



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
<b>England East</b>			
Walnut Tree Health and Wellbeing C.I.C	The Life Jacket Programme	<b>£70,000</b>	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.
Age UK Nottinghamshire	Active Veterans Service	<b>£70,000</b>	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.
<b>England North East</b>			
Anxious Minds	The ReGroup Project	<b>£70,000</b>	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	<b>£70,000</b>	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.
CatZero	Veterans' Personal Development Programme	<b>£70,000</b>	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	<b>£70,000</b>	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	<b>£70,000</b>	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.
Single Homeless Action Initiative in Durham	St Peter's Positive Pathways	<b>£70,000</b>	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.
<b>England North West</b>			
Positive Adventure	Positive Adventure for Military Veterans	<b>£70,000</b>	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.
Nomad Construction Training CIC	Project RECCE - Adventure Therapy	<b>£70,000</b>	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	<b>£70,000</b>	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.

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.
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.
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.
<b>England West Midlands</b>			
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.
<b>England South East</b>			
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.
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.
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 Princess of Wales's Royal Regiment Benevolent Fund	Veterans' Horticultural Rehabilitation Community Centre	<b>£35,000</b>	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	<b>£70,000</b>	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	<b>£70,000</b>	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.
Mission Motorsport	Mission Motorsport Recovery Sport Programme	<b>£70,000</b>	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.
Forgotten Veterans UK	FVUK Fort Renovations & Mental Health Support Phase II	<b>£70,000</b>	Funding will be used for veterans to renovate three additional casements at the Napoleonic Fort Cumberland.
<b>London</b>			
Waterloo Uncovered	Waterloo Uncovered Creative Workshops	<b>£70,000</b>	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.
<b>England South West</b>			
Improving Lives Plymouth	Creative Forces	<b>£70,000</b>	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.

Help for Heroes	The Help for Heroes Choir	<b>£70,000</b>	The group will develop a Help for Heroes choir to improve the wellbeing of wounded, injured and sick veterans through mutual support.
The Woodland Warrior Programme CIC	The Woodland Warrior Programme	<b>£70,000</b>	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
The Veteran's Farm-Able Foundation	Get Grounded	<b>£70,000</b>	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	<b>£70,000</b>	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.
The Royal Foundation	Bude Surf Veterans - In partnership with The Endeavour Fund	<b>£70,000</b>	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.
<b>Scotland</b>			
Community Veterans Support	Healthy Body and Healthy Mind	<b>£70,000</b>	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	<b>£70,000</b>	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	Glasgow's Veterans United	<b>£70,000</b>	SSAFA will extend a successful, existing project, Glasgow's

Association - Forces Help			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	<b>£35,000</b>	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	<b>£70,000</b>	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	<b>£70,000</b>	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	<b>£70,000</b>	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	<b>£70,000</b>	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)	<b>£35,000</b>	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	<b>£35,000</b>	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.
<b>Wales</b>			
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	<b>£70,000</b>	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	<b>£70,000</b>	The group will deliver an interactive poetry project, engaging with veterans in the community.
<b>Northern Ireland</b>			
Brooke House/Ely Centre	Growing Together	<b>£70,000</b>	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	<b>£70,000</b>	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	<b>£35,000</b>	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.
<b>UK-Wide</b>			
The Royal Foundation	Team Endeavour Racing- In partnership with the Endeavour Fund	<b>£70,000</b>	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.
Waterloo Uncovered	Archaeology Outreach Project	<b>£70,000</b>	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.
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