

**Grants awarded under the Forces Communities Together programme 2020/21 August 2020;**

**100 grants totalling £859,739**

<b>Organisation</b>	<b>Project Title</b>	<b>Grant Amount</b>	<b>Project Description</b>
<b>Scotland</b>			
Art Space G41 CIC	Clay Crafting from Home Experience!	£10,560	Funding will enable the group to offer online clay crafting lessons for veterans, reservists, serving members and their families. The sessions will be hosted by a ceramic artist and the project aims to bring pottery crafting to an online platform for participants to join from their own homes. They aim to motivate and inspire Armed Forces and veteran personnel to try something new and to meet new people, building personal confidence and reducing isolation.
Earthtime For All	Families in Nature	£1,100	Funding will support a series of outdoor workshops with small groups of Armed Forces families based in Kinloss, which include nature walks, crafting and bushcraft activities. The project aims to teach families new skills to enhance feelings of wellbeing and promote resilience.
Firrhill High School	Study Club	£10,000	Funding will provide a full-time 'Children 1st' Project Worker who will work to support Armed Forces families in the Firrhill Cluster. Forces children and their families will be invited to participate in a 'study club' to enhance their digital learning skills; and additional support will be offered to Forces families.
Glasgow's Helping Heroes (SSAFA: The Armed Forces charity)	Support for Volunteers' Remote Working	£10,000	Funding will enable 200 SSAFA volunteers across Scotland to be provided with suitable IT equipment to be able to work more effectively at home; enabling the

			volunteers to keep offering support to people from Armed Forces communities in a safe and effective way.
Moray Wellbeing Hub CIC	Celebrating Wellbeing Together in Moray	£9,999	The group will work in partnership with 39 Engineer Regiment and Parent Network Scotland to build an online peer-led community to support mental health 'behind the wire'. The grant will fund a series of online wellbeing, partnership planning and peer support group sessions. The planning sessions will culminate in a large outdoor community event planned for families, taking into consideration social distancing guidelines.
Rhu Primary School	The Creative Force Project	£10,000	The project will use art as a medium to help families explore a range of emotions and cope with the stresses of Service life. The school has a significant number of pupils from serving families. The project organisers plan to commission a community mural which, under supervision of the project lead, aims to bring local residents together in a collective to help design and paint. This will culminate in a community art exhibition
<b>Wales</b>			
Army Welfare Service St Athan	Mobile Micro Adventure Pods	£5,700	Funding will provide a series of 'portable pods' which will contain a selection of fun and educational resources for children and young people to enhance their skills and knowledge and encourage families to take part in activities. This six-month project will engage with families via weekly Zoom sessions to discuss the contents of the pod and how they can use the resources within to challenge their learning and understanding.
The VC Gallery	Armed Forces Art Attack.	£10,000	Funding will be used to create a shared online project space where families can display their artwork and/or individual creative project with themes being decided among the participants and changing on a monthly basis. The project will also invite families to create and

			craft Christmas presents for their loved ones. The goals of the project are to engage families with art to reduce anxiety, social isolation and loneliness in the wake of the Covid pandemic, where children have not been able to engage with each other or see loved ones due to geographic distance.
Army Welfare Service Brecon	'Staying Connected - Stronger Together'	£8,815	Funding will give young people in the military community who attended the 'Between the Lines' youth club with a way of meeting virtually to share experience and engage in activities together. The project will meet weekly and provide a range of stimulating activities designed to reduce isolation and promote wellbeing. A record of everyone's work will be compiled into a book, and a copy presented to each participant as a memento of the project. As restrictions ease, these sessions can move from a virtual platform to 'in person' sessions at the youth club, following social distancing guidelines.
Army Welfare Service Brecon	Keeping Our Distance, good-health gardening	£9,994	The project will develop a garden, designed as a 'well-being' out-door teaching area where young people from Armed Forces and civilian families can come to relax, reflect and learn while enjoying the outdoors. The new 'well-being' out-door teaching garden area will reduce isolation, by encouraging you people to work together to create the ongoing cycle of planting, maintaining, picking, cooking and eating while also enjoying the out-door area.
Army Welfare Service St Athan	Doorstep in the box	£8,500	The project will provide activity boxes to Armed Forces children and their families which will encourage them to express themselves through art and crafting activities, building links with other families. The boxes will arrive on the doorstep in the form of a 'present', with a range of activities for different age groups. Tutorials will be sent

			to each family, and there will be a monthly Zoom call with an artist to discuss the activities together. The project will culminate in a gallery showcase (in accordance with social distancing). Each family will also receive a book of all the work created as a memento of their participation in the project.
Ceredigion Armed Forces Veterans Hub	Ceredigion Armed Forces Community Outreach	£5,500	Funding will provide the Armed Forces community of Ceredigion with a goodwill parcel for Christmas. Parcels will be delivered to each recipient at home. Also to mark the 75th anniversary of VJ Day in 2020, a WW2 memorial bench will also be purchased with a dedication plaque, which will be positioned in the grounds of Penparcau Community Hub, to offer the community a permanent mark of respect and a place where members of the Armed Forces community can sit and reflect. The project aims to provide a positive outlook at Christmas time and going forward for all members of the Armed Forces Community in the locality.
Glyn-Gaer Primary School	Forces Fitness and Friendships	£4,000	Funding will be used to engage the services of Forces Fitness to provide health and wellbeing activities and games to Armed Forces and civilian children at the school over a 20-week period. Children will help to plan the sessions, and will cover healthy eating, the importance of keeping active and wellbeing strategies for happy and healthy living; encouraging collaboration and team building.
Links	Links Combined Forces Community Project	£5,150	This project aims to support the Armed Forces community in Carmarthenshire by providing members with a series of activity packs to complete as a family, keeping people active indoors and outdoors. The activities aim to connect families in the area who are isolated, provide the serving family with support services

			information, and link Armed Forces families with local older veterans who may be isolated.
Palmerston Primary School	Palmerston together with Forces Fitness	£4,000	Funding will provide team building sessions delivered by veterans to children in the school. The sessions will focus on team building, fitness and competitive games activities to inspire children and provide wellbeing and resilience support. The sessions will also discuss nutrition and talk about veterans' backgrounds to provide pupils with support in healthy eating choices and positive role models. All activities will conform to social distancing guidelines.
RAF Valley Support Wing	CV 19 Virtual Social Engagement Support Project	£6,225	Funding will provide a programme of online social activity to Armed Forces personnel and their families to encourage social interaction, and to reduce isolation. The online programme will include quizzes, virtual competitions and children's activities. The project will also provide support packs for families with the aim of boosting morale.
St Athan Primary School	Singing Together	£6,260	Funding will provide weekly online singing coaching during October and November 2020 for up to 40 military children at St Athan Primary School. The tuition will be undertaken in groups of eight children and will be provided by the Orchestra of Welsh National Opera (WNO). The project will conclude in December 2020 with the production of a music video featuring the children from the school and the WNO performing a song chosen by the children.
The River Centre	The Armed Forces Well-Being Project	£7,000	Funding will provide an activity programme to children at the school delivered by veterans. The project will develop relationships between veterans and children with additional needs and disabilities, with the veterans having the opportunity to be role models and children

			learning how they can achieve their goals through work and discipline, and how to work as a team.
Age Cymru Powys	Connecting Veterans	£9,989	This project will fund a part time worker over a 6 month period who will .proactively seek out veterans who may need help with applying for benefits or other forms of assistance such as getting to GP/hospital appointments, home help or putting them in touch with other local support groups. The project aims to work with other organisations who have identified older veterans who need assistance or tailored supported.
<b>Northern Ireland</b>			
Ballymacash Sports Academy Ltd	Forces Families, Football and Fun	£5,440	Funding will be used for a 12-week football coaching programme for the Armed Forces Community based in Thiepval Barracks, Lisburn. This will be based at the new Ballymacash Sports Academy 3G pitch. The project will engage young people and their families who may have felt isolated during lockdown with increased physical activity which will promote mental wellbeing.
Belfast Exposed Photography	Connections - Families Together through photography	£10,000	Funding will allow the group to provide photography workshops for Armed Forces personnel, veterans and their families throughout Northern Ireland who have been suffering isolation during the Covid-19 pandemic. The project will include online tuition, collaboration and peer group workshops, and use of a camera if the family does not have their own.
AA Veterans' Support	Recharge and Reboot	£10,000	Funding will enable personal development support to military spouses in Northern Ireland who are experiencing isolation, and who may struggle to gain employment. The project will provide a series of eight online workshops and four coaching clinics which will focus on topics helping spouses with their own unique personal development needs. This will be

			complemented by an online community which will provide peer support and networking opportunities.
Foyle College	Operation Foyle Veterans	£5,038	The project will encourage online interaction between cadets and isolated veterans in the local community. The project will provide veterans with the technology needed to take part. At the end of the lockdown period the veterans will be invited with their families to meet the Foyle CCF cadets at the school so that both parties can meet. From this online collaboration it is hoped that a continuing relationship between the school, cadets and veterans will find ways to reach out to others.
Knocknagoney Primary School	Art for All!	£10,000	The group will run a series of online art lessons over a period of six months for Armed Forces families that have children at Knocknagoney Primary School, with the aim of reducing isolation. The lessons will be facilitated by a local artist, and all materials will be provided to the families as part of the project. The weekly lessons will be split into three categories, pupil lessons, parent lessons and parent/child lessons.
Northern Ireland Garrison Support Unit	Plant, Play and Progress	£9,304	Funding will be used to create an outdoor community garden project for children to plant seeds and grow their own vegetables and flowers. The garden will be designed, created and maintained by the children and their families. This will give families the chance to boost social interaction and begin a community engagement project, which aims to reduce the impact that lockdown and isolation has had on mental wellbeing.
Northern Ireland Garrison Support Unit	Tiggers Artistic Tots	£8,346	Funding will be used to run a series of art classes between September 2020 and February 2021 for Service children to develop their artistic skills via a range of arts and crafts activities. Classes will be delivered by a range of artists and craft providers. Each child will be

			given an individual pack containing the equipment and resources they need to complete all the activities. The aim of the project is to boost social interaction with other children in order to reduce isolation and improve wellbeing.
Northern Ireland Garrison Support Unit	Multiskills for Miniatures	£10,000	The group will deliver a weekly sports programme for children over a six-month period consisting of multi-skills sports and games. To do this, the organisation will hire and fund a sports coaching school. The aim of the project is to promote physical fitness in children who have been suffering isolation as a result of the Covid-19 pandemic and encourage social interaction skills in a fun and engaging way, improving mental wellbeing.
Northern Ireland Garrison Support Unit	Hollywood Mountain Biking Club	£10,000	Funding will be used to renovate existing mountain bike facilities at Palace Barracks and purchase eight new bikes and two car bike racks. The organisation will also hire a professional instructor to both give tuition, and to lead mountain biking activities outside of barracks. This opportunity will give soldiers and their families the opportunity to participate in a new sporting activity in a safe local environment, boosting wellbeing.
Northern Ireland Garrison Support Unit	NIGSU Tactical BJJ	£9,240	This grant will fund Brazilian Ju Jitsu classes for six months to run classes for service personnel and their families where they can't access other facilities. This activity aims to promote fitness, wellbeing, discipline and mental resilience, as well as confidence and focus which will assist service families and service personnel alike with the effects of lockdown.
Northern Ireland Garrison Support Unit	Thiepval Wood Community Outdoor Cinema	£10,000	Funding will enable the group to purchase a cinema screen system that can be used to screen sports events, concert performances, and films where appropriate permission is granted. The screen will initially be set up



			in the Thiepval Barracks car park in Lisburn. The aim of the project is to provide service personnel and their families with an activity that encourages the rekindling of a community spirit and togetherness but by complying with social distancing requirements.
St. Patricks PS Holywood	Health, Wellbeing & Learning	£10,000	Funding will enable the group to support Service children attending St Patrick's PS, and will fund 10 'physical literacy' lessons. These lessons will focus on physical activities, promoting a healthy lifestyle and will culminate in the undertaking of a 'couch to 5k' participation event. The project aims to support the children's physical and emotional wellbeing during their return to school after the Covid-19 pandemic. The course will interlink live physical activity sessions with online videos, supported by a range of training material.
The Royal British Legion Cookstown Branch	Pandemic Socializing	£6,650	This grant will enable the Cookstown Royal British Legion branch to carry out different activities with veterans that meet social distancing guidelines. The aim is to replicate the active social life that all members enjoyed before the start of the pandemic. Events will be run weekly, and will be tailored to suit members, These will include bingo/yoga via Zoom, bowling and snooker under social distancing guidelines. A complementary therapy service will also be provided to 15 injured veterans and their carers.
Crumlin Integrated College	Personal Development Programme	£10,000	Funding will support a residential course for children entering their first year at high school, focusing on the needs of Service children whose parents are posted to Aldergrove. The residential will encourage children from all communities and backgrounds to participate in a series of fun-based activities which will increase their confidence and develop their personal interaction skills.

<b>England</b>			
22 Field Hospital	Keogh Barracks Canoeing Club	£10,000	Funding will provide support in establishing a canoe club, which is a sporting activity suitable for social distancing. Canoeing can be as relaxed or as energetic as required to meet the needs of the participant, so those with injuries or who are less able can take part in a gentle way or give someone the chance to push themselves physically. The project offers participants an opportunity to connect in small groups to reduce loneliness and increase wellbeing.
Goodwin Development Trust	Hull Veterans Virtual Community Hub	£9,300	Funding will be used to create a 'virtual community hub' which aims to reach out to vulnerable and socially isolated veterans and their families. The project will run for six months and will target veterans who are vulnerable or shielding, and so are socially isolated. Activities will take place weekly, and include virtual coffee mornings, a quiz, and a virtual choir. Internet access and tablets will be provided to veterans with no internet access. They will be given training on how to use the equipment and will have the services of an 'IT Buddy' to give support.
Hampshire Cultural Trust	Creative Wellbeing: Military Heritage	£3,935	Funding will be used to provide a series of 20 online mental health and wellbeing sessions to local veterans. Veterans who have participated in previous projects will be invited to attend, along with new referrals from other organisations. During each workshop, participants will be given a topic and objects from a local museum collection to discuss, which will culminate in a creative response and a relaxation session. Veterans will be encouraged to carry on with their creative projects after each session ends.

RAF St Mawgan	Drive-in Saturdays	£6,674	Funding will be used to provide a series of drive-in movie events for RAF St Mawgan personnel and their families. The experience will provide a sense of togetherness for friends and family but will maintain social distancing while still allowing people to be away from home. The aim of the project is to enhance mood and give families the opportunity to socialise in a safe but fun manner.
Royal Air Force High Wycombe	Lockdown Life – Recollections & Recipes	£4,257	Funding will be used to provide a 'doorstep' youth worker to the community at RAF High Wycombe to provide face to face interaction with young people and their families. This will be conducted in a safe manner adhering to social distancing. The youth worker will engage with the families to record their experiences of lockdown and find out about additional support they may require. The project aims to provide engagement for families who are feeling isolated.
Sharks Community Trust	Forces Families Together	£9,140	Funding will be used to provide wellbeing sessions to Forces Families living in deprived communities in the North West of England. The sessions will be delivered by qualified wellbeing coaches via an online platform which will aim to tackle isolation, improve wellbeing, and provide a series of activities the whole family can enjoy together. These include fitness activities, stress management, coping strategies, mindfulness, and socialisation with other families who are also suffering as a result of the pandemic and lockdown restrictions.
16 Signal Regiment	Big Happiness Crusader	£10,000	The group will commission books and activity packs for 500 Armed Forces children aged 6-10 which will aim to assist military families with the challenges realised during the Covid-19 pandemic. Themes include reacting to challenge, keeping calm, dealing with anxiety,

			accepting uncertainty, resilience, empathy/compassion and developing confidence. The books will be produced by The Big Happiness CIC and will be tailored to meet the individual needs of the military families they are targeted at.
Action for Children - RAF Scampton	RAF Scampton Summer Programme	£4,725	The group will provide a series of activities for families at RAF Scampton, which have been developed through consultation with the families themselves. These activity sessions aim to reduce isolation among the community during lockdown. Activities include a virtual STEM session for children with the delivery of a kit to each child, culminating in a virtual tour of a Radar involving the Red Arrows, virtual baby and toddler sessions, virtual zoo tours, and series of activity packs for children who have a parent currently deployed.
Army Welfare Service Community Support Hereford Garrison	Garrison Kids Art Activity Programme	£9,966	The group will work with a partner organisation, Ignite, in order to develop a series of online creative sessions and art activities for children. The project will be run over a six-month period and will be supported by art practitioner. Each participant will receive an Art Pack which will contain all the materials they need, and the video links for each programme. Each session will culminate in a virtual youth club meeting to discuss the art project and 'show and tell' with other children. It is hoped the project will reduce isolation, enhance wellbeing, and encourage new creativity and skills within the community.
Art Therapy Yorkshire	VeteransArttalking	£9,800	The group will provide a series of online meetings where individuals can create a home-based art project which will be collected for a public exhibition at the end of the project. Each participant will be able to join a weekly online meeting to discuss art making, enjoying a shared

			<p>experience which it is hoped will reduce isolation by helping people reconnect with their community. The project will be supported by an Art Psychotherapist, who will be able to offer individual support either by telephone or video calling, as well as administering the project and facilitating group discussion. The exhibition will be featured on Armed Force Day 2021 in Scarborough, depending on social distancing guidelines.</p>
Broughton House Home for Ex-Service Men and Women	6 Months 6 Celebrations	£8,733	<p>Funding will provide six months of online activities to the residents of Broughton House Home to allow them to communicate with loved ones. An online celebration will be convened each month with a specific theme, which will be recorded on video by the residents, assisted by the staff. At the end of the project, all the best parts of each film will be captured as a memento for the residents and their families. It is hoped the project will encourage social interaction and a sense of humour which will bring laughter and wellbeing to the Home.</p>
Burton Albion Community Trust	BACT - Armed Forces Communities Together	£9,751	<p>The group will provide targeted online activities for veterans and military families across East Staffordshire to provide support to families that have suffered isolation during the Covid-19 pandemic. Each activity is adaptable in accordance with social distancing guidelines in place at the time, and delivery can be either virtual or physically depending on circumstances. Activities include military coffee mornings, a youth club and fitness sessions. The project also aims to send out activity packs to families to provide a source of entertainment and support to children. The project also aims to carry out befriending phone calls to the most vulnerable to provide support as required.</p>

<p>RAF Boulmer Battlespace Management STEM Hub</p>	<p>Virtual STEM</p>	<p>£1,377</p>	<p>Funding will enable the RAF Boulmer STEM Hub to deliver STEM events in a virtual capacity across military families and local schools. The group will purchase STEM boxes for military children and their classes, or for use during STEM events, Families Days or Families Happy Hour events. It is hoped events can take place once a month, depending on social distancing guidelines in place. The aim of the project is to allow children to participate in unique STEM activities that would not be delivered in school, thus enriching the curriculum and inspiring children.</p>
<p>RFEA - The Regular Forces Employment Charity</p>	<p>Past and Present</p>	<p>£10,000</p>	<p>Funding will support an existing project, 'Past and Present', which is assisting veterans with mental health anxieties caused by lockdown. The veterans are undertaking a survey of local cemeteries to research war graves, and require A5 notebooks in order to record their findings and further data in. This project has been a success as it has assisted veterans with getting daily exercise and reducing anxiety and agitation from being under lockdown. The grant also will provide Wi-Fi connectivity to veterans who do not have home broadband plans, thus allowing them to get online, reducing isolation. The project also aims to send a group of 10 veterans to the Somme, pending current travel guidance restrictions.</p>
<p>Rochdale AFC Football in the Community Trust</p>	<p>Forces Family Football</p>	<p>£9,200</p>	<p>Funding will provide weekly football coaching to veterans in small groups of six allowing them to meet in small groups, socialise and get active again. There will be multiple funded sessions per week to ensure that every veteran who wants to can attend a session. The project is targeted to veterans who are affected by social isolation.</p>

SKILLS AND CARE GREENWICH	Gurkha Veterans & War Widows Reconnect, Rebuilt and Grow Project	£9,500	Funding will allow the group to build a Community Cohesion allotment, and to replace broken or vandalised gardening equipment. The grant will provide the materials to make raised beds, and an organised planting plan to ensure a manageable supply of crops. The project aims to support Ghurkha veterans and their families, but also to promote intergenerational activities, and seeks to involve the wider Army and civilian community.
Tree Tots Day Nursery	Forest School Community Experience	£8,872	The group will provide military pre-school children and their families with a range of Forest School activities. These will be delivered either outside, or via Forest School activity packs to be used at home or in the local environment. The aim of the project is to support children and their parents' mental wellbeing by being outside and close to nature in a safe environment, while completing tasks that will enrich lives, support their self-esteem and boost confidence.
1st Battalion, Royal Regiment of Fusiliers	Fusilier families' distanced garden renovation	£8,412	This project aims to engage families from 1st Battalion, Royal Regiment of Fusiliers in updating the Welfare Office garden at the barracks. Families will be invited to engage via e-mail, video and the welfare Facebook page, and progress will be shared digitally via these mediums to allow families to connect and rebuild a community. Progress can also be shared to the deployed soldiers from the battalions, allowing them to connect with the community and their families. Families will be asked to create a picture for the garden and will be supplied materials to allow them to complete this task. They will also be given a packet of seeds to grow, which can then be planted in the garden when

			restrictions are lifted. It is hoped this shared community experience will lift mood and enhance wellbeing.
33 Signal Squadron	Picturing 100 Years	£8,900	Funding will be used to produce and distribute 100 'Culture and Storytelling' boxes to Armed Forces families at 33 Signal Squadron. The boxes will contain a selection of resources to allow recipients to be creative. There will also be the provision of weekly online sessions delivered by the Kirby Gallery to keep participants inspired. It is hoped the project will create a new online community which will help with isolation as a result of the pandemic.
5 FUSILIERS	SHAK Kennels Refurbishment Project.	£6,000	This project would enable volunteers from the armed forces community, both serving and veterans to engage with a local animal charity, refurbishing their kennels. The project aims to provide the volunteers with social interaction with other people and the sanctuary staff, which will foster wellbeing and enhance self-esteem and a sense of community. It is hoped the Armed Forces community will continue the links with the sanctuary and volunteer with the animals once the project is complete.
Age UK East London	Digital connections and company	£9,985	The group will recruit volunteers to support older veterans to get and stay online. The six-month project includes specialist befriending and digital media training for the volunteers to enable them to support the veterans. After training, support for the veterans will include monthly 1:1 calls with their befriender, which will also serve as a welfare check.
Age UK Lancashire	The Art of Isolation (Veterans)	£9,850	This project will engage an Arts Project Director to work with Lancashire veterans and their families to produce creative work, for example art, crafts, poems, songs and stories. The creative works will be collated online for an exhibition at the end of the project in six months' time. It



			is hoped the exhibition will be able to tour community venues throughout Lancashire and Blackpool, reaching veterans in this area. The aim of the project is to boost mood and wellbeing via the sharing of creative work, which will provide a community feeling, as well as a sense of purpose and achievement.
Age UK Lincoln & South Lincolnshire	Visits for Veterans	£10,000	The group will provide a face to face befriending service for older veterans in the community, as many do not have the means to be able to communicate digitally. The befriending will be carried out under social distancing guidelines with PPE where required. The project will also recruit befrienders from the veteran population to be able to offer a shared understanding of the Armed Forces community.
Army Welfare Service Brecon Barracks	Camp Hillcrest Virtual/Physical Mix Project	£6,000	The group will provide craft tutorials to young people at Brecon Barracks who are experiencing isolation due to the Covid-19 lockdown. Resource boxes will be delivered to young people's homes to allow them to start the project at home, together with weekly online tutorials. The tutorials then move to face to face sessions as current restrictions allow. It is hoped that socially distant visits to Camp Hillcrest 10 miles away can then take place, allowing the young people to take part in extra activities and art-based sessions on site. The sessions will enable young people to meet weekly and talk about their experiences of lockdown, while exploring a creative medium.
Everton in the Community	'Vets Connected'	£9,625	The group will provide a range of health, wellbeing and social enrichment activities to vulnerable veterans and their families. The activities are designed to improve social, physical and mental wellbeing. They are being delivered by qualified Everton in the Community

			practitioners in both a group and 1:1 environment. Activities include physical wellbeing sessions, online education, virtual quizzes, movie nights and family picnics.
Family Lives	Open House	£9,758	This project will provide a social interaction experience for isolated Armed Forces individuals and family members, delivered virtually. The project will run live video sessions, message boards, and plan activities and educational resources. These activities include cooking classes, socialisation, health and beauty sessions, online sessions for teenagers, games session, DIY tips and gardening session. The project hopes that families will interact with each other, which will lead to positive mood and reduce isolation.
Finchale Group	Finchale's Friends Together	£9,471	Funding will enable the group to provide virtual classes to Armed Forces personnel, their families and veterans on a weekly timetable. These include floristry/model making, wood craft, virtual walking, meditation, a quiz, or cookery. The proposed timetable of activities has been designed to engage people in both body and mind, either by undertaking physical activity or learning a new skill.
Forces in the Community	Safety Catch	£8,190	This grant will aim to improve the lives of lonely and isolated veterans in three areas, mental wellbeing, physical wellbeing and social connection. The project aims to meet with veterans outside, following social distancing guidelines. For these veterans, meeting regularly in a group is important as their family consists of people who served. Meetings will consist of shared experience of lockdown and exercise, which will help reduce feelings of isolation and increase

			wellbeing. Veterans requiring more specific support will be signposted on to other relevant services.
Glebe Primary School	Stronger Together	£10,000	This project will facilitate weekly creative arts sessions for both Armed and civilian children at Glebe Primary School. The school has forged links with a local care centre, with residents and the children supporting each other with shared thoughts and feelings about the pandemic and lockdown. The sessions will provide shared storytelling, creative writing, visual art and movement which will allow both young and old to express themselves. It is hoped the project will culminate in a gallery of work (either at the school or online) to allow the children, the residents, staff and the community to celebrate their shared experience.
Hartlepool United Community Sports Foundation (HUCSF)	Blue Army	£6,239	Funding will be used to create an online programme of activities that will allow the Veterans Group Blue Army project to encourage social interaction between members of Armed Forces communities and their families. Activities include quizzes, games, fitness sessions, competitions and a meeting hub via Zoom. The aim of the project is to create a fun and enjoyable experience for all to support health and wellbeing.
Home Start Richmondshire	Covid-19 outreach support	£8,592	Funding will be used to provide families being supported by the Home Start service with additional resources, including a weekly call from the service, an out of hours text/WhatsApp service and digital groups for families to participate in together. These will take the form of virtual coffee mornings and allow families to socialise and build support networks. Children will be provided with a 'virtual storytime' session to provide support and friendship from outside the family network. Age appropriate activity packs will also be provided to each family.

Hull 4 Heroes	Heroes Health & Wellbeing Hub	£9,783	Working closely with Hull & East Yorkshire MIND, this project will provide a peer-support mentoring package which has the aim of providing and building supportive relationships between group members. The support is based on shared experience with other veterans to improve health, wellbeing and a sense of belonging. Veterans will be able to access several activities either online, or in a socially distanced environment. Resources will also be provided for individuals in their homes.
Improving Lives Plymouth	Veterans' Social Engagement Project	£10,000	The group will use funding to continue virtual activities for veterans that were started during lockdown and have proved to be very popular with participants. Activities include online buddying, exercise programmes and entertainment. Art/craft and wellbeing packs have also been sent to veterans' homes to allow them to carry out activities and reduce the strain on their mental health. It is also planned to schedule socially distance walks/ meet ups outdoors, and water-based sport sessions. It is hoped the sessions will continue to tackle isolation and loneliness for veterans and their families into the Autumn and winter, as the programme worked so well during lockdown.
Justice in Motion	Moving Together	£9,850	The group will deliver a series of eight dance workshops for up to 80 participants at RAF Benson. Sessions will be open to all, but younger service personnel will be particularly encouraged to engage. The second phase will use the work created by 25 of the participants in a collective, and professional dancers will choreograph work based on these responses. They will then be sent back to the participants as a video as a memento of their work. A film will be commissioned that includes all 25 of

			the responses, and these will be shared via secure social channels to the RAF community. It is hoped the project will help participants explore the themes of loneliness and interpersonal connection.
KIDS	Reconnect and Thrive	£10,000	This project will provide support for disabled children, young people and their families to improve their wellbeing and mental health as they either transition out of lockdown or continue to shield due to their medical condition. The project focuses on military families. Support will include wellbeing sessions for children and young people, and other activities such as creative sessions, sensory play, social stories, Lego therapy or outdoor activities (within social distancing guidelines). There will also be wellbeing sessions for parents, and 1:1 support in the home where children or young people are unable to leave due to a health condition.
New Vic Theatre	Appetite at Home (developing an appetite for the arts at home)	£9,990	This project will liaise with the Tri-Service and Veterans Support Centre to identify and work with veterans and their families in the local area. An 'Appetite Selection Box' will be delivered to families at home, which will contain activities for the whole family to get involved. These include photography (there will be a monthly online session to talk about ideas and activities), movement and dance, music, arts and a book club. It is hoped the activities will enhance mood and reduce isolation among participants.
Nottingham Forest Community Trust	Forest Forces Together	£10,000	Funding will be used to produce a range of online health and wellbeing videos for veterans and their families. The organisation already works with 160 registered veterans, and will work to deliver fun and entertaining content, which will be produced by a former Royal Marines recruiter and a staff member. The project will also

			increase telephone contact with known veterans to assist with any support they may require and will also deliver home visits in line with Government social distancing regulations. Social interaction activities will also be planned such as quizzes and bingo via online portals such as Zoom. This has been trialled and has been well received by veterans. It is hoped the sessions will reduce isolation, stress and anxiety and bring some humour.
Para Dance UK	Yes, even the Armed Forces can dance	£10,000	This grant will support retired veterans or those undergoing rehabilitation who want to be active and be involved with dance-related activities. The project will aim to engage and inspire the participants to be creative and active in dance via a programme of 30 pre-recorded sessions which can be accessed at home via online means. The programme is aimed towards disabled people and wheelchair users. The project would also like to identify 6 individual volunteers to train as instructors to be able to assist the community.
PATT Foundation	A place to BELONG, a place to GROW	£9,450	This project will offer the veteran community a dedicated TV channel with 20 live streamed events (which are also available for viewing at any time off-line). It is hoped that this project will reach veterans who are unable to leave home or travel on public transport due to mental health related issues. The content will be produced by veterans who are eager to share their lived experience. Topics include foraging, nature, gardening and cookery. Participants would then upload their own imagery and share discussions, thus building an online community. It is hoped the programme will culminate in a Christmas Day Cookalong which will offer the veteran

			companionship, fun and community on what is often the loneliest day of the year for some.
Plymouth Argyle Football in the Community Trust	Get Set to Shine	£10,000	Funding will be used to provide a weekly Zoom class to 30 veterans the organisation currently supports. The class will give the veterans the opportunity to talk about how they are doing and feeling, and will then offer an online physical activity session. It is hoped the class will help keep the veterans socially and physically active and help them remain in a positive frame of mind. The veterans will also be supplied with an Amazon fire tablet, so they are able to get online and connect with the programme. An activity pack will also be supplied to enable veterans to engage with the activity class.
Plymouth Play CIC and Scrapstore	Creative play for all	£9,810	Funding will be used to source creative items to make up Creative Play Bags for families. The bags will be distributed via the welfare services on site and local food banks (as not all Forces families live on site). The bags will provide an opportunity for creative play at home, or in the park with friends. There will also be a virtual creative play community set up via the families Facebook page, which will give families the opportunity to find new ideas and make suggestions and share photos. It is hoped the bags will give families the chance to try something new and forge a sense of community with other families through the online channels.
Portland Sculpture & Quarry Trust	Skills in Carving Portland Stone	£8,000	This project will give 24 veterans the opportunity to participate in stone carving workshops using freshly quarried local Portland stone. They will be able to develop their skills in letter cutting, masonry, carving and sculpture, improving skills and confidence. The carvings will then be displayed in an exhibition at the Drill Hall. It is also planned to convene three Sculpture Walks to

			extend the participation to veterans' families to see the sculptures being made.
RAF ODIHAM	GrOwDIHAM	£5,060	Funding will allow the group to provide the community at RAF Odiham with some gardening equipment and storage to assist with the ongoing community allotment project at the base. It is hoped this will help more single personnel and families be able to engage with the project, especially if they do not have their own transport. Virtual tutorials on how to grow fruit and veg will be available, and it is hoped the youth club will provide cookery lessons to young people using the vegetables grown. The meals produced will be shared with the vulnerable and the isolated in the community.
RAF ODIHAM	THE NOOK	£9,923	Funding will provide single personnel at RAF Odiham an outdoor space in which to cook, socialise at a safe distance, and learn new cooking skills. Lighting will be provided so it can be used during the day or in the evening. Current accommodation is in the form of single person rooms which are too small for visitors, so this space will allow socialisation and allow personnel to eat together. It is hoped this new space will bring about new friendship groups, a sense of helping each other and greater wellbeing for all.
RAF Wyton Community Support	Bringing Wyton Community Together	£10,000	Funding will be used to provide activities to the Wyton on the Hill community, which is a mixture of military and civilian families. It is hoped that the shared activities will bring the community together. The project will deliver workshops to families, which include coaching sessions, sports, gym and activities such as yoga. It is planned to have a petting zoo attend so families can learn about caring for animals. There will also be puppet/magic shows. Activities are planned to run three days a week



			for five weeks and then further activities planned up until December 2020. The aim is to boost physical and mental wellbeing and help alleviate isolation.
Royal Air Force Benson	Team Benson	£9,998	Funding will be used to provide a selection of activity packs/ projects for single personnel and families living 'behind the wire' at RAF Benson. Activities will be provided to those who have signed up to the digital platform on site to allow participants to share ideas, best practice and results. Activity ideas will be planned and distributed on a regular basis and will provide a common interest for individuals and families living on the station. It is hoped that the activities will widen social groups, online initially, but these will continue face to face once lockdown restrictions are eased.
Royal Air Force Cosford	Cosford in Bloom	£9,980	The group will deliver a gardening project featuring online tuition and teaching families to plant and place pots outside their quarters at RAF Cosford. The group will also provide a safe space to meet outdoors for those on the station. The project seeks to give participants a sense of achievement and experience the wellbeing that gardening can give.
Royal Air Force Station Waddington	RAF Waddington Wellness Project	£8,555	This project will provide a range of instructor-led wellbeing activities, which will be outside and run within current social distancing guidelines. Activities will include yoga, Tai Chi and Pilates, and will be delivered over an 11-week period. Classes are open to all ages and abilities. It is hoped that bringing community members together will reduce feelings of isolation and support mental and physical wellbeing.
Royal British Legion Industries	Tackling isolation through baking	£9,750	The group will provide a 'baking box' to veterans and their families. Each 'Tommy Tea Baking Box' will contain the ingredients to bake a variety of different sweet and

			savoury items for the whole family. Participants will be encouraged to share their baking experience with RBLI and each other on a private community social media group. Each family will be encouraged to record their experience via video, including fun outtakes, and RBLI will edit it into a fun video which will be showcased to all participants at the end of the project. The project aims to boost morale, teach new skills and potentially lead to a new hobby.
Shots in the Community Foundation	Shots bring Forces Community Together	£10,000	A marquee will be erected at Aldershot Town Football Club which hosts several activities for Armed Forces families. Activities include table tennis, table football, and other events and competitions for the whole family to enjoy. The marquee will also be made available for participants to use before, during and after organised activities have taken place. Sports coaches will also be available to provide children with sports-related activities using football club resources.
Suffolk Family Carers Limited	The Suffolk Project- Creative Children	£5,634	This project will produce a creative project for Armed Forces children from Wattisham and Honington bases to reduce isolation. Activity packs will be designed around the themes of Local Heritage, Environment, STEM and The Seasons. Topics have already been trialed and have received good levels of engagement from young people. Activity packs will be delivered in three parts in the Autumn and Winter. Young people will be encouraged to share their creations either in small groups, or via an online gallery.
Team Endeavour Racing UK CIC	Interactive team development and support	£7,500	The group will run online interactive lessons and tutorials on topics such as VHF radio training and basic mechanics, for Team Endeavour veteran beneficiaries. Many of the beneficiaries suffer from anxiety, depression

			and PTSD, and the project aim is to bring them and their families together in a safe environment where they can improve their mood and wellbeing.
Tedworth Equestrian - The Armed Forces Equine Charity	TSC Coming Together Through Riding	£10,000	Funding will provide riding lessons to military personnel and their families, hacking across Salisbury Plain, and other equine therapy activities to improve health and wellbeing. The project will enable military families to get out of their homes and use the centre.
The Soldiers, Sailors, Airmen and Families Association - Forces Help	Educational Bushcraft for Veterans	£9,200	The project will provide an educational bushcraft course to veterans, which focuses on mindfulness, and learning about wilderness living and survival skills. The programme is designed and run by a veteran. It is hoped that learning forest skills will be great fun for the veterans who undertake the course, but that participants will also learn new skills, and be able to forge new friendships.
Top of The Town Studios and Gallery CIC	Looking Through the Window	£7,600	This project will provide creative workshops for up to 40 veterans, serving personnel and their families. The workshops will include a variety of creative content that will be accessible by all age groups, and will encourage mental wellbeing. It is hoped that through self-expression, participants will be able to discover and celebrate artistic talent, as well as sharing their achievements.
Veterans in Crisis CIC	Isolated Together	£9,974	Funding will enable the group to provide the services of a specialist artist to run a programme of arts-based programmes for up to 16 veterans. The programme will be run online via Zoom twice weekly until restrictions are lifted and veterans are able to meet physically. Each veteran will be provided with a pack of art materials to allow them to complete the activities. Sessions will be mixed with discussion and conversation about any

			subject, be it life, art or feelings. It is hoped that art therapy will help the veterans to connect through a common bond to allow them to open up and share feelings.
Veterans Woodcraft CIC	Rebuilding Lives Together with Wood	£10,000	The group will deliver woodworking workshops 'out in nature'. The project will benefit six veterans per session, with two tutors in attendance. Veterans will be given the opportunity to learn new and interesting skills, but also the chance to socialise and recover from isolation and experience military banter with like-minded people. The workshops will run for one day a week on alternate weeks, giving each attendee 10 workshop sessions.
Walking with The Wounded	WWTW OP-REGEN community group	£10,000	Funding will allow the group to provide emergency parcels to vulnerable residents of Greater Manchester during the Covid-19 pandemic. Most military volunteers for this project are former service users of Walking with the Wounded. Through volunteering to serve their community in this way it is hoped they will become less socially isolated and become empowered to build on skills they possess, thus rebuilding their confidence to support their reintegration into civilian life.
<b>UK-wide</b>			
Services Sound and Vision - SSVC	Team Talk	£10,000	This project will fund the commissioning of a special series of 'Team Talk', which is a radio programme for military parents and children, offering practical advice and inspirational stories from military families. This special series will focus on life in lockdown, featuring military families to share their experiences and offer support to those who are struggling through practical advice and real-life case studies. The series will also feature the views of children. The aim of the series is to

			reach out to military families, offering support in a positive, practical and celebratory way.
The Not Forgotten Association	Activities for isolated Veterans	£10,000	This project will deliver 800 jigsaws and 1,500 activity books to veterans who are isolated at home due to the current Covid-19 pandemic. The jigsaws and books will be sent via post to the veteran to ensure that social distancing guidelines are adhered to. The activity books will be military-themed, and contain military terminology, banter and humour to provide a sense of fun to the veteran and keep them engaged with their community while they are unable to take part in face to face activities.
First Light Trust	Beyond the Walls	£9,900	Funding will enable the group to provide support to veterans in their own homes by delivering parcels containing activities aimed at reducing isolation and improving wellbeing. These parcels include cooking/baking activities, books, board games or art/craft activities. The project will also organise regular Zoom sessions for veterans to get together and connect virtually. It will also provide loan tablets for those veterans who are not currently online, so they are able to participate in the group activities.
Walking with The Wounded	All Together 2020-Schools Programme	£10,000	The project will develop an activity pack for military children, which will be delivered to families under social restrictions. The aim of the project is to help with loneliness and isolation through the undertaking of fun activities that lessen the feelings of disconnection. Activities include interviewing a family member who is either a serving member or veteran, sharing and capturing stories that could improve mental health resilience and inter-generational understanding.

Young Masters Visual Art School	Cross-Generational Visual Art Workshops	£6,720	Funding will allow the group to provide a six-month programme of online art workshops to connect people and reduce isolation. Each two-month block will be aimed at a different audience within the Armed Forces Community - serving personnel and their families, teenagers within these families, and veterans. Workshops will be taught twice a week, and all participants will receive a pack of art equipment to enable them to complete the workshops.
Little Troopers	Little Troopers Gazette	£10,000	Funding will enable the group to create a newspaper publication that is delivered to military families with lots of content created by children. The aim of the project is to get military children writing and creating content to share with others who are in the same situation as them. Through the sharing of written thoughts and feelings, children will know they are not alone, and that others have the same challenge of isolation as them. Online pre-recorded tutorials will be available for the children to listen to, as well as downloadable content for them to work with to provide content to contribute to the publication.
Naval Families Federation	Time, On My Watch	£10,000	Funding will enable the group to create an arts project that allows serving personnel and their families to express themselves using the theme 'Time, on my watch'. Images will then be sent to an artist who will create a large-scale collaborative exhibition. The project aims to use creativity to bring families together as one Royal Naval/Royal Marines community, and will be advertised via social media, website and magazines in a hope to reach all families. Families will be able to tell the story behind their piece of work or remain anonymous.

Nomad Construction Training CIC	Project COMEDY	£10,000	Funding will be used to provide a five-week course of online comedy workshops to veterans to allow budding comedians to hone their skills and write their own material before delivering it to a live audience via the Facebook social media platform. Humour is a key component of military life, and it is the project aim to utilise it to maintain morale and improve wellbeing, while reducing isolation for those by getting them to join in a group activity.
The Soldiers' Arts Academy CIC	SAA online arts workshops	£10,000	Funding will be used to run up to 60 free online arts workshops over a six-month period for over 600 veterans and military personnel and their families. The workshops will be run over Zoom and will be advertised on the organisation's website and via social media. The courses will also be advertised via other military organisations to signpost interested parties to the courses. The aim of the project is to get people to express themselves creatively which enhances wellbeing and mood and reduces isolation by providing a group activity.
<b>Total Awarded</b>			<b>£859,739</b>