

your

SPRINGBOARD

WELCOME PACK



SCOTTY'S LITTLE SOLDIERS

WELCOME

Welcome to the SPRINGBOARD Programme.

Scotty's supports children, young people and young adults from 0-25 years old. Our 0-18 year olds are known as 'Members' and our 18-25 year olds are known as 'Springboarders'.

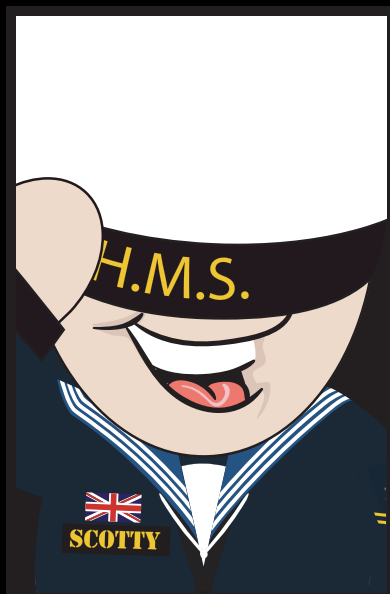
WHAT IS THE SPRINGBOARD PROGRAMME?

The SPRINGBOARD programme focuses on supporting and guiding you as you transition into adulthood and independence.

We can offer you lots of support including:

- » 1:1 Bereavement Support.
- » Opportunities to get to know other bereaved young adults.
- » Grants: Access to a range of grants.
- » Placement Guidance: Support with education placements, college, apprenticeships, University.
- » Help with getting into employment: Writing CV's, interview techniques, job searches.
- » Opportunities to develop life skills.
- » Access to the OpsZone (A dedicated website for our older Members and Springboarders)
- » On the Anniversary of your parent's death: You will receive a voucher to show we are thinking of you.
- » Remembrance: We know that Remembrance can be an extra tough time of year for our Members and Springboarders so every year, in November, you will receive a meal voucher.

Please remember, there is never any pressure from Scotty's, you can be involved as much or as little as you like.



HOW TO KEEP UP TO DATE WITH SCOTTY'S AND GET THE LATEST INFORMATION



Monthly Email

On the first Monday of the month, Nikki (Scotty's Founder) will send you an email. The email is a great way of keeping up to date with all the latest news, messages from the Families team, links to the grant application forms and information about the services we offer. You can of course unsubscribe from receiving the monthly email, however, please bear in mind, this is the main way Scotty's communicates with our Springboarders and you don't want to miss out on anything exciting!



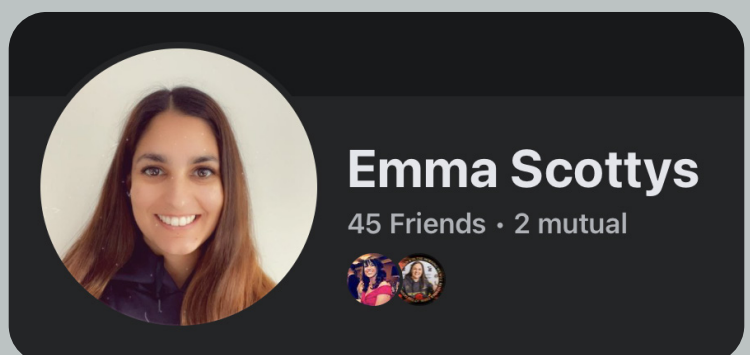
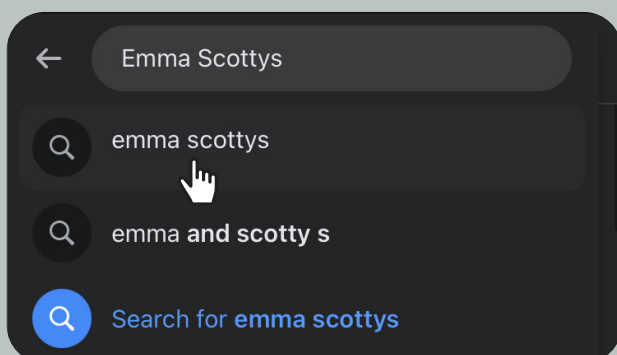
Facebook

We have a private Facebook group for Springboarders to use. It can be a great way to make new friends, ask questions and find out what's happening here at Scotty's. It's a hidden group so you won't find it by searching but if you would like to be added, search for "Emma Scotty's".



Springboard Council

Springboard council is made up of 12 Springboarders, they will help to shape the programme and the services offered to bereaved forces young adults. The council will also be actively involved in making key decisions for the charity. If you would like to know more or find out how to be involved just pop us a message.



THE PROGRAMMES

Scotty's currently runs FOUR programmes:



SMILES FUN & ENGAGEMENT

The SMILES programme is run by Hayley. If you call the office, it will mostly likely be Hayley who you speak to. She is really lovely and very helpful, she also knows lots about Scotty's and she'll always make sure you get put through to the right person. This programme focuses on reminding our Members and Springboarders that they aren't alone so you may receive a little something from us through the post at difficult times of the year, such as Remembrance, anniversaries, Christmas and birthdays to help remind you we are here, and you have not been forgotten. Make sure you always tell us if you move house otherwise you may miss out!



SUPPORT EMOTIONAL HEALTH & WELLBEING

The SUPPORT programme looks after emotional health and wellbeing, SUPPORT offers 1:1 professional bereavement support for our Members and Springboarders. If you feel you would like someone to talk to or even find out more information, please do get on touch. We know it can be really hard to pick up the phone and ask for help so don't forget you can always send us a text, email or even send a message on our Facebook page. Mark and Charlie run the Support programme and have lots of knowledge and experience so never be afraid to reach out.



STRIDES EDUCATION AND DEVELOPMENT

The STRIDES programme focuses on grants which offers several unique ways we can financially support you. There are four grants you can access as part of the SPRINGBOARD programme:

Scotty Driving up to £100

Super Grant up to £1000

Higher Education and Training up to £1000

Springboard Allowance up to £100

You will find the links to the grant applications on each monthly email. Or you can contact us and we'll be happy to help.



SPRINGBOARD 18-25 YEAR OLDS

THIS IS YOU!

meet the

FAMILIES TEAM



CHARLIE
MY ROLE IS TO SUPPORT THE PARENTS AND CARERS, FOR THE SUPPORT PROGRAMME

MARK
I AM THE CHILD & YOUNG PERSON WORKER FOR THE SUPPORT PROGRAMME

HAYLEY
MY ROLE IS TO RUN THE SMILES PROGRAMME

NIKKI
I'M THE FOUNDER OF SCOTTY'S LITTLE SOLDIERS

EMMA
I COORDINATE THE STRIDES & SPRINGBOARD PROGRAMMES

LORNA
I OVERSEE THE BEREAVEMENT SUPPORT OFFER THAT SCOTTY'S PROVIDES TO MEMBERS AND SPRINGBOARDERS

You can contact Scotty's by:

Scotty's Little Soldiers
Unit 21 Bergen Way
King's Lynn
Norfolk
PE30 2JG

Phone Scotty HQ (free phone line) 0800 092 8571 option 1

Email: Emma@scottyslittlesoldiers.co.uk
Mobile (Emma): 07435799017

GRANTS

As a Springboarder you may be entitled to some of the grants that Scotty's offer. You can apply for these grants through the OpsZone or by using the links on the Monthly emails.



Higher Education & Training Grant

One off grant of up to £1,000. This can be spent on things such as; higher education tuition fees, student accommodation, purchase of books or other equipment directly related to the course enrolled on.



Driving Grant

One off grant of £100 to help towards the cost of driving lessons.



Springboard Allowance

£100 to use over the course of the year. (Renews on the 1st Jan, every year.) This can be spent on things like: gym membership or smart clothes for interviews. Anything that will help increase your social development, self-esteem and confidence or contribute towards positive health and wellbeing.



Super Grant

One off grant of £1000 for a once in a lifetime opportunity. By a 'significant once in a lifetime' opportunity we mean something they will never get to do again, a life changing experience. For example, one Super grant we have recently approved is going towards the cost of an 8-week trip to Indonesia. The Scotty Member will be supporting the deforestation movement and rescuing orangutans. They have agreed to keep a diary and video documentation throughout their trip and will then present this to Scotty's trustees upon their return.



Sometimes the smallest step
in the right direction ends
up being the biggest step of
your life. Tip toe if you must
but take the step



www.scottyslittlesoldiers.co.uk