

ABOUT FORCES CHILDREN SCOTLAND

We support children and young people from armed forces and veteran families.

We help to overcome unique challenges to mental health and wellbeing, education and learning, isolation and loneliness and much more.

We deliver life-changing experiences and youth forums which help to build confidence, develop new skills, inspire academic aspiration and forge friendships.

We provide financial support when it matters most to overcome financial hardship and enable children & young people to dream big and pursue positive futures.

We co-develop campaigns to amplify lived experience, transform attitudes, and champion meaningful change towards ensuring their voice is heard in influencing and future policy-making.



Scottish Charity Number: SCO38722



We listened to the voice of young people who have made this big change, who told us that specific help wasn't there when their parents decided to leave the armed forces.

That's why we sourced funding from The Armed Forces Covenant Fund Trust to make sure young people receive specific support to make big changes when it is needed most.

 **THE ARMED FORCES
COVENANT FUND TRUST**

FORCESCHILDRENSCOTLAND.ORG.UK

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**When parents leave the armed forces,
it means big changes for their children too.**



RUBY BOOTS

**Civvy Street Buddies
for Forces Children**

ABOUT RUBY BOOTS

Ruby Boots helps young people in Fife with parents leaving the armed forces or have recently done so.

Ruby Boots provide peer buddy mentors, who are young people who have already made the change from military to civilian life with their families.

Peer Buddy Mentors will share lived experience, answer important questions, provide friendship, and organise fun-based activities and much more.

So, that means we're looking for young people who have veteran parents in Fife to get involved too to sign-up as peer Buddy Mentors.

We're also looking for adults from all backgrounds to get involved as Facilitators to help relationships to flourish between the young people involved in Ruby Boots.



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View Our Ruby Boots Video

Our Ruby Boots Coordinator, Katy, talks about turning an idea generated by young people into an exciting, new service, some of the challenges faced by young people when a parent leaves the armed forces and how young people and adults can get involved.



Who Can Get Involved in Ruby Boots

Young people from armed forces & veteran families.

Adults from military, veteran & civilian backgrounds.

Educators & professionals.

Find out more

KATY.KING@FORCESCHILDRENSCOTLAND.ORG.UK

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