The mini of the Glasgow Branch recently had some new bonnet graphics applied. The car also had an overhaul to make it more lightweight. It will soon have its engine replaced and also be taken to Cadwell Park, a motor racing circuit in Lincolnshire.

This is in preparation for the upcoming Manx Rally in the Isle of Man!

The Glasgow Branch also hold a Wings Café, every Friday in Cathcart Parish Church. The Wings Cafés are connected to the befriending scheme the Association launched in March 2016. The café is an alternative group setting for those who would like to get involved.

This is a great way to expand the welfare support and promote the Glasgow Branch to the wider RAF family and beyond.

If you are in the area, please pop by for a chat and a cup of tea!

Diary dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 2 to 3</td>
<td>NI International Airshow, Portrush</td>
</tr>
<tr>
<td>Sep 2 to 3</td>
<td>Scottish International Airshow, Ayr</td>
</tr>
<tr>
<td>Sep 10</td>
<td>Great North Run</td>
</tr>
<tr>
<td>Sep 13 to 17</td>
<td>London—Paris Cycle Challenge</td>
</tr>
</tbody>
</table>
Kilimanjaro climb—challenge event

About the event
Located on the north eastern tip of Tanzania, Mount Kilimanjaro is one of the world’s highest peaks and the setting for a truly amazing trek!

Trek towards the picturesque snow-capped peaks and observe the natural beauty of the Tanzanian landscape. You’ll be trekking through a blend of diverse terrains from jungle to volcanic craters before reaching the highest point of Mount Kilimanjaro, Ushuru Peak.

This is an amazing opportunity to trek Kilimanjaro and one of the most beautiful parts of Africa over 10 days and climb to heights of over 5,500 metres!

How to register
To express your interest in taking part in this incredible experience, or for more details, please contact jules@rafa.org.uk or call 0800 018 2361.

When?
27 September 2017 to 7 October 2017.

How much?
Contact Jules, using the details above, for minimum sponsorship details.

Skydiving—challenge event

About the event
Imagine standing at the edge of an open doorway in an aircraft flying at 10,000 feet – the noise of the engines and the wind ringing in your ears, with only the outline of distant fields below.

Now imagine leaning forward out of that doorway and letting go. Falling forwards into the clouds, diving down through the air as you start freefalling at over 120mph.

Then, imagine the peace and quiet as the canopy opens, the steering toggles come down either side of you and you begin a tranquil parachute descent from a mile up in the air, steering yourself back down to the centre of the drop zone below.

Imagine being able to do this for free while harnessed to a professional freefall parachute instructor and at the same time being able to help the RAF Association!

How to register
To express your interest in taking part in this incredible experience, or for more details, please contact jules@rafa.org.uk or call 0800 018 2361.

How much?
Contact Jules, using the details above, for minimum sponsorship details.
Restored WWII Spitfire

A restored WWII Spitfire that saw service in the Battle of Britain has gone on public show in Dumfries. The plane was salvaged from the bottom of Loch Doon in Ayrshire in 1982 after a four-year search by divers. It crashed during a training flight from Ayr in 1941, killing the Czech pilot. Returning the bodywork to its former glory has taken 35 years of work and involved several false starts before being carried out.

However, the Spitfire is finally ready to take pride of place at Dumfries and Galloway Aviation Museum whose founders first commissioned the salvage project way back in 1977. Chairman David Reid said it was a fantastic addition to their collection.

"When we first started, most of the bits and pieces we were recovering then were coming from wartime crash sites and this one looked a peach," he explained. "We contacted the local diving club in 1977, just after the museum opened in the July, and they agreed to take on the task of looking for this.

"We were expecting them to find it the first weekend - they found a syrup tin." However, the search continued for four years with "countless hours of diving". "They finally found it in 1982, probably just by feel, because the silt at the bottom of Loch Doon is several feet deep," said Mr Reid. "They actually bumped into it, I think the engine was the first part they found." That was just the start of another long journey towards its restoration.

A Yorkshire-based expert was able to finish the fuselage but could not work on the wings due to ill health. Eventually the museum secured some funding to buy a set of wings and the plane has finally been able to go on show.

"If you ask anybody in the UK or probably worldwide to name the most famous WWII aircraft - depending on which side you were on, it is almost certainly going to be a Spitfire," said Mr Reid. "It was the greatest WWII fighter, really."

Although the exterior of the plane has been largely completed there is still a significant amount of work to do to the interior.

Nonetheless, the museum is optimistic that it can be carried out in the not too distant future. Hopefully within the next couple of years we will be able to let people actually sit in a genuine Battle of Britain survivor," said Mr Reid.

London to Paris Cycle Challenge 13 to 17 September 2017—challenge event

About the event
Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque countryside, we cross the Channel and continue through the small villages and medieval market towns of northern France. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement.

How to register
To express your interest in taking part in this incredible experience, or for more details, please contact jules@rafa.org.uk or call 0800 018 2361.

When?
13 September 2017 to 17 September 2017

How much?
Registration fee: £99
Minimum sponsorship: £1,560

Patron: Her Majesty The Queen
Registered Charity 226686 (England & Wales), SC037673 (Scotland).
Volunteering update

Volunteers’ Week 2017 summary

Volunteers’ Week 2017 ran from 1 to 7 June and the RAF Association undertook a number of activities to recognise the value of our volunteers, celebrate their involvement and to ensure that they continued to feel motivated to support the Association.

The Association recognised volunteers by:

- Sending a thank you card and small packet of flower seeds as a token of our thanks.
- Releasing volunteer spotlight interviews each day of the week to highlight.
- Undertaking a social media takeover.
- Undertaking a communications campaign.

Thank you cards

A thank you card and flower seed packet was sent to 3340 volunteers who give their time freely to help the RAF family, to show our appreciation of the support they provide.

These included members, Case-workers, Befrienders, Storybook Wings Editors, Events Assistants, Fundraisers, those that volunteer in the Wings Break Hotels, Wings Café volunteers and RAFALOs.

The idea of the card and seeds was to give a small token of appreciation, whilst thanking volunteers for helping the Association to ‘grow and flourish’.

Following the deadline for the mailing, we approved further volunteers and so sent a ‘mop up’ mailing of 45 cards.

Volunteer spotlights

Each day, we featured a volunteer spotlight interview on our website and on social media, helping to highlight just some of our roles that our volunteers undertake in support of the RAF family.

These included:

- Cameron – Fundraising Team Leader.
- Roy Ward – Befriender
- Martin Turner – Case-worker
- Kelly – Befriender
- Jeni Ives – Befriender
- Ian Waddington – Storybook Wings Editor

Social media takeover

We uploaded the thank you artwork as a banner to celebrate and raise awareness to our followers of Volunteers’ Week.

On both Facebook and Twitter there were unique banners depicting, in sketch format, the variety of different roles that volunteer for us undertake.

Basic social media reports are shown below:

<table>
<thead>
<tr>
<th>TWITTER</th>
<th>FACEBOOK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tweets</td>
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<td>Impressions</td>
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<td>Replies</td>
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<td>50.9K</td>
</tr>
<tr>
<td>Reactions</td>
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</tr>
<tr>
<td>Post Clicks</td>
<td>1,696</td>
</tr>
<tr>
<td>Comments</td>
<td>108</td>
</tr>
<tr>
<td>Shares</td>
<td>88</td>
</tr>
</tbody>
</table>
Some comments about the cards:

- Thanks, a nice touch #feelvalued
- It’s those little things that make the difference
- Thank you for my card and seeds. In the greenhouse looking forward to the results

Some comments overall, relating to the spotlight interviews:

- Would love to be an RAFA Befriender, but unfortunately I no longer have a car. I have so much friendship to give.
- Well done Roy. I hope to follow in your, and other befrienders footsteps soon. Xx
- Well done Martin great interview. You have been a breath of fresh air in the Wales area and we are proud to have you as a caseworker.

How do we sign up to be a volunteer?
We published the social media feed on the Association’s large screens, so visitors, staff and volunteers attending training could also read about our celebrations.

Social media example screenshots are shown below left.

We asked volunteers if they had received their cards and volunteers tweeted back pictures of their received cards

Communications and media activity and coverage
We undertook PR activities with local and regional media: The Association sent case studies to the local media of the seven volunteers (serving and non serving) who had been identified to represent the different types of volunteering activities.

Coverage was obtained in the Plymouth Daily - https://www.theplymouthdaily.co.uk/news/local-news/plymouth-charity-hero-honoured-raf-charity.

Interest was shown from Essex media, but coverage has yet to be published by them.

RAF newspapers and magazines: the same press releases were sent to RAF media and magazines and we are awaiting news of whether they have been included by the editors.

Connect (magazine for serving personnel): The main news page (p3) of the summer issue of Connect was dedicated to volunteers’ week, and focused on serving volunteer Cameron, from RAF Lossiemouth.

Cobseo weekly newsletter: the press release was also sent for inclusion in this.

Air Mail – (for 45,000 Association members): The regular volunteer spotlight section was extended to form a special double page spread for the July issue of the magazine.

All seven volunteers were introduced and readers were encouraged to log on to the Association website to read full case studies of each.

Employee updates:
An email went to all employees at the Association, on the first day of the week, to inform them it was taking place and asking them to personally thank all the volunteers they come into contact with during the week. A follow up note was then included in the employee newsletter on The Wing.
Housing Options Scotland

PRESS RELEASE following research on the housing advice, information and support pathways experienced by the armed forces community.

By Housing Options Scotland

Earlier planning and better coordination required to tackle the armed forces’ housing challenges, new research says.

Housing Options Scotland (HOS), a Scottish charity providing housing information and guidance to disabled people, seniors and veterans, has today published the results of research highlighting the housing advice, information and support pathways experienced by the armed forces community. This unique piece of research was commissioned by the Scottish Government Veterans Fund, with the objective of providing robust learnings from those at different stages in the armed forces.

HOS initially looked at survey responses from 116 adults aged between 25 and 74, with the largest group of respondents being men (87 per cent) who had served or were still serving in the Army (71 per cent).

The results showed that a large majority of participants did not receive any housing advice or support while serving (81 per cent), while in transition (68 per cent), or after leaving the forces (63 per cent). Interestingly, of those who received advice, positive feedback was higher for those who had received support while serving (62 per cent) or in transition (70 per cent) compared to those who had already left the armed forces (38 per cent). This finding clearly demonstrates that the earlier a housing plan is prepared, the better the outcome for those concerned.

Following the initial survey carried out in December 2016, HOS also conducted a focus group in March 2017 where 14 people were interviewed in more depth about their experiences.

The study indicated that more education is needed for those serving in the armed forces and veterans, to help them plan for their future housing needs. The study also revealed that more should be done to share best practice in housing information, advice and support, between organisations, military, civilian, statutory and charitable. It was also noted that services need to be tailored to suit individuals and their families, as this is a distinct group with unique life experiences.

This research will be a useful tool for everyone working in the armed forces community and the housing sector. Moira Bayne, CEO of HOS, says: “People serving in and veterans of the armed forces need to be told more about planning for their future housing needs.”

Resources should be better coordinated and tailored as there is some help available. Moira adds: “We see too many veterans coming to HOS feeling lost and abandoned by society. They often have unrealistic expectations of the housing sector. They may not have saved and planned appropriately for their future housing needs while serving, and are therefore more vulnerable and at risk of homelessness.”

Contact for more information and case study: If you would like to discuss the press release or receive more information about the research, please do not hesitate to contact us. We also have a couple of clients willing to speak publicly about their experience.

A case study is ready to be used. Please let us know if you are interested.

Typhaine Mace-Rollet
Marketing Associate, Housing Options Scotland
Mobile: 07931 21 88 70
Email: typhaine@housingoptionscotland.org.uk

Moira Bayne
CEO, Housing Options Scotland
Mobile: 07525614743
Email: moira@housingoptionsscotland.org.uk

About Housing Options Scotland
Helping disabled people, veterans & older people to find the right house, in the right place.

Continued on page 7.
Housing Options Scotland Continued...

Housing Options Scotland was established in 1997 to provide a unique public access service to all disabled people throughout Scotland. Their main aim is to ensure that disabled people, veterans and older people can access the right home for them. They advise on social renting, private renting, and home ownership.

Housing Options Scotland has three main areas of activity:

- They assist disabled people, veterans and older people by advising them on, and supporting them through, the complex design, financial and legal processes involved in buying or renting a property.
- They provide information, advice and training on housing and disability issues to the public, private and voluntary sectors.
- They raise awareness of the problems their clients face in relation to their housing, and highlight the solutions and opportunities that exist.

Fares4Free

During our recent 2017 Area Conference, an organisation called Fares4Free provided free bus transport between the hotel and the church on the Sunday, which enabled those who required it to attend the church service and memorial service.

The following is David’s outline of Fares4Free:

“Fares4Free is working together with taxi companies and drivers, asking for four donated fares a month per driver. The ask is reasonable and the impact on the veterans’ community is considerable.”

“We have paired this project with a campaign to provide wheelchair capable vehicles staffed by trained ex service personnel. We feel that these will be the people best suited to befriend or care for others in need who share similar backgrounds and experiences.”

“Financial security will not be a barrier to using the service. The only criteria a person has to meet to use us is that they or a family member have served in the armed forces.”

“Fares4Free works with charities and local councils to reach those who need assistance and helping veterans get from A to B can make a massive difference.”

David’s close relationship with the various charities and organisations he works with means he’s always there to help his passengers with anything they need.

He was recently featured on the Forces Network website: http://www.forces.net/news/free-taxis-veterans-thanks-charity-initiative

Please contact David Gibson, Fares4Free if you are interested in using the service or becoming involved.

Email: info@fares4free.org, phone: 07708 299 399, website: www.fares4free.org

Patron: Her Majesty The Queen
Registered Charity 226686 (England & Wales), SC037673 (Scotland).
The first half of 2017 has been very busy for the area welfare team. In Scotland we have helped 251* individuals already this year, with 183 of those people having contacted us this year for the first time.

By the end of June 2016 we’d had 138 new cases and by the end of June 2015 we’d had 95 new cases, meaning we’ve had a 32 per cent increase this year as compared to last year and a 93 per cent increase this year as compared to 2015.

As you can see from the chart below, we are currently working to help people living all over Scotland.

We would be unable to do this without our amazing team of welfare volunteers. We currently have 90 active and fully trained volunteers in Scotland, including Honorary Welfare Officers, Assistant Honorary Welfare Officers, Caseworkers and Befrienders.

Since the start of this year, we have worked to release over £135,000 in grants to members of the RAF family in Scotland during their times of need.

These grants have come from our area welfare fund, the RAF Benevolent Fund, the Officer’s Association Scotland, Poppyscotland and a range of other service charities and civilian charities.

This money has been used to fund a wide range of needs, including:

- Wings Breaks
- Stairlifts
- Riser/recliner chairs and electric beds
- Mobility home adaptations
- Mobility fixtures, fittings and equipment
- Mobility scooters and wheelchairs
- Housing repairs and maintenance
- Household goods
- Funeral costs

We have also helped people to apply for sheltered housing, get debt advice, access counselling services and much more.

Additionally, we are continuing to expand our befriending service, with 17 befrienders having been trained so far this year and another 15 booked onto courses later in the year.

We currently have befrienders available in the following postcodes: AB38, EH3, G4, G11, G66, IV2, IV30, IV31, IV36, KA10, KY11, KY12, KY16 and ML11.

If you or any member of the RAF family you know is interested in receiving friendship visits, please get in touch with the area office on 0131 225 5221 or look for the...
welfare team contact details on the last page of this newsletter.

As well as training new volunteers, we have also continued to offer training to our existing volunteers to help them keep their skills fresh and to extend their knowledge of welfare work.

This year, volunteers in Scotland have attended training in Advanced Listening Skills, Mental Health First Aid for the Armed Forces and Bereavement Awareness.

A group of our most experienced Caseworkers have also just completed a Welfare update course, which refreshed their knowledge as it had been five years since they completed their initial caseworker training.

Looking to the second half of 2017, we will continue to strive to provide a high quality of support to members of the RAF family during their times of need.

More training will be offered to our existing volunteers and five more Caseworkers are booked on to the initial training course in 2017.

Our Caseworkers will also be invited to attend our annual Area Welfare Seminar, which will take place on the 18 and 19 of October at the Queen’s Hotel in Perth.

Finally, if you are interested in supporting us at the Scottish Air Show at Low Green, Ayr on Saturday 2 September please let us know.

We are looking for some volunteers to help us run the Veterans Tent, travel costs will be paid and you will be provided with a sandwich lunch. The only cost that would be required of volunteers are their hotel costs.

If you are interested please contact Mike McCourt via mike.mccourt@rafa.org.uk or Shiela Laramore via shiela.laramore@rafa.org.uk. Alternatively both may be contacted on 0131 225 5221.

Additional details on the event are to follow later.

*All statistical information is correct to the end of June 2017.

Falkirk Golf Tournament—21 September 2017

The Falkirk Golf Tournament will take place on Thursday 21 September this year. The tee off times are 1000hrs to 1040hrs. Coffee and a roll will be provided on arrival and a two course meal will be provided after the round, which will be main and a dessert.

There are places for 20 players, so please get in touch as soon as you can, prior to the event. The cost for the event is £32, this includes a deposit of £10pp.

If you are interested in attending and would like more details, please contact Dave Mowatt (contact details available on the last page of this newsletter).

Please make deposit cheques payable to RAF Association Scotland and Northern Ireland. A place will be secured once the deposit has been received.
Donna Hutchinson—Area volunteering update

16 July saw me visit Dumfries Aviation Museum for the unveiling of the Loch Doon Spitfire. Lots of interest was shown in volunteering and we shall see some new volunteers in this area in the near future.

All volunteers had a great (wet) time at East Fortune Airshow on 22 July, albeit no aircraft displayed due to the weather conditions. The rain didn’t stop prospective new volunteers finding out about the Association and volunteering with us. Through this event we should see another Fundraising Team Leader raising money for Wings Appeal very soon.

Lanarkshire has a new Fundraising Team Leader. Look out for Richard as he begins fundraising for the Association.

Can you spare a few hours to help with one of these roles or do you know someone who would like to help us?

The following volunteering vacancies can be found on rafa.org.uk/volunteer

If you would like to discuss any volunteering matters please do not hesitate to contact me on 07827910904 or donna.hutchinson@rafa.org.uk
Edinburgh, Lothians and Borders Branch Award

Congratulations to the Edinburgh Lothian and Borders Branch who received this ‘Inspiring Volunteering Team Award’ for the hard work and professionalism of the welfare team ably led by George Prentice, from Volunteer Edinburgh.

It is a fantastic achievement for the branch to be rewarded and recognised by the city of Edinburgh, for the great welfare work they do.

Billy Cook

Dozens of veterans and well-wishers have celebrated the life of a Second World War veteran, by attending his funeral near Dumfries. Billy Cook died aged 92, but because he had no family his friends were concerned that nobody would show up.

Over 100 people did show up thanks to adverts on the Scotland & NI Area, and Glasgow and Ayr & Prestwick Branch Facebook pages. This shows how valuable social media can be for the RAF Association and for RAF veterans.
HELP US TO STAY IN TOUCH WITH YOU

By far, the quickest and easiest way for us to get in contact with our members is through email. This method of communication also saves money on postage – money that we can instead spend on providing welfare support to members of the RAF family. Please update us on your current email address by sending a quick note to Anna using the details on the right.

WE WANT TO HEAR FROM YOU

Let Anna know what your branch is up to, so that it can be included in next month’s newsletter. You can contact Anna by calling the office, or you can email your updates and photographs to her using the details on the right.

MEDIA PLATFORMS

Please follow the RAF Association Scotland and Northern Ireland Instagram, Twitter and Facebook pages. These are faster and varied ways in which to keep up to date with our news!

Instagram: raf_association_scot_and_ni
Facebook: RAF Association—Scotland and Northern Ireland
Twitter: @RAFAScotaNI

Please take a look at the Royal Observer Corps website on: http://www.rocatwentytwelve.org/

Follow us on: