



Grants awarded under the Positive Pathways programme in 2019/2020 R1 November 2019;

36 grants totalling £2,520,000.00

**ARMED FORCES  
COVENANT  
FUND TRUST**

Organisation	Project Title	Grant Amount	Project description
<b>Northern Ireland</b>			
AA Veterans' Support	Northern Ireland Veterans' Sports and Outdoors Navigation	£70,000.00	The project will identify, locate, promote and support social prescription and wellbeing activities for veterans, specifically sports and outdoor-related activities, across Northern Ireland. The group will work in collaboration with Northern Ireland Veterans' Support Office (NIVSO) and Walking with the Wounded (WWTW) to identify isolated veterans and link them into wellbeing activities and communities.
Walking With The Wounded	NI Veteran Art & Culture Navigation	£70,000.00	The group will employ an NI Veteran Art & Culture Navigator to engage veterans in a wide range of art, heritage and culture activities. There will be particular emphasis on hard-to-reach veterans, linking them into wellbeing activities and communities.
<b>Scotland</b>			
Bravehound	Bravehounds go outside	£70,000.00	During this two-year project, veterans and dogs will walk the West Highland Way as well as take part in dog shows, gardening projects and camping activities. All activities will be inclusive for veterans and dogs of all abilities.
Dundee Therapy Garden	Therapy Garden for Dundee Veterans	£70,000.00	The group's therapy garden allows veterans with physical and/or psychological difficulties to tackle their issues and adopt coping mechanisms, enabling them to reconnect with family, friends and the community.
Military Museum Scotland	Military Museum Scotland Restoration Project	£70,000.00	The project will involve veterans in restoring military vehicles, offering them purpose and an achievable goal. They will learn or refresh their skills while working and socialising with fellow veterans.

Walking With The Wounded	Scottish Veterans' Mindfulness & Active Lifestyles	£70,000.00	The group will offer a series of mental health recovery events including opportunities to increase physical activity and take part in sports, arts, music, mindfulness and other wellbeing sessions.
<b>South East England</b>			
Care for Veterans (formerly The Queen Alexandra Hospital Home)	Sporting Chances for Disabled Veterans	£70,000.00	The group will provide a new programme of sporting activities for disabled veterans, including: abseiling, cycling, sailing and archery. Each activity will be planned by the individual, with specific therapeutic aims to improve wellbeing.
Company of Makers	Fort Cumberland - Veterans' Workshops	£70,000.00	The group will offer activities to improve veteran wellbeing and mental health, including: woodworking, sewing, robotics and podcasting, as well as historical research and photography at Fort Cumberland.
The Not Forgotten Association	Sporting activities for injured Veterans	£70,000.00	The group will offer two years of sporting events and recreational activities for injured or wounded serving members and veterans of the Armed Forces. Activities will include adaptive skiing, trekking, canoeing, fishing and a sports and games weekend at Bradenham Manor.
The Royal Star and Garter Homes	Music and dementia	£70,000.00	The project will deliver a music programme for veterans and their partners living with dementia in one of the group's three homes in Surbiton, Solihull and High Wycombe. Specialist dementia support will also be offered and residents taking part in the various music opportunities offered will have a chance to socialise and improve their mental health and wellbeing.
<b>South West England</b>			
Battling On CIC	Branching Out	£70,000.00	The project will offer a range of green-space and nature-based interventions such as horticulture, agriculture and conservation, to help veterans learn coping strategies and become more emotionally resilient, learn new skills and become part of a supportive veteran community.
Combat Surfers T/as Surf Action	The Blue Health Recovery Pathway	£70,000.00	The group will offer low-impact, enjoyable, high intensity group activities, including: surfing, kayaking, games and other shore activities, with the assistance of other veterans and professionals.
Highground Projects Ltd	HighGround Rural Experience Programme	£70,000.00	The group will deliver rural experience weeks at Bicton College in Devon. Activities will consist of gardening, forest school and a day working with animals on a smallholding.

The Warrior Programme	Pathways to Independence	£70,000.00	The group will build on their current activities, offering a veteran-led project enabling 200 veterans to arrange and participate in activities of their choosing. This will involve training veterans to use an online portal to access activities and take part in discussion forums.
Turn to Starboard	Turn-to-Starboard: Making the Right Turn	£70,000.00	The group will provide their successful sailing programme for veterans struggling to adjust to civilian life. Optional qualifications are also available to those taking part. The project is delivered using the group's own skipper and instructors - most of whom are veterans.
<b>Wales</b>			
Alabaré Christian Care and Support	Awyr Lach/ Fresh Air	£70,000.00	The group will improve veterans' mental health through a curated menu of outdoor activities including conservation, wildlife, gardening and animal care. They will encourage mutual support amongst veterans and offer a clear referral pathway.
Re-Live	Coming Home to the Arts	£70,000.00	The group will provide a two-year programme of high-quality arts participation and theatre performances with veterans, families and community members, to positively impact their mental health and wellbeing.
<b>North West England</b>			
Belisama's Retreat CIC	Belisama's Retreat - Woodland and riverside retreat for Veteran's mental health	£70,000.00	The group will offer a veteran-led, ecotherapy-focused service, run by veterans with personal experience of mental health issues. Veterans will learn new skills and develop lasting friendships while improving their physical and mental wellbeing.
Burnley FC in the Community	Fitter Ex-Forces (Healthy Lifestyle Programme)	£70,000.00	The group will deliver the 'Fitter Ex-Forces' programme; a combination of health, fitness and social sessions to assist with overall health and lifestyle improvements.
GreaterSport	Moving Forces	£70,000.00	The group will offer sport and physical activity sessions for veterans looking to improve their mental health and wellbeing.
Launchpad	Outdoor Wellbeing for Homeless Veterans	£70,000.00	The group will provide outdoor wellbeing activities for 150 current and previously homeless veterans in Liverpool. Participants will

			grow vegetables and raise poultry at two allotments as well as a create a sensory garden to help veterans overcome PTSD and depression. Veterans will also be able to take part in veteran-organised outdoor sports.
<b>North East England</b>			
Forward Assist Limited	Veterans Debate Training Project	£70,000.00	The group will train 40 female veterans in the art of British Parliamentary Debate. They will learn critical thinking, communication, leadership and teamwork, to enhance their confidence, resilience and emotional capacity.
Launchpad	Avondale House Veterans' Wellbeing Programme	£70,000.00	The group will provide a diverse programme of mental health and wellbeing activities to 80 homeless veterans living at Avondale House, Newcastle. Activities will include outdoor sports, arts and heritage, music and drama projects. 30 veterans who've moved on from Avondale House will also offer peer-support.
Veterans Woodcraft CIC	Woodworking Warriors	£70,000.00	The project will offer an opportunity for sick and injured veterans to rebuild their lives through wood art disciplines such as wood turning, cabinet making, pyrography and scroll saw work. Those involved will be encouraged to take part in as many activities as they can.
<b>England East</b>			
The Bridge for Heroes	Project Bounce Back	£70,000.00	The group will provide a programme of activities, including outdoor activities. Veterans will learn new skills, have reduced isolation and improved mental health and wellbeing, while developing new and lasting friendships.
The Matthew Project	Norfolk Veterans' Community Engagement Programme	£70,000.00	The group will pilot a new community engagement programme offering a range of volunteering opportunities, activities and group sessions for veterans with mental health needs in Norfolk.
<b>London</b>			

Invictus Games Foundation	We Are Invictus: Inspiring Recovery Beyond the Games	£70,000.00	The group will deliver the 'Beyond the Games' programme, using funding to support further development of Invictus-endorse events such as team-building challenges, that support recovery and rehabilitation.
The Sir Oswald Stoll Foundation	Connections - Supporting Veterans to Thrive	£70,000.00	The project will deliver a wide range of activities such as fishing trips, coffee mornings, arts and crafts and keep fit; for veterans with mental health illnesses such as PTSD, anxiety, depression and low mood, allowing them to reconnect, make new friends and try new activities. Activities offered will depend on the veteran's interests.
Waterloo Uncovered	Waterloo Uncovered Veteran Support Programme 2020 & 2021	£70,000.00	The group will run their veteran support programme, involving veterans in an investigation of the historical Waterloo battlefield in Belgium, working alongside professional archaeologists. Veterans will take part in five phases of the project, each designed to meet their mental health and wellbeing needs.
Soldiers' Arts Academy CIC	Soldiers' Arts Academy London Hub	£70,000.00	The group will deliver the 'Sew Therapeutic' project, taking place in accessible venues. Activities will include machine sewing classes, upholstering furniture, clothing repair, model making and furniture repair/woodwork.
<b>UK Wide</b>			
Adventure Quest UK C.I.C	Adventure Quest Veterans Mountain Skills Mental Wellbeing Programme	£70,000.00	The project will deliver the Mountain Skills Mental Wellbeing programme, adventure-based therapy, over two-years. Those involved will gain greater confidence and independence and learn skills to use on their future career pathways.
Armed Forces Para Snowsports Team	Growing the AFPST Foundation	£70,000.00	The project will encourage more veterans to get involved with snow sports to aid their recovery. They will provide on-snow opportunities to improve mental and physical health and wellbeing.
British Limbless Ex-Servicemen's Association	Making GenerationR: Resilience Through Inspiration	£70,000.00	The project will help to improve the mental health and wellbeing of limbless veterans through bespoke training and ongoing support to enable veterans to gain practical, social and emotional skills to

			share their stories of overcoming adversity to help build resilience in their community.
Depththerapy	Veterans Protecting Our Oceans	£70,000.00	The group will offer suitably trained members the chance to take part in an ocean survey course, to measure the health of coral etc. This will lead to a field expedition to the Philippines to conduct environmental studies.
<b>Overseas</b>			
Blind Veterans UK	Ski Trip for Blind Veterans	£70,000.00	Funding will provide access to a ski trip for blind veterans with mental health issues, including those with self-confidence issues and facing isolation post sight-loss.
Supporting Wounded Veterans Ltd	Skihabilitation: from injury to independence	£70,000.00	The group will offer two skihabilitation ski weeks for 56 veterans to enable them to be active, make friends, challenge themselves and compete against each other. At the end of the week they will be provided with a mentor and supported onto the next stage of their recovery.