



Grants awarded under round 2 of the Positive Pathways programme in 2019/2020, February 2020

53 grants totalling £3,465,000

**ARMED FORCES
COVENANT
FUND TRUST**

Organisation	Project Title	Grant Amount	Project description
England			
Improving Lives Plymouth	Creative Forces	£70,000	The group will engage veterans who are isolated, lacking purpose and self-worth, in their Creative Forces programme. Through outdoor art, they will help veterans to re-engage with the veterans' community, and with their families and the wider community.
Anxious Minds	The ReGroup Project	£70,000	The group will provide valuable services to the veteran community across the North of the Tyne, working with individuals and families by providing early intervention and long-term support, including counselling, alcohol reduction, relaxation classes, workshops and back-to-work support.
Veterans in Crisis Community Interest Company	VICS Future Health Programme	£70,000	Veterans will co-produce and deliver a holistic, health-oriented programme of stretching activities designed to improve mental and physical wellbeing, make lasting friendships, and improve family and community life.
Walnut Tree Health and Wellbeing C.I.C	The Life Jacket Programme	£70,000	The group will deliver a programme of creative activities for veterans experiencing trauma-related mental ill-health. Weekly activity in Norfolk/Suffolk will create a safe place where people can learn new life skills and foster positive relationships.
Positive Adventure	Positive Adventure for Military Veterans	£70,000	The group will provide a range of outdoor activity and overseas expeditions for military veterans. Focus will be on improving the

			fitness, diet, lifestyle and confidence of veterans as well as building team spirit and long-lasting positivity.
Service Dogs UK	4 Paws 4 Veterans	£70,000	Funding will provide four more veteran and dog partnerships, transforming the lives of veterans with PTSD.
The Royal Foundation	Team Endeavour Racing- In partnership with the Endeavour Fund	£70,000	The group will provide adapted high-speed adrenaline powerboat experiences, leading to national qualifications and participation during transition, enabling self-worth and possible employment in the marine industry.
Veterans Outreach Support	Growing together - part of wider VOS programme	£70,000	The group will extend its current range of activities - aimed at combating social isolation and loneliness, through developing new skills and friendships - to veterans on the Isle of Wight, which numbers approx. 11,000 and lacks the full range of services available on the mainland.
Help for Heroes	The Help for Heroes Choir	£70,000	The group will develop a Help for Heroes choir to improve the wellbeing of wounded, injured and sick veterans through mutual support.
Scar Free Foundation	Exercise, Ageing and Wellbeing	£70,000	The project will undertake a study, working with veterans to understand the positive impact on veterans engaging in activities towards better mental health and positive aging.
The Woodland Warrior Programme CIC	The Woodland Warrior Programme	£70,000	The group will offer overnight retreats and activities in woodland near Bristol. Activities are designed to improve physical and mental health and will include woodcraft and woodland management. Families can also get involved in overnight camping experiences. The activities aim to help participants relax, learn new skills and move forward with their lives
CatZero	Veterans' Personal Development Programme	£70,000	The project's personal development programmes for Armed Forces veterans will combine outdoor group activities, personalised one-to-one support, and the opportunity to crew a challenge class yacht on the open seas. Tailored to the needs of each individual, the 16-week programme will improve participants' mental/physical health and overall wellbeing.
Finchale Group	Space to Breathe	£70,000	The group will deliver a programme of social and physical activities designed to engage, challenge and improve the physical

			and mental health and well-being of participants. Accompanied by a bespoke one-to-one support service, the project will enable veterans to take control and make positive and lasting changes to their lives.
FirstLight Trust	Rambling to recovery	£70,000	The group will establish monthly walking groups, led by qualified walk leaders, to provide a sociable activity, helping improve mental health and overcome feelings of isolation.
Nomad Construction Training CIC	Project RECCE - Adventure Therapy	£70,000	The group will deliver adventure therapy, including expeditions, diet and fitness, group mentoring and physical education. Their aim is to increase confidence and there will be networking events and workshops to get people to engage before 'signing up' to get involved with the programme.
Tom Harrison House	Veterans and families' experiential retreats	£70,000	The project will deliver eight experiential retreats a year in places of outstanding natural beauty in the North West. Each retreat will include both preparation and follow up sessions, delivered locally in Liverpool, to maximise the positive, long term impact of these transformative, energising and authentic get away experiences.
Veterans' Growth	Social and Therapeutic Horticulture (STH) for Veterans	£70,000	The group will offer many different activities throughout the year including arranging flowers to sell, harvesting of fruit, making fertiliser and shrub pruning. Activities are designed to provide physical activity, increase stamina, learn new skills and give a sense of satisfaction and raised self-esteem; providing a positive environment for learning mindfulness and coping strategies.
The Veteran's Farm-Able Foundation	Get Grounded	£70,000	The group will help 100 veterans address and manage their mental health whilst gaining skills and qualifications in rural life. Farm-Able's craft training and experience days will enable them to find their preferred activities and be assisted to gain employment, self-employment or meaningful activity in the countryside.
The Veterans Hub Weymouth & Portland CIC	The Veterans Hub Community Cafe	£70,000	The organisation will provide a gym solely for the use of veterans, as well as an outdoor space for the growing of their own produce, to promote physical and mental health wellbeing.

Single Homeless Action Initiative in Durham	St Peter's Positive Pathways	£70,000	The project will deliver a range of outdoor activities such as mountain biking, fishing and gardening, to increase the mental and physical wellbeing of ex-Service personnel and increase the likelihood of them moving onto independent living.
Mission Motorsport	Mission Motorsport Woodland Experience Project	£70,000	The project will provide over 250 individual opportunities annually for veterans to attend a veteran-led, purpose designed 24hr outdoor experience in the North West of England. Delivered by partner Woodland Experiences, the project provides a welcome break for hard-to-reach veterans and their families, creating memories and developing skills.
Waterloo Uncovered	Archaeology Outreach Project	£70,000	The project will provide training for veterans to develop an archaeology handling collection that they will use to teach other veterans about the benefits of archaeology for mental wellbeing, to encourage discussion of difficult topics such as death, loss, injury and trauma, and to create a lasting connection to heritage.
Age UK Nottinghamshire	Active Veterans Service	£70,000	The group will run sessions exclusively for veterans including 'vets in sheds' sessions learning new skills such as woodworking, walking groups and signposting veterans to other relevant activities.
The Princess of Wales's Royal Regiment Benevolent Fund	Veterans' Horticultural Rehabilitation Community Centre	£35,000	The group will use funds to build a community centre as a place to offer rehabilitation through horticulture.
UNITY (SOUTHERN) LTD	Veterans as heritage volunteers	£70,000	The group will recruit Army veterans as heritage volunteers. The project will harness the skills that veterans have learned during their Army Service, to help people of all ages connect with the historical and natural heritage of their community. It will also promote the veterans' integration into the civilian world.
Veterans in Action	Veterans Expeditions Overland	£70,000	The group will work with veterans to strip and rebuild a Land Rover Defender 110 and prepare it to a high expedition standard, which will then be used as a bespoke kitchen support vehicle to

			undertake a minimum of two overland expeditions within the grant period.
Waterloo Uncovered	Waterloo Uncovered Creative Workshops	£70,000	The group will provide a series of stimulating, therapeutic and creative workshops including art, writing and poetry. These activities will encourage veterans to express their feelings and to engage in archaeology and the Battle of Waterloo in a new and meaningful way that supports mental wellbeing.
Mission Motorsport	Mission Motorsport NW Three Sisters Project	£70,000	The group will run activities at the Three Sisters circuit, created by Wigan Council and used for karting, biking and cars. The events offered by the group will draw veterans into sport and offer a 'level playing field' for disabled and able-bodied veterans. Sessions will include car control, a track experience and driver training.
Mission Motorsport	Mission Motorsport Recovery Sport Programme	£70,000	The group will offer outdoor, inclusive activities including visits to Goodwood, Silverstone, Anglesey and Thruxton, car control sessions, 4x4 experiences and driver training. Each activity is designed to be inspirational and inclusive, building confidence and friendships and being veteran led.
The Royal Foundation	Bude Surf Veterans - In partnership with The Endeavour Fund	£70,000	The group will provide opportunities to learn surf, develop surfing skills that could lead to qualifications to become a surf instructor and give back to the local communities as well as the veteran surfing community.
Forgotten Veterans UK	FVUK Fort Renovations & Mental Health Support Phase II	£70,000	Funding will be used for veterans to renovate three additional casements at the Napoleonic Fort Cumberland.
Armed Forces Community Support Hub	Cheshire Veterans Living History Project	£70,000	The project will assist military veterans who experience mental health and isolation issues relating to a poor transition from military life to 'civilian street'. The project will encourage and support wellbeing and a sense of ownership and responsibility for veterans.
Scotland			
Community Veterans Support	Healthy Body and Healthy Mind	£70,000	The project will provide a range of activities to support mental health and wellbeing, including wilderness therapy, walking

			groups, indoor combat sports and exercise bingo, which will improve coordination, movement and lead to building confidence and improving communication skills.
Outpost Charity	Veterans Camp Program	£70,000	The group will deliver five-day, all-inclusive residential experiences for veterans in the Highlands of Scotland; boosting confidence, and supporting veterans to gain new skills and friendships
The Soldiers, Sailors, Airmen and Families Association - Forces Help	Glasgow's Veterans United	£70,000	SSAFA will extend a successful, existing project, Glasgow's Veterans United, from a 14-week activity to a year-round social group. A partnership between SSAFA's Glasgow's Helping Heroes and the Ranger's Charity Foundation, Gvu uses football as a vehicle for positive lifestyle changes, providing holistic support and cultivating resilience and social integration
Active Stirling	Battling Barriers: Veteran Sport Stirling	£35,000	The group will establish a physical activity referral pathway for veterans with mental health needs to encourage their uptake of active opportunities. This pathway will also involve developing new and sustainable veteran sport and physical activity opportunities in the community, supporting all veterans with a positive space to get active.
Horseback UK	HorseBack UK Military Recovery Project	£70,000	The project will support veterans suffering from life-changing injuries and facilitate post-traumatic growth. The six-month programme includes horsemanship, rural skills and the outdoors, to encourage participants to acquire new coping strategies, life-skills and resilience whilst gaining nationally recognised awards and qualifications.
Lothians Veterans Centre	Have a Go	£70,000	Over two years, veterans will have the chance to try various activities to see what they enjoy - such as clay pigeon shooting and rock climbing, country walks and keep fit classes. The most popular sessions will then be offered more frequently.
Scottish Veterans Residences	Join In, Live Well	£70,000	The group provides art groups, outdoor adventurous weeks, fishing, swimming and more to promote physical and mental wellbeing in veterans.
Veterans Community Lanarkshire	Veterans Community Active Life	£70,000	The group will provide activities to improve mental and physical health in veterans including fishing, cycling, development of a veterans' community garden, carpet bowls and more.

Garelochhead Station Trust	Garelochhead Station Trust (GST)	£35,000	The group will develop their existing programme of activities for veterans including cooking, gardening and a brunch club.
BRAVEHOUND	BRAVEHOUND and The THEATRE OF WAR	£35,000	The group, including veterans, will plan and deliver three interactive performances of "Theatre of War" which combines a facilitator, professional actors and veterans performing Greek tragedy, leading to a Town Hall discussion with the audience of veterans and family, inspiring greater respect, understanding, and compassion for those who serve.
Networks of Wellbeing	VETERANS PATHWAYS TO WELLBEING	£70,000	The programme will give veterans and their families/carers support and techniques for de-stressing; provide a range of activities and training opportunities designed to build self-confidence and resilience; and enable them to take on leadership roles within these activities for both veterans or veteran's families, and for the wider community.
Who Dares Cares	2020 Vision	£70,000	The group will provide a comprehensive and varied package of indoor and outdoor activities that recognise and deliver on the needs for specialist First Aid provision within this community, whilst improving awareness, training and coping mechanisms for those both directly and indirectly affected by the issues we aim to alleviate.
Stand Easy	Activities for WIS ex-Forces	£70,000	The group will work with Wounded, Injured or Sick ex-Forces and their families, to support their recovery with drama related activities.
Wales			
65 Degrees North	65DN's Project '20	£35,000	The group will take up to fifty WIS on life-changing expeditions, giving them new friends and renewed hope that they can overcome many of their current difficulties.
CAIS	Activities for Veterans Wellbeing Wales	£35,000	The group will facilitate activities for veterans receiving support within Change Step Next Steps portfolio in south and mid-Wales. This collaboration ensures veterans access relevant activities

			promoting their unique recovery needs and establishes a directory of appropriate activities.
Age Cymru Ceredigion	The West Wales Veterans Archive	£70,000	The group will establish an authoritative, publicly accessible and sustainable West Wales Veterans Archive; achieved by training and supporting military veteran volunteers to interview older veterans, collecting oral and written histories, assessing wellbeing; and by building collaborations with national and county archives and veterans' charities.
Woody's Lodge	Our Green Green Grass of Home	£70,000	The group will use farm buildings, a workshop and farmland to deliver a respite, training, drop-in centre and holiday venue for veterans and their families across the UK, mirroring the pilot project at Hay-On-Wye.
The VC Gallery	The Art of Memories	£70,000	The group will deliver an interactive poetry project, engaging with veterans in the community.
Northern Ireland			
Brooke House/Ely Centre	Growing Together	£70,000	The group will run nature-based therapy interventions called Growing Together. The 10-week programme is a combination of horticultural therapy, vocational skill development and community reintegration following the Defence Gardens Scheme (DGS) model. The programme will focus on the benefits nature can offer based on principles developed at Copenhagen University.
Ashes to Gold	Green Hands Clear Mind	£70,000	The group will run nature-based therapy interventions on behalf of the Defence Gardens Scheme (DGS). The 10-week programme is a combination of horticultural therapy and vocational skills. based on principles developed at Copenhagen University.
AA Veterans' Support	Project Life	£35,000	Project Life will aim to improve the physical and mental wellbeing of veterans in the Londonderry area through the creation of a safe-space sports hub that will offer sports and outdoor activities alongside mental health first-aid, mental health practitioner drop-in clinic, mindfulness sessions, wellbeing activities and more.