

**Grants awarded under Round 4 of the Positive Pathways programme 2020/21 November 2020;**

**31 grants totalling £1,085,000**

<b>Organisation</b>	<b>Project Title</b>	<b>Grant Amount</b>	<b>Project Description</b>
<b>Scotland</b>			
On Course Foundation	Introducing golf to Scottish veterans	£35,000	WIS veterans in the West of Scotland will be introduced to On Course Foundation and the game of golf, developing skills and sharing the experience with like-minded individuals. Playing golf regularly will have positive effects on the mental wellbeing of these individuals and their wider community.
Sacro	Forces of Nature	£35,000	The organisation will deliver a flexible horticultural and conservation training programme to British ex-Forces veterans, which will combine online tutorials with practical sessions. They will provide a safe and nurturing environment for veterans to work together to improve both their physical health and mental wellbeing.
The Venture Trust	Veterans Outdoor Therapy	£35,000	The organisation will deliver an outdoor-based therapeutic programme for veterans. Utilising the restorative power of local outdoor spaces, sessions will encompass walk-and-talk counselling, allowing individuals to explore internal and external landscapes and engage with nature as an expressive conduit.
<b>Wales</b>			

Equus Ferus	Dare 2 Live Cymru	£35,000	The organisation will use funding to deliver a 3-day human equine intervention for nine veterans to learn interpersonal, resilience and wellbeing skills. In addition, there will be six weekly follow up training sessions and a 1-day intervention for veterans and their partner/significant family member.
Links	Carmarthenshire Veterans Support Group (CVSG)	£35,000	The organisation will use funding to extend their provision of regular 'NAAFI mornings' and figure - painting classes to other, under-represented parts of Carmarthenshire. They will also deliver a range of well-organised, outdoor activities, and arrange specialist sessions to provide legal advice.
The VC Gallery	Dig for Victory	£35,000	The VC Gallery will support veterans through creating a community garden, design horticulture courses and develop plans for workshops.
<b>Northern Ireland</b>			
MID ULSTER VICTIMS' EMPOWERMENT	The MUVE Crafter's	£35,000	The organisation will use funding to develop the use of their established men's and hen's sheds for veterans, to include a wide range of arts and craft classes, physical and outdoor activities, coffee mornings and a luncheon club.
Out of the Shadows (NI) Ltd	Healing Invisible Wounds through Actions	£35,000	The organisation will provide a person-centred, focused programme for veterans through socially distanced outdoor activities and workshops, which will help healing of the mind and the body. The physical and wellbeing activities and workshop, will enhance the resilience, mental health and wellbeing of veterans.

<b>England East</b>			
Derbyshire Alcohol Advice Service STAND TO project	STAND TO recovery support programme	£35,000	The organisation will use the funding to establish a veteran-led Recovery Support Programme, which will enable Derbyshire veterans to take part in health and wellbeing activities. They will also have the opportunity to join a team representing Derbyshire to take forward into the annual National Recovery Games.
The Bridge for Heroes	Project Positive Outlook	£35,000	The Charity will provide a variety of meaningful activities to improve mental health, wellbeing and general health of all who wish to participate, regardless of their age, gender or physical ability.
<b>England North East</b>			
Finchale Group	Finchale's Gardening Hive	£35,000	The Hive will continue the work started in Finchale's Community Garden and help veterans to re-connect with nature and each other. Focusing on the development of new skills such as bee keeping, permaculture and woodcraft, it will bring veterans together and offer a holistic approach to wellbeing and mental health.
Veterans in Crisis CIC	Veterans In Crisis Creative Arts Programme	£35,000	The organisation will co-design arts-based activities with veterans and their families in Sunderland. The programme will support and improve their mental health and wellbeing. In the process, new friendships will be created, new skills will be acquired, families will become more cohesive, and aspirations will be raised.
Veterans in Crisis CIC	Future Health On Tour	£35,000	The organisation will build on the successful Future Health project by extending the range of

			opportunities to veterans that they work with and their families. Specifically, they will expand the heavily over-subscribed opportunities at the outdoor facilities of one of their key partners.
<b>England North West</b>			
Broughton House Home for Ex-Service Men and Women	See, Hear, Touch, Smell & Taste!	£35,000	The organisation will provide intergenerational activities based on the five senses to encourage elderly residents of Broughton House and veterans within the community of Greater Manchester to interact and enjoy each other's company.
Burnley FC in the Community	The Whitehough Veterans Group	£35,000	The organisation will deliver the 'Green and Keen Programme', supporting veterans with their physical and mental health through outdoor activities, delivering a combination of healthy outdoor activities and social sessions leading to long term lifestyle changes.
Everton in the Community	Royal Blues	£35,000	The organisation will deliver the 'Royal Blues' project for veterans aged 40-65 years old who are isolated, at-risk and vulnerable. They will use sport and the inspirational brand of Everton Football Club to improve their physical, mental and social health to enhance overall quality of life.
FLEETWOOD TOWN COMMUNITY TRUST	Onward Together	£35,000	The organisation will deliver the Onward Together project, providing a pathway of support to veterans that includes different sporting and recreational activities which are supported by therapeutic sessions.
Positive Adventure	Positive Adventure for Veteran Key Workers	£35,000	Positive Adventure will provide a unique outdoor activity programme to improve the positive mental

			health and wellbeing of 50 veterans who work as Key Workers. They will have the opportunity to improve their wellbeing through a personalised training plan, connect with others, and experience an innovative and rewarding Outdoor Retreat.
Tom Harrison House	Tom Harrison House Wellbeing Project	£35,000	The organisation will provide veterans with addictions with structured opportunities to play sport, be active and improve their wellbeing.
Veterans in Sefton CIO	Transition for Veterans	£35,000	The project will provide a progressive programme supporting Sefton's former Servicemen and women from initial engagement at 'NAAFI Break' events. The programme will encourage participation and involvement including activity planning leading to empowerment through delivery, enhanced wellbeing as volunteers and providing a sustainable pathway to rehabilitation within their community.
<b>England South East</b>			
Groundwork South	Green Skills for Heroes	£35,000	The organisation will train ex-Service personnel to deliver group-based horticultural training to 40 veterans in Kent, ensuring activities are designed/led by veterans. Participants will develop horticultural skills and work in teams to improve green spaces locally, while improving their mental health/wellbeing through a programme of challenging and fun outdoor activities.
RMA - The Royal Marines Charity	Corps Family Winter Deployment 2020	£35,000	Undertaken with Norwegian Veterans, the project has been designed to offer veterans with mental and physical injuries a short winter break with their families. The adventure holiday provides an

			opportunity for respite, camaraderie, support and sharing of experiences between nations and, crucially, the families who support them.
St John & Red Cross Defence Medical Welfare Service (DMWS)	Crafting Companions- Female Veteran Well-being	£35,000	The organisation will offer Crafting Companion sessions for female veterans. Attendees will have a great time engaging in a variety of six weekly craft sessions whilst building friendships, confidence and improving mental wellbeing, including a range of issues such as social isolation and low self-esteem.
Veterans Outreach Support	Growing Together - Hampshire	£35,000	The organisation will reinforce success by extending its current range of activities and support, aimed at combating social isolation, loneliness and improving veteran mental health and wellbeing through developing new skills and friendships. It will do this by extending the range and reach of its current activities into new geographical locations.
<b>England South West</b>			
Armed Forces Community Support Hub	Running Deer "Courses for Forces" Programme	£35,000	The organisation will use the funding to train veterans in woodland management, coppicing and green woodworking, promoting health and wellbeing. The activities will offer hands on engagement with a range of natural environments, which will also lead to accredited certification.
The Soldiers' Arts Academy CIC	Soldiers' Arts Academy Exeter hub	£35,000	The organisation will use funding to establish a hub in Exeter to serve the military community in the South West. Their art hubs help to improve the mental health and wellbeing of Armed Forces veterans, promoting recovery and transition into the community.

The Woodland Warrior Programme CIC	The Woodland Cabin Retreat	£35,000	The organisation will provide quality time for veterans and their families to reconnect with nature and each other, improving their mental health and increasing family cohesion. Staying in an off-grid eco cabin within a private woodland, families can engage in woodland based activities and have their own mini adventures.
<b>England West Midlands</b>			
Landau	Walk, Build, Grow Your Future	£35,000	The organisation will use funding to get military personnel to talk about their feelings/thoughts whilst partaking in an exercise they feel comfortable with. This may include rambling exercise, woodwork or community projects. Issues around barriers to settling into civilian life will be addressed and supported.
The Orchestra of the Swan	Music for Dementia	£35,000	The organisation will provide weekly music workshops for veterans living with dementia or memory loss. The workshops will take place at the Courtyard in Hereford and provide a safe, welcoming environment, connecting and supporting veterans living with dementia and their carers.
The Warrior Programme	Enhancing wellbeing through creative expression	£35,000	A talented veteran will host art groups online for co-beneficiaries to enable them to try out something new and to create an exhibition of the results to be showcased online and at a physical venue when safe. This will reduce isolation, build camaraderie and improve mental health and wellbeing.
<b>UK-Wide</b>			

Invictus Games Foundation	Powered by Invictus	£35,000	The Foundation will deliver and facilitate veteran-led, virtual physical activities to enhance mental fitness through accessible active e-sports platforms. It will reduce social isolation, provide peer-to-peer support and encourage community cohesion through online communications and friendly competition.
<b>Total Awarded</b>			<b>£1,085,000</b>