



**UNFORGOTTEN  
FORCES**  
Supporting Scotland's  
Older Veterans



Area	Regional Support Officer contact details	Bureau covered
Citizens Advice Direct	Natasha Parker ASAP helpline: 0808 800 1007  <a href="mailto:ASAP@citizensadvisedirect.org.uk">ASAP@citizensadvisedirect.org.uk</a>	National helpline
Aberdeen and Aberdeenshire	Demi Gbenle Iris Pirie Jaishri Kumar  01224 569764 mobile 07946 525 165 Fax: 01224 210510 <a href="mailto:asap@aberdeencab.org.uk">asap@aberdeencab.org.uk</a>	Aberdeen Banff and Buchan Kincardine and Mearns Turriff and District South West Aberdeenshire CAB
Argyll and Bute	Sandra Staniland 01546 605555 mobile 07546 631252 <a href="mailto:Sandra.Staniland@abcab.casonline.org.uk">Sandra.Staniland@abcab.casonline.org.uk</a>	Argyll and Bute Helensburgh Extension
Ayrshire	Jayne Mackie 01563 543243 Mobile: 07383094496 <a href="mailto:Jayne.mackie@eastayrshirecab.casonline.org.uk">Jayne.mackie@eastayrshirecab.casonline.org.uk</a>  Elaine Denham 01563 543243 Mobile: 07383094789 <a href="mailto:Elaine.denham@eastayrshirecab.casonline.org.uk">Elaine.denham@eastayrshirecab.casonline.org.uk</a>  Referrals only: <a href="mailto:referrals@eastayrshirecab.casonline.org.uk">referrals@eastayrshirecab.casonline.org.uk</a>	East Ayrshire (also covers North and South Ayrshire through outreach – no bureau)
Edinburgh and Lothians	Alan Hamilton 01506 436132 / 01506 444814 <a href="mailto:Alan.hamilton@CABWestLothian.casonline.org.uk">Alan.hamilton@CABWestLothian.casonline.org.uk</a>  Charlie Walker 01506 436132 <a href="mailto:Charlie.walker@CABWestLothian.casonline.org.uk">Charlie.walker@CABWestLothian.casonline.org.uk</a>	Citizens Advice Edinburgh: <ul style="list-style-type: none"> <li>• Dundas Street</li> <li>• Gorgie/Dalry</li> <li>• Leith</li> <li>• Pilton</li> <li>• Portobello</li> </ul> CAB West Lothian Dalkeith Haddington Musselburgh Penicuik
Falkirk	Charlie MacFarlane 01324 829160 mobile 07918 715211 <a href="mailto:Charlie.MacFarlane@DennyCAB.casonline.org.uk">Charlie.MacFarlane@DennyCAB.casonline.org.uk</a>	Denny & Dunipace Grangemouth Falkirk
Fife	Lorraine Reid 01592 765447 mobile 07702 917866 <a href="mailto:lreid@carfonline.org.uk">lreid@carfonline.org.uk</a>	Citizens Advice and Rights Fife

Fife (continued)	Leslie Hugh (Unforgotten Forces, part time, Fuel debt / energy efficiency specialist)  01592 765 444 <a href="mailto:LHugh@carfonline.org.uk">LHugh@carfonline.org.uk</a>	
Inverness, Moray and Nairn	Jacqueline Brodie 01667 456699 mobile 0784 2521479 <a href="mailto:Jacqueline.Brodie@NairnCAB.casonline.org.uk">Jacqueline.Brodie@NairnCAB.casonline.org.uk</a>  Barry Nichols 01667 456699 mobile 07787 925923 <a href="mailto:Barry.Nichols@NairnCAB.casonline.org.uk">Barry.Nichols@NairnCAB.casonline.org.uk</a>  Bryan Bain (Unforgotten Forces volunteer) 01667 456699 <a href="mailto:bryan.bain@nairncab.casonline.org.uk">bryan.bain@nairncab.casonline.org.uk</a>	Inverness Moray Nairn
Lanarkshire	Audrey Cuthbertson 01698 259 305 <a href="mailto:Audrey.Cuthbertson@MotherwellCAB.casonline.org.uk">Audrey.Cuthbertson@MotherwellCAB.casonline.org.uk</a>  Sonya Brown (Unforgotten Forces, part time) 01698 265 349 <a href="mailto:Sonya.Brown@MotherwellCAB.casonline.org.uk">Sonya.Brown@MotherwellCAB.casonline.org.uk</a>	Airdrie Bellshill Clydesdale Coatbridge Cumbernauld East Kilbride Hamilton Motherwell & Wishaw Rutherglen & Cambuslang
Renfrewshire	Mark Oswald 0141 881 3660 <a href="mailto:Mark.Oswald@EastRenfrewshireCAB.casonline.org.uk">Mark.Oswald@EastRenfrewshireCAB.casonline.org.uk</a>  Emma Peacock <a href="mailto:emma.peacock@eastenfrewshirecab.casonline.org.uk">emma.peacock@eastenfrewshirecab.casonline.org.uk</a>	East Renfrewshire Renfrewshire (also covers Inverclyde through outreach – no bureau)
Stirlingshire	Alistair Gemmell 01786 451225 mobile 0758 0811807 <a href="mailto:Ally.Gemmell@StirlingCAB.casonline.org.uk">Ally.Gemmell@StirlingCAB.casonline.org.uk</a>	Clackmannanshire Stirling
Tayside	Shona Ross, Dundee RSO (part time) 01382 307486 <a href="mailto:Shona.Ross@DundeeCab.casonline.org.uk">Shona.Ross@DundeeCab.casonline.org.uk</a>  Michael Noble, Angus RSO (part time) 01241 870661 Extension 227 <a href="mailto:Michael.Noble2@anguscab.org.uk">Michael.Noble2@anguscab.org.uk</a>  Emma Schneider, Perth RSO (part time) 01738 450591, Mob: 0791 6325 875 <a href="mailto:Emma.Schneider@Perthcab.casonline.org.uk">Emma.Schneider@Perthcab.casonline.org.uk</a>	Angus – Arbroath Angus – Forfar Angus – Montrose Dundee Perth and Kinross