- Universities
- Community centres
- Local cafés and pubs (with owners' permission)
- Use it at home to collect spare change.

> Ask us for a donation tin (or more!) today and email us at fundraising@rcet.org.uk or call us on 0131 322 7350.



Unfortunately, due to the coronavirus pandemic, we have taken the difficult decision to postpone the Evening with Christopher Guild event planned for 12 June at the Caledonian Club in London as the safety and health of our children, families and our supporters is of the utmost importance to RCET.

We will be getting in touch with everyone who has expressed interest in the event or purchased tickets to organise refunds and to provide more information. We will endeavour to work with Christopher, the Caledonian Club and our supporters across London to rearrange this event at the earliest opportunity.

A warm welcome to our new Office Manager, Karen

Karen Smith studied Social Sciences at the University of Edinburgh then took some time out to raise her young family, the eldest of whom has newly made her a military mum as he starts his basic training in the Royal Engineers.

She previously worked as Administration Manager for Macmillan Cancer Support for 12 years and most recently as Project Coordinator for the MS Society.

Karen finds working in the charity sector very fulfilling as her work contributes to making a positive difference

to the lives of others. She is also excited to join RCET and support the team during its time of change and growth.

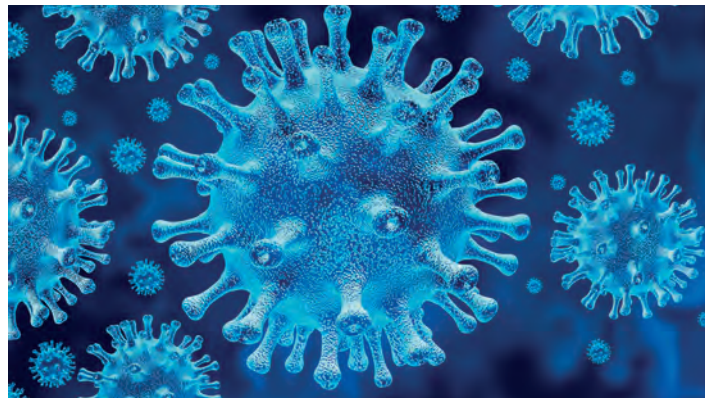
Another new appointment is Clare Hayward, who is joining RCET as a Trustee.

Find out more about Clare on page 8.



How to support Armed Forces young people during the outbreak

YOUNG PEOPLE HAVE TOLD US THEY ARE FEELING ANXIOUS, SO IT'S IMPORTANT TO PROVIDE HELPFUL ADVICE AND A SYMPATHETIC EAR



We understand that it can be a confusing and scary time for young people, and their families as the coronavirus outbreak continues.

We've been talking to the young people that we support, and we know that they are facing some additional unique worries as a result of being from a Forces family.

Young people have told us that:

1. They are feeling more anxious about what the coronavirus means for their families. It's important to

consider that particularly for children with Veteran parents that they may be aware that their parent has complex health conditions. This can make them really conflicted about going outside or attending necessary appointments in case they catch the virus.

2. It is important to remember that the uncertainty of the situation and the fear about loved ones can bring back uncomfortable and potentially painful memories of parental deployment which impacts on their wellbeing.

3. Those with parents who are

currently deployed need support services more than ever. They are already missing a part of their support network and family structure and will have limited contact with them.

4. They are worried about whether serving parents may be asked to take on additional work away from the family home as the pandemic progresses and what this might mean for their families, particularly if another parent has a health condition.

5. They feel that lockdown is having a negative effect on their mental health and they are concerned about its impact on their relationships with friends and family.

6. They are worried about their exam results, how they will be calculated and how the

disruption to school will impact on their ability to do well, this is particularly stressful for those who have applied for college and university places. UCAS has published advice for students which can be accessed at www.ucas.com/undergraduate/after-you-apply/coronavirus-covid-19/what-does-mean-your-application

As the situation is constantly changing, we are doing all we can to work with families, schools, community teams and other professionals to ensure that Armed Forces children are getting the support that they need.

> If you are a young person, or you want to support a young person and you need advice, please don't hesitate to call us on 0131 322 7350.

Those with parents who are currently deployed need support services more than ever. They are already missing a part of their support network

Meet our new Youth Participation Project Worker

SCOTT SANGSTER, REGIONAL PARTICIPATION OFFICER FOR THE HIGHLANDS AND MORAY, SHARES HIS THOUGHTS ON JOINING RCET DURING THE COVID-19 PANDEMIC AND WHY HE WAS INTERESTED IN BECOMING INVOLVED IN OUR YOUTH PARTICIPATION MOVEMENT

I am writing this at a time that is strange for all of us. I start this post in the Highlands & Moray – an area with the natural world on its doorstep, which can be a benefit and a barrier at times. As the coronavirus outbreak develops it can be a benefit, but for many of our young people at times, including just now, it can feel like a real barrier.

I work currently as a freelance outdoor instructor and my time is usually spent sharing the

experiences of the outdoors and all it has to offer with others – exploring Scotland's lochs and mountains on paddleboards, bikes or by foot. I know that the young people on our Youth Participation Programme have already enjoyed lots of outdoor activities such as canoeing and zip-lining and I'm looking forward to being able to get out and about with them, enjoying all that Scotland has to offer.

In these strange times, we are lucky to be able to turn to new skills

that we can learn and access such as online resources until we can once again meet face-to-face. I know that we'll be utilising these newly acquired digital skills at RCET in order to continue to communicate with our Forums across Scotland, and for myself in Highlands and Moray.

As a father of two children during lockdown, I have been encouraged once again to while away several hours watching the entire Harry Potter collection. Some may think of this as more pain than pleasure! The films reminded me of the importance of resilience and as JK Rowling puts it: "Rock bottom

became the solid foundation from which I rebuilt my life."

We know that a lot of young people's resilience will be extremely tested at the moment, especially those who are already potentially isolated from peers or facing additional caring responsibilities.

I believe that RCET's Youth Participation Programme can continue to be a vital lifeline of support from the organisation itself, and from peers for young people as they navigate this crisis and I'm excited to be able to get involved and get to know the fantastic young people who make up our Forums.

I have a range of skills that I feel I will be able to bring to the table for RCET. I've spent many years working overseas

Pineapple's a sweet retreat

Earlier this year we were generously gifted a weekend break from The Landmark Trust. The Landmark Trust have more than 200 buildings mainly in the UK, that they rescue, restore, and maintain. These important buildings would be otherwise lost to our country.

Our family were allocated a break at The Pineapple, in Dunmore, Central Scotland. The property is a two-storey summerhouse, the ground floor of which was built for the 4th Earl of Dunmore in 1761, with the dome being finally completed in 1777. As you might imagine from the name, this folly looks exactly like the fruit bearing its name.

Molly, one of our first year university students, was accompanied by her mother Kirsty and her

Army veteran father Gary to enjoy a weekend retreat at this unique property. They were warmly welcomed to a well-equipped property, which they found extremely homely and the real vintage fire stove was a family favourite. The grounds are particularly well kept and very peaceful, making it perfect for nature walks. The property is located in a very quiet Stirlingshire village that is a short drive from the city, with lots of history and heritage for everyone to enjoy. The family thoroughly enjoy their break and would recommend staying there as it is an amazing location and experience.

We would like to thank The Landmark Trust for this wonderful and unique opportunity.



I have a range of skills that I feel I will be able to bring to the table for RCET. I've spent many years working and travelling overseas in Europe, the US and South America. I learned to appreciate life and develop the coaching, instructing and facilitation skills that I now have to offer.

Since moving to the Highlands in 2001, I have had a range of jobs in the public, private and voluntary sector, including developing community and youth projects which helped to empower young people to have their voices heard, and have the confidence to share their experiences. I've conducted these projects through a variety of ways from outdoor pursuits to art



projects allowing people to make important friendships, increase in confidence and share experiences and opinions while in a creative and supportive environment.

I passionately believe that collectively we can achieve more than we can alone, and our collective experiences can mean more for those that are alone.

I look forward to working with young people from Armed Forces families to amplify their voices, make positive change for their community and decrease the isolation that they can feel.

I'm looking forward to getting started and meeting many of our young people, staff, trustees, volunteers and donors over the coming months.

Armed Forces children and young people – Your Minds Matter!

We are delighted to announce the development of a brand new service called Your Mind Matters, which will support Armed Forces young people across Scotland with their mental health. The service, launching in the autumn, will be the first of its kind in Scotland.

The service has been funded by the Armed Forces Covenant Fund Trust and will be run in partnership with SAMH over the next two years. The Trust awarded RCET £303,000 over two years, which will fully fund this pilot initiative.

The idea for the initiative came from our Youth Participation consultations with more than 600 young people from Armed Forces families across Scotland. Through these discussions over 83 per cent of young people told us that their wellbeing was negatively affected by the challenges that they were facing, many of which were unique to service life. Key challenge included the stress and anxiety over a deployment of a loved one to the constant moving and upheaval to friendships and education caused by new postings. We also heard about the specific challenges of children of Veterans who were often dealing with parental physical or mental ill health which caused them both worry, and other challenges within the home such as increased caring responsibilities, poverty and family conflict.

Young people including Isabelle, (pictured), a member of RCET's National Youth Voice Forum – Military Youth Voice Scotland. She said: "There was a point when I was a bit younger where I did feel really isolated. Where I lived there wasn't a lot of people who had been through the same things as me and I did feel quite by myself. If I had the support when I was younger I wouldn't have gone through all of the difficult phases I had as a child and I wouldn't be in quite the place I am at the minute. I would have been a lot better."

In order to combat these issues of social isolation and poor wellbeing for Armed Forces young people, Your Mind Matters



will be piloted in two ways.

For children living in the West of Scotland, we will be delivering one-to-one and peer wellbeing support in the local area. Through working with young people, we hope to create a model of best practice in supporting them. We will also be working alongside Armed Forces young people to co-design and develop a new digital wellbeing tool. This innovative tool will help us support any Armed Forces child across Scotland with their wellbeing and resilience, and will crucially be led by what types of digital support young people themselves want to create. It is believed that the tool will be the first of its kind for Armed Forces children and young people in the UK.

The creation of this virtual community of support will be particularly important for children no longer living 'on the patch', those who have just moved to a new Posting or children of Veterans who now live away from an Armed Forces community.

We hope this new initiative will revolutionise the level and quality of wellbeing support available to Armed Forces children in Scotland.

Through launching Your Mind Matters, we hope to send a clear message that we are listening. We will act on your experiences, and work with you to create the services you want to see for your own community. Your Mind Matters represents the biggest investment in RCET's charitable services in the organisation's history to tackle this growing issue of poor wellbeing; helping all children in our community to reach their full potential.

If you know of a child who may benefit from this service, please encourage them, or a parent or guardian, to email at admin@rcet.org.uk or by call us on 0131 322 7350 for more information.

Be a force for good and take the 2.6 Challenge for Forces families

THERE ARE LOTS OF FUN WAYS TO FUNDRAISE FOR RCET AND BECOME A #HOMEHERO

Like many other charities, RCET will lose fundraising income as a result of the cancellation of fundraising events across the country such as the Forth Rail Bridge Abseil, the Edinburgh Marathon Festival and our own event, An Evening with Christopher Guild. At the same time, the demand for our services, such as our Children and Family Support Service, continues to grow as more families struggle with the financial impacts of Covid-19.

Join #TeamRCET and become a #HomeHero!

In place of the now-cancelled London Marathon, which was meant to take place on 26 April, charities across the UK are asking supporters to take part in the 2.6 Challenge, a nationwide campaign to Save the UK's Charities.

We want our supporters to

become #HomeHeroes and take part in the 2.6 Challenge. Every penny raised will go towards our Coronavirus Crisis Fund to enable us to continue supporting Armed Forces and Veteran families negatively affected by the current pandemic.

How do I take part?

It's simple! The idea is to take part in a activity based around the numbers 2.6 or 26.

Here are some example activities (all must follow Government guidelines on exercise and social distancing):

■ Run or walk 2.6 miles (or km) – or for 26 minutes

■ Exercise at home for 26 minutes (or 2.6 minutes)

■ Do 26 press ups

■ Walk up and down the stairs 26 times

■ Do 26-star jumps

■ Skip 26 times – or for 26 minutes (or 2.6 minutes)

■ Have a dance marathon for 26 minutes (or 2.6 minutes)

■ Draw 26 pictures or draw for 26 minutes (or 2.6 minutes)

■ Blow up or pop as many balloons in 26 minutes (or 2.6 minutes)

■ Sing a song or perform something for 26 minutes (or 2.6 minutes)

■ Juggle for 26 minutes (or 2.6 minutes)

■ Or anything else you can think of that suits your unique talents!

Once you have decided how you would like to fundraise for us, simply create a **free** fundraising

page here through JustGiving at: <https://twopointsixchallenge.justgiving.com/fundraise> Make sure to choose 'Royal Caledonian Education Trust' as the charity you wish to support.

Once your page is set up, share it widely with friends, family and colleagues in the run up to your 2.6 Challenge event. Choose the day you want to do your challenge and you are ready to go! There is no minimum amount you have to raise, but we ask that you raise as much as you can if possible.

> If you need any help or inspiration, please don't hesitate to contact the fundraising team at events@rcet.org.uk or call on 0131 322 7350.

Good luck and thank you for joining #TeamRCET to become a force for good for Armed Forces and Veteran families during this difficult time.



Challenge events put on hold

Unfortunately, due to the coronavirus pandemic, many of our challenge events have had to be postponed by organisers. After taking into consideration the Scottish Government's advice surrounding public gathering during the coronavirus outbreak, the difficult decision has been made to postpone many of the events in order to keep everyone safe.

The list of postponed events is as follows:

- **Supernova Kelpies, Friday, 20, Saturday, 21 and Sunday, 22 March**
Postponed until Friday 13, Saturday 14 and Sunday 15 November
- **Kilomathon Sunday, 5 April**
Postponed until further notice
- **Glasgow Kiltwalk, Sunday, 26 April**
Postponed until further notice
- **Edinburgh Marathon Festival, Saturday, 23 and Sunday, 24 May**
Postponed until Saturday, 5 and Sunday, 6 September
- **Aberdeen Kiltwalk, Sunday, 7 June**
Postponed until further notice
- **Forth Rail Bridge Abseil, Sunday, 14 June**
Postponed until further notice

- **Big Fun Run and Dog Jog Glasgow 2020, Sunday 26 July**
Postponed until further notice
- **Big Fun Run and Dog Jog Edinburgh 2020, Sunday 2 August**
Postponed until further notice

However, there are still opportunities to join other challenge events later in the year. Please see the full list for details:

- **Skydive**
Any date.
You can choose various dates throughout 2020 to do a sponsored skydive for us.
- 👤 **Men's 10K Glasgow 2020**
Sunday, 30 August
- 👤 **Kiltwalk Edinburgh 2020**
Sunday, 13 September
- 👤 **Scottish Half Marathon & 10K 2020**
Sunday, 20 September
- 👤 **Women's 10K, Edinburgh**
Sunday, 25 October



We hope that later on in the year you will be able to join #TeamRCET and help us raise funds for Armed Forces children and young people so they can reach their full potential and THRIVE.

> Please contact events@rcet.org.uk or call us at 0131 322 7350. You can also visit our website for the full list of events and information at www.rcet.org.uk/events

WE WELCOME YOUR OPINIONS

We know that right now might seem like an odd time to ask your thoughts and feelings on our 'brand.' When we talk about brand we mean things like our name, our logo, and the messages we send out to you. We are asking you about this as we want to be really sure that the messages that we send out have the best chance of reaching as many people as possible so that we can achieve our mission that all Armed Forces children can reach their full potential.

Name:

Email:

Phone Number:

How long have you been a supporter?

- Less than 1 year 1-3 years
 3-5 years 5-10 years
 10+ years Don't count myself as a supporter.

What makes you support RCET?

Would you be interested in taking part in a follow-up focus group about our brand via phone or Skype?

- Yes No

Do you think RCET's logo is reflective of the work that the charity does? (0 for strongly disagree and 10 for strongly agree)

0 1 2 3 4 5 6 7 8 9 10

How effective do you think that the name The Royal Caledonian Education Trust is at conveying what we do, and who we support?

0 1 2 3 4 5 6 7 8 9 10

Do you think our name and logo reflects that we are a children's charity?

0 1 2 3 4 5 6 7 8 9 10

In your own words, what does RCET do?

What charities do you think have good brands?

If you had to describe RCET in three words which would you choose?

What things do you think RCET could do better to raise awareness of who we are and what we do?

What do you think is the number one thing that RCET does that makes the world a better place?

Do you trust that RCET does a good job for Armed Forces families?

- Yes No

If you said yes, what makes you trust RCET?

How useful do you find our newsletter Postings?

0 1 2 3 4 5 6 7 8 9 10

How often would you like to receive news from us?

- Weekly Monthly Quarterly Annually

What do you think about the content of our newsletter?

| | Too much | Just enough | Too little | Not necessary |
|------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Service specific information | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fundraising | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stories from service users | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strategic updates | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Research | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Policy and campaigning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Please send your completed survey form to RCET using the Freepost envelope included in this newsletter.

Pipers called onto pipe for St Valery

RCET has joined forces with Poppyscotland and Legion Scotland to organise a tribute to the little known battle of Saint-Valery-en-Caux, often called ‘The Forgotten Dunkirk.’

Pipers across Scotland will be invited to join a poignant tribute on 12 June to the thousands of Scots who were killed or captured during the battle 80 years ago.

On the 12 June 1940, just days after the successful mass-evacuations at Dunkirk, thousands of British troops still remained on continental Europe under French command. Largely comprised of men from The 51st Highland Division, they fought almost continuously for 10 days against overwhelming odds. Men were exhausted and virtually out of ammunition, with no artillery ammunition at all. Shortly before 1000hrs on the 12 June General Fortune took the most difficult of decisions – to surrender.

However, a combination of fog and the proximity of German artillery above Saint-Valery prevented the awaiting flotilla of ships from reaching shore. Those who were not killed in the fierce fighting, or fell to their deaths from the cliffs trying to escape, were captured and marched hundreds of miles to Prisoner of War camps in Eastern Europe, where they endured appalling conditions for five long years.

At 10am on the 12 June 2020, pipers up and down Scotland will take to their doorsteps to play the haunting pipers march, Heroes of St Valery. Pipers of all ages and abilities are being invited to download the sheet music and learn the piece.

On the day the charities will also share online learning resources for young people, virtual tributes and a fundraising campaign to support our vital work.

Brigadier Charles Grant, a retired British Army Officer and prominent military historian, said: “While events such as Dunkirk, D Day and VE Day are rightly commemorated, it is time that the memory of those who fought and fell at St Valery are remembered in a national tribute for the first time.”

There wasn’t a single town, hamlet or village across the Highlands of Scotland that was not deeply affected by this defeat. We hope that on the 12 June, the pipes can be heard across the country, and internationally, in commemoration of this little remembered battle.

The public are also being asked to support the campaign through making a donation to support the vital work of the three charities, including RCET, which are needed now more than ever.



RCET’s Fundraising Manager Natasha MacKinnon’s grandfather was in the 51st Highland Division and she shares his story and why this commemoration is so important:

“My grandfather, John MacKinnon, enlisted in the British Army in July 1938 aged just 18 in the hopes of a good steady job. He joined the Queens own Cameron Highlanders, who formed part of the 51st Highland Division and was posted to France with the British Expeditionary Force just 23 days after War was declared.

“His Army Records books describe him as a very smart, clean and intelligent soldier who worked hard and his conduct: Exemplary.

“He endured 247 days of warfare in France. In the weeks leading up to St Valery, troops were low on ammunition. My grandfather, a radio boy, had no bullets left for his rifle. His radio broken he had to run the length of the battlefield to convey messages with only a bayonet as a weapon.

“He was captured as a Prisoner of War just before the 12 June. He was only 20 years old and would remain in Stalag XXA in Poland for the rest of the war. Until the International Red Cross entered the camps, his family believed that he was missing in action, presumed dead.

“I’m incredibly proud to be his granddaughter and even more proud to stand together with the Armed Forces community today and commemorate his bravery and the bravery of so many other young men who lost their lives or had their future lives as sons, husbands, fathers and friends irreversibly changed by their experiences as Prisoners of War.

“I hope that on the 12 June you will join us in commemorating the thousands of men who lost their lives or were captured as a prisoner of war at St Valery.”

Ways that you can get involved:

- Register with us as a piper (other musicians also welcome!) at www.poppyscotland.org.uk/get-involved/saint-valery
- Open your windows and listen out for the sound of pipes at 10am on 12 June
- Donate to the three charities by visiting <https://bit.ly/36kqZhF>
- Share our social media content on the day so that more people can see our campaign.

Q&A:

Clare Hayward,
new trustee



Why become a Trustee for RCET?

I have had a long and continuing association with the Armed Forces. I was a service child myself, wife and mother of serving officers and soldiers. I also served myself as an RAF Medical Officer for five years. My youngest son is still serving with the Army Reserve.

I feel it is important to support Armed Forces children who face different stresses to the rest of the population (as well as many of the same ones!), which are often overlooked. I particularly liked the fact that RCET works to support children and young people before the problems they face become insurmountable.

What skills can you bring to the Board?

I have extensive experience of Service life myself and I have been a GP for over 30 years. Both my family and professional lives have repeatedly touched on issues relating to young people, their educational needs and the difficulties that they all can face.

I also have experience of running my own business as a member of a GP partnership and have been a School Governor twice. I think I can bring to the Board informed insight of how Service life affects children educationally and emotionally.

What are you looking forward to most about joining the Board?

I’m looking forward to working with a charity that has a vision and mission that I believe in. I am keen to use the Armed Forces and healthcare experience that I have to help children and young people to reach their full potential. I am also really looking to working with staff and board members from different walks of life.

What are your ambitions for us in the future?

I hope to enable the charity to continue the wonderful work it has been doing and to achieve its future goals. I hope to support the charity to continue to adapt to the ever-changing nature of service life. It’s important to be flexible and forward thinking and I hope that I can play my part by keeping RCET relevant and responsive.