



Royal Caledonian  
**Education Trust**

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Established 1815

*Scotland's Armed Forces  
Children's Charity*

# Brief history of RCET

- **1815** – established as the Caledonian Asylum to support and educate *“Children of Soldiers, Sailors and Marines, Natives of Scotland and of indigent Scots parents, resident in London, not entitled to Parochial relief”*.
- **1852** – Her Majesty Queen Victoria became Patron and the Asylum was renamed as the Royal Caledonian Schools
- **1902** – the school moved to Bushey, Hertfordshire
- **1995** – the school closed and proceeds invested to produce an income which allowed for educational grants to be made to qualifying individuals and organisations
- **2012** – organisation renamed as the Royal Caledonian Education Trust
- **2016** – relocated all operations to Edinburgh
- **2019** – criteria for who we support modernised

# Our vision

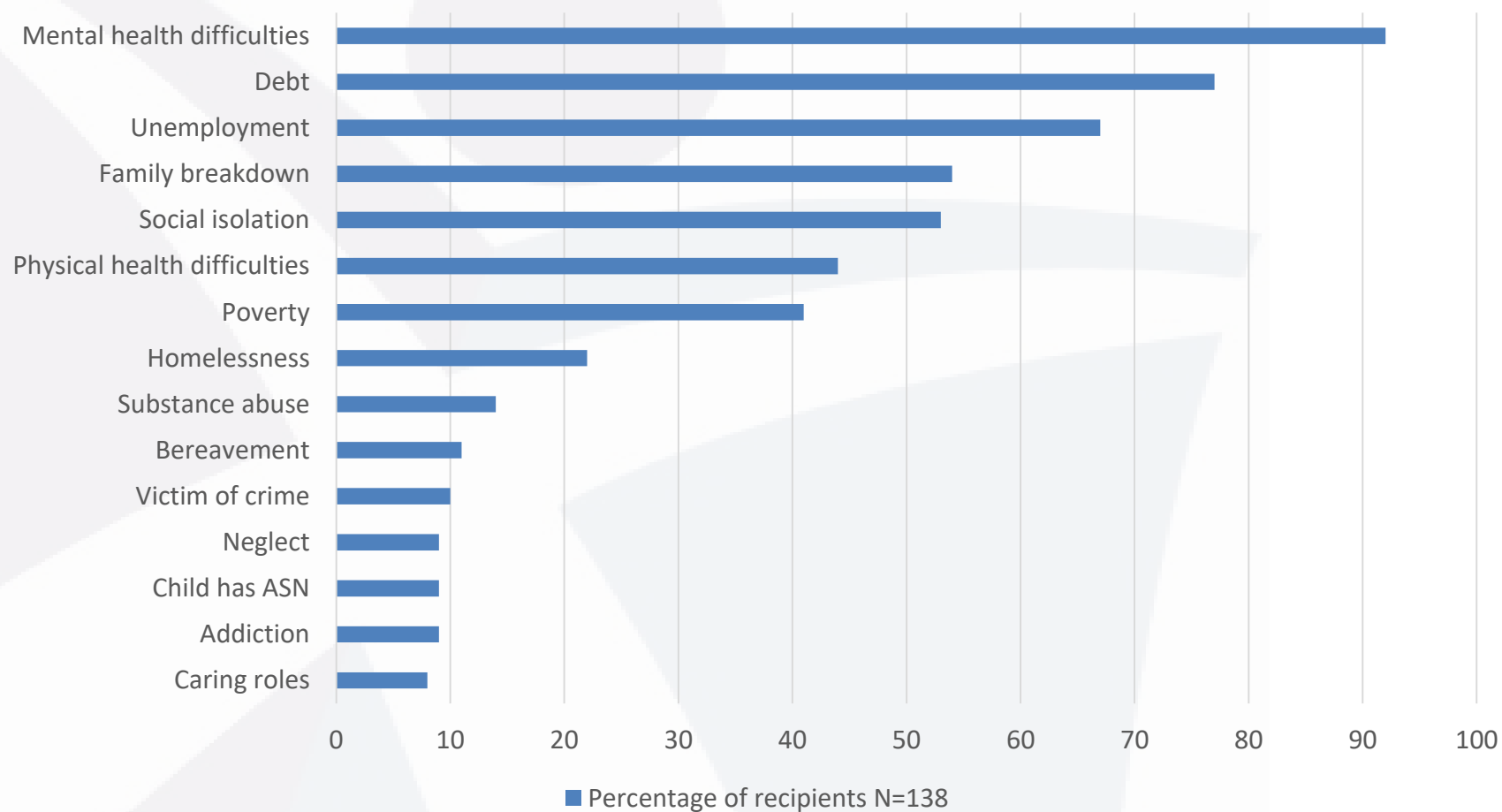
We seek a world where Scotland's Armed Forces children and young people are enabled to reach their full potential.

## What we do

- Provide financial assistance, especially in times of crisis
- Provide resources, advice and training for education staff and other professionals
- Proactively listen to the views and opinions of Armed Forces children and young people
- Work to positively influence public policy and service development

# Issues facing the families we support

Issues facing recipients of RCET School Children's Fund 2018/19  
(Veteran Families)



# Challenges AFCYP are telling us about...

## Mental health and wellbeing:

- Confidence down because 'new kid' all the time – everyone staring at you
- Depressed when parent away
- My mental health is impacted
- Missing friends you knew before, missing parents
- I find it scary moving since I don't know anyone there
- I get really depressed
- I got to a point of moving where I didn't see the point in making friends anymore. This really put me down.
- [My mental health and wellbeing is] non-existent
- It would be mental health – just upsetting

# Challenges AFCYP are telling us about...

## Education:

- Differences in education systems
- When someone deployed then you miss them and it's hard to concentrate
- Repeating learning is boring
- It's hard being a new kid – it takes time to settle in
- Interrupted learning – moving at the wrong times
- Stress on always moving around and keeping up on education so you don't have any gaps
- Getting held back in year groups
- Moving a lot makes it harder to adapt to each school

# Challenges AFCYP are telling us about...

## Family relationships:

- I'm more comfortable with my mum rather than my dad because he was gone for so long when I was younger
- Was hard because he [dad] would go away for a long time then come back and it's hard having him back again
- Mum and I never saw dad and this caused conflict in the home
- Being separated as a family with dad away
- Living apart from my dad. We've never lived as a normal family
- My father is hardly at home and this has caused some problems in the past
- I don't get to see the rest of my family at all



# Challenges AFCYP are telling us about...

## Peer relationships:

- My 'civi' friends don't understand what it's like to have a parent in the Armed Forces
- I've been bullied at every school
- It's hard to make new friends
- Saying goodbye to your old friends and not having anyone when you move
- Moving schools often at a young age sometimes made me less likely to reach out and make friends, as I knew I would probably have to leave them so I felt there wasn't much of a point.
- Old friends won't speak again or visit unless you talk to them first – have to make all the effort

# What young people say good support is

- A place in school I can go when I'm upset my parent is deployed
- Someone to understand what it's like when a parent is deployed or you've just moved to a new area
- A club in school
- Support to catch up with school work you've missed
- Support when a parent first goes away
- Mental health talks
- Someone to talk to who listens to you

# Contact details

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