



Grants awarded under round 3 of the Positive Pathways programme in 2019/2020, March 2020

25 grants totalling £1,575,000

**ARMED FORCES
COVENANT
FUND TRUST**

Organisation	Project Title	Grant Amount	Project description
England East			
RAF Association	Developing Veterans' Resilience and Wellbeing through Physical Activity	£70,000	The RAF Association, working together with Loughborough University and other partners, will pilot a resilience development pathway programme for 48 veterans. Delivered through physical and wellbeing activities and workshops, the programme will enhance the social resilience, mental health and wellbeing of veterans in the East Midlands experiencing mental health issues.
RFEA - The Regular Forces Employment Charity	Past and Present	£70,000	The group will look for innovative ideas capturing the veteran's interest, which assists their mental health recovery, by utilising the passion and pride of veterans enabling them to become involved in a project which resonates whilst benefiting themselves and the community in equal measures – mental health by stealth
England North East			
Hull 4 Heroes	"Out and About" 4 Veterans	£70,000	Transport and support will provide an opportunity for able/disabled veterans to participate in numerous individual and team activities such as wheelchair rugby events and competitions, horse riding and carriage driving and attending/participating in social events with the aim of benefitting the mental health and wellbeing of those involved.
England North West			
Curzon Ashton Community Foundation	Tameside Military Veterans Project	£35,000	The group will employ a Military Veterans Development Officer for the foundation, whose role will be to develop a range of activities and initiatives for military veterans in Tameside who are suffering from mental health issues, social isolation, loneliness or low confidence and self-esteem.
Step Together	Veterans' Heathlands Project	£70,000	Heathlands is a learning community, enhancing wellbeing in Cumbria, with a plot of land available specifically for veterans to develop and use. The project will enable veterans to work together to bring the land into a

			useable condition and then design and develop a sensory garden and a wildlife/memorial walk.
Wigan Borough Armed Forces HQ CIC	Emotional Support Animal Awareness Programme (ESA)	£70,000	ESAs provide vital support to their companions suffering from serious stress, anxiety and PTSD who are ex-Service. The group will work with national and regional organisations to source, train and Licence ESAs. In addition, they will and raise awareness to organisations of how these licenced animals can support improvements in wellbeing.
England South East			
EarthCraftuk Community Interest Company	Veteran Trees	£70,000	The group will deliver a therapeutic woodland programme for veterans from Kent and Medway. The project will offer an introduction to the woodland as a resource that promotes mental and physical health and social wellbeing; with participants taking part in a range of nature-based activities and experiences.
Royal British Legion Industries	Purpose, wellbeing, independence through gardening	£70,000	A new programme of outdoor wellbeing therapies including gardening and beekeeping for hard to reach veterans. The project will develop skills, support mental health recovery, promote inclusion and build confidence. Working with the community, veterans will sell produce and share knowledge, so they can turn passions into careers.
England South West			
Help for Heroes	Help for Heroes Water Sports	£35,000	Help for Heroes will deliver diving and gig rowing as part of their water sports programme to enhance the psychological and physical wellbeing of wounded, injured and sick veterans.
Tedworth Equestrian - The Armed Forces Equine Charity	Horse Power for Veterans (Polo)	£70,000	Horse Power for Veterans (Polo) delivers equine therapy, active lifestyles through participation in equine sport/recreation and develop individuals equine competence, confidence, creativity, character and connections through the provision of world class facilities, appropriate horses, coaching, competition and an equine support network of like-minded people for life.
Veterans Change Partnership	Devon Veterans Support and Recovery	£70,000	The project will engage ex-Forces personnel, including those currently in prison and hospital, in a two-year activity programme promoting positive mental health and physical wellbeing, social interaction, and self-documentation. Activities include veterans' inter-generational community support meetings and regular engagement with sport, art, culture, heritage, and natural environments.
Veterans With Dogs	PAWS ON THE PATH(WAY)	£70,000	VWD will use the grant to launch a new initiative aimed at improving the health and wellbeing of veterans by facilitating Community Dog Walks. This initiative is designed to reduce isolation, improve engagement in health-related activities, and potentially signpost for external intervention and support.

Scotland			
Combat Stress	Build your Own Bike	£35,000	Common Wheel will deliver 10 week Build Your Own Bike courses specifically for residents at Bellrock. They will support a charity bike ride to encourage cycling and foster wider involvement of friends, families and partner organisation. Their aim is to improve wellbeing, increase skills, reduce isolation and challenge stigma.
Fife Employment Access Trust	Grow your Mind	£70,000	An outdoor-based personal development/self-management programme for veterans with severe mental health conditions to improve their mental health, wellbeing, confidence, self-esteem and connectedness to the Civilian community. Developing resilience to improve current levels of mental health and maintain good levels of mental health in future and building on existing skills
Luminate	Erskine Artists Residency 2020-22	£70,000	The Erskine Artists' Residency Programme will support older veterans living in residential care to participate in a wide range of highly personalised arts activities. This will have benefits for veterans' emotional and mental wellbeing, while developing the capacity of care staff to lead future creative activities themselves.
SSAFA Glasgow's Helping Heroes	Curling for Disabled Glasgow Veterans	£70,000	SSAFA's Glasgow's Helping Heroes will facilitate veterans with limited mobility to form a curling group in partnership with Curling Scotland. Outcomes will include increased engagement to reduce loneliness and isolation and improved physical and mental health and wellbeing. Accessible transportation and adapted equipment will be provided for a person-centred approach.
Wales			
Bulldogs Boxing and Community Activities	Bulldogs Armed Forces Veterans	£70,000	Maximising partnership working to deliver a coordinated package of activities to improve the wellbeing of veterans suffering with mental health problems, based in Port Talbot. These activities will include provision of a veterans' drop-in centre, gym-based exercise, 'walk and talk' excursions outdoors and access to a multi-agency support network.
Cardiff City FC Foundation	Bluebirds Veterans Project	£70,000	Bluebirds Veterans Project delivers valuable mental health support to the veteran community across South Wales, with a focus on addressing the high levels of social isolation and loneliness that exist within this community. This project is run by a veteran and builds on our established and respected veterans work.
Care and Repair (North East Wales)	Veterans Community Hub - Positive Pathways	£70,000	VC Hub provides a safe, welcoming space for veterans to come for advice, help, information and support. With several buildings and 35 acres of fields and woodland, they offer opportunities to engage in a variety of social, artistic, cultural, environmental and sports activities, providing pathways that enable wellbeing and recovery.

Hafal with Wintergreen UK CIC	Veteran activities in mind	£70,000	Wintergreen UK will provide mindful activities to veterans of all ages and abilities, supporting mental health and wellbeing using art and crafts, photography, music, woodwork, Tae Chi; outdoor activities including hiking, bee keeping, bird watching, visits to local heritage sites, foraging. Activities that concentrate the mind and lift spirits.
Hafal with Wintergreen UK CIC	Woodlands Recovery Centre	£70,000	The Woodland Recovery Centre will deliver a Woodland Recovery Programme for 30 veterans over 2 years. Each participant will receive bespoke package of woodland and craft skills training and well-being activities and a well-being action plan to support their progression once the programme is completed.
Swansea City AFC Community Trust	In the Squad	£70,000	Ospreys in the Community and Swansea City AFC Community Trust will deliver sport and fitness activities, based around rugby and soccer, for veterans with mental health illnesses. In addition, participants will be offered tea, toast and a chat in a 'veteran-friendly' environment, supporting wellbeing and combating social isolation.
Northern Ireland			
Lough Erne Yacht Club	Veterans Water Access Project	£35,000	The club aims to benefit more veterans by increasing and enhancing their participation in the group's sailability and power ability programmes in accordance with Royal Yachting Association syllabus. These activities have been proven to have a positive effect on the mental and physical wellbeing and quality of life of participants.
Millburn Community Association	Coleraine Veterans' Club	£70,000	The group will offer monthly trips to promote camaraderie. Their men's shed alleviates social isolation and the allotments and apiary provide structured activity for veterans to immerse themselves in.
Walking With The Wounded	Mind the Pipes and Drums	£35,000	Mind the Pipes and Drums will enable veterans to partake in music based, social activities where they can learn new skills, develop a sense of achievement and pride. The project aims to improve veteran's mental health by reducing social isolation as well as undertaking a subtle form of music therapy.