

Grants awarded under the Tackling Loneliness programme 2020/21 February 2021

60 grants totalling £4,200,000

Organisation	Project Title	Grant Amount	Project Description
Scotland			
Age Scotland	Comradeship Circles	£70,000	The organisation will build on existing work to connect veterans, their families and carers, aged 50 and over, with weekly group phone calls.
The Venture Trust	Positive Futures	£70,000	The organisation will use experiential learning techniques and cognitive behavioural approaches, delivered in communities and wilderness-based expeditions, to help ex-Service personnel tackle social isolation and loneliness by developing the confidence, motivation and core life-skills needed to progress in all aspects of life, relationships, learning and work.
Thistle Health and Wellbeing	Thistle Veterans Support: Building Connections	£70,000	The organisation will support 200 veterans living with long-term physical and mental health conditions across Scotland to live a life free of isolation and loneliness. The project will work to try and ensure that a health crisis does not become a life crisis.
Walking With The Wounded	Digital and Telephone Outreach - Scotland	£70,000	The organisation will develop a peer-to-peer network, to provide support and care co-ordination to isolated and lonely veterans via social prescription. The team will use a marketing campaign to identify beneficiaries and promptly respond to the veteran's needs, connected them with a range of Armed Forces, civilian third sector and statutory services.
Wales			

Bridgend Carers Centre	Bridgend Carers Armed Forces Project	£70,000	The Centre will extend its reach to identify carers in the Armed Forces community, both veterans and those in Service. They will support carers to connect with others providing an engaging range of activities to support community connections and reduce isolation and loneliness resulting from being an unpaid carer.
Hafal	Navigating out of isolation	£70,000	The organisation will deliver a combination of direct support and help for veterans in Mid & West Wales who are isolated and alone, enabling them to access existing community, health and social care services.
Help for Heroes	Wounded Veterans Community Recovery Hubs	£70,000	The organisation will provide wounded veterans and their families a place within their local communities to access Help for Heroes holistic recovery programmes. Based across Mid and North Wales, the Hubs will tackle social isolation caused by injury and/or illness and geography.
The VC Gallery	Naafi Break and beyond!	£70,000	The organisation will operate informal get-togethers with free refreshments, every weekday morning in Pembroke Dock for general chat and company with other veterans, refreshments and help to access digital platforms, with a focus on older veterans living in the local area.
Northern Ireland			
Brooke House Project	Reaching Out	£70,000	The organisation will establish a volunteer-led 'Veterans Meeting Hub', specifically for hard-to-reach veterans and their families. It will build strong social networks and nurture strong friendships through the medium of radio-controlled toys, model building, competitions, intergenerational opportunities and wellbeing workshops.
Out of the Shadows (NI) Ltd	Sunny Spells and Scattered Showers	£70,000	The organisation will offer an "on the road" veteran-led programme, encouraging socially and rurally isolated

			individuals to take part in learning new skills and developing strong and lasting friendships to reduce loneliness and isolation while improving their physical and mental wellbeing.
The Royal British Legion Tandragee Branch	Tandragee Veterans Tackling Loneliness	£70,000	The organisation will provide an outreach, hot food delivery service to vulnerable veterans and provide a focal point for support to include drop-in breakfast club, training in shopping online for food and essentials, mental health awareness training and social activities, such as model-making for good mental health, camping and cookery classes.
St John & Red Cross Defence Medical Welfare Service (DMWS)	Stronger Together – leave loneliness behind	£70,000	The organisation will connect with hard-to-reach veterans, partners of serving personnel, single parent serving personnel or those with challenging family situations in Northern Ireland. They will develop communication and provide Welfare Support and utilise club activities suitable for these beneficiaries. They will also seek to involve their broader beneficiaries through word of mouth and trusted closed groups.
England			
Age Concern Colchester & North East Essex	Generating Friendship – bridging the gap	£70,000	The organisation will meet a local need for veteran befriending with a special focus of reaching socially isolated veterans with dementia, and their family carers.
Age UK Enfield	Veterans in Enfield and Waltham Forest (VEWF)	£70,000	The organisations will identify older veterans and their carers living in the London Boroughs of Enfield and Waltham Forest and facilitate social groups to enable them to make new friends, take part in a range of physical activities and link them to other activities and services available in the local area.
Age UK Solihull	Linking Veterans Together	£70,000	The organisation will provide enhanced support to older veterans, linking them through friendships and by

			hosting regular group activities. Alongside this, veterans will receive holistic health and wellbeing support through a dedicated Caseworker.
Age UK Wakefield District	Connecting Forces	£70,000	The organisation will support 400 older veterans experiencing significant difficulties rooted in loneliness, who aren't engaging with traditional provision. Each veteran will create a plan to address their personal causes of loneliness and receive support to join existing clubs and services or set up new ones.
Age UK West Cumbria	AgeUK WC: Back from Beyond	£70,000	The organisation will work collaboratively to co-ordinate remote peer support networks for aged veterans to counteract the causes and effects of isolation. In time, this will lead to a peer-led activities programme.
Age UK Wolverhampton	Camaraderie in the Community	£70,000	The organisation will promote friendship and support extended social networks amongst the older veteran community in Wolverhampton. They will increase access to new ways of connecting in a digital world and reduce feelings of loneliness by striking up a good old-fashioned chat!
Battling On CIC	Stand Easy	£70,000	The organisation will support veterans through a range of outdoor activities, rural craft skills and volunteering, to help them develop coping strategies and build emotional resilience whilst creating support friendships and networks.
Can International	Addressing Social Isolation Among Elderly Gurkha veterans	£70,000	The organisation will reduce social isolation among elderly Gurkha veterans by organising key social engagement activities including developing a veterans' social network and an afternoon tea club. It will create the opportunities for elderly veterans to enhance social connections, share comradeship, offer/receive support and build confidence in using local provision.

Curzon Ashton Community Foundation	Plot to Plate	£70,000	The organisation, in partnership with Defence Garden Schemes and Tameside Metropolitan Borough Council, will tackle loneliness by delivering horticultural therapy to transitioning and veteran personnel across two outdoor garden sites in both formal horticultural therapy and informal gardening projects.
Deafness Support Network (DSN)	Veteran Sensory Aid!	£70,000	The organisation will provide tailored information to veteran groups on sensory loss. This includes creating a support network of social interaction for those with a sensory issue, providing 10 free BSL veteran training places, building connections pathways between surrounding veteran groups and D/deaf veteran clients, and running 12 workshops on D/deaf awareness to key partners.
Derbyshire Alcohol Advice Service	DAAS - STAND TO CONNECT	£70,000	The organisation will reach out to veterans and their family members in Derbyshire, who are isolated and unaware of the services available to support them. Many live in hard-to-reach areas and have a range of specific problems, including loneliness, isolation and family breakdown.
Dig In	Bloomin Marvellous	£70,000	The organisation will provide a diverse horticultural befriending experience for military veterans and their families, focusing on LGBTQ+, young carers, broken relationships and hearts through loss, to tackle loneliness and increase good mental health and wellbeing.
Home-Start Norfolk	By Your Side	£70,000	The organisation will work with families living at RAF Marham to reduce isolation and loneliness, improve emotional health, build confidence, improve resilience, increase access to local services and promote community integration through peer mentoring, volunteering, and networking opportunities.

Hull FC Community Foundation	Part of the Team	£70,000	The organisation will offer targeted personal development, social and wellbeing activities for members of the Armed Forces and veterans' community, who are living with loneliness. Daily in-person and virtual sessions will improve emotional resilience and healthy lifestyles, whilst tackling determinants of loneliness, including poverty, unemployment and health conditions.
Kent Coast Volunteering	Folkestone Nepalese Community Centre	£70,000	The organisation will employ a full time Senior Project Worker to work in partnership with the Folkestone Nepalese Veterans Community to establish a community centre and set up and run a series of activities aimed at combating loneliness for people of all ages within this community.
Northumbria University Newcastle	Reducing loneliness in veterans who have been treated for PTSD	£70,000	The organisation will design and develop an evidence-based holistic intervention for PTSD-diagnosed veterans who are experiencing ongoing loneliness and social isolation; working with veterans that experience loneliness to deliver this project.
Nottingham Forest Community Trust	Forest Forces Tackling Loneliness Together (FFTLT)	£70,000	The organisation will extend their engagement to bereaved, BAME and LGBTQ+ Armed Forces communities to address their isolation and loneliness needs post-pandemic. They will deliver sports, arts and creative activities, and environmental projects, to encourage engagement and creative opportunities for volunteering to aid sustainability.
Prison Radio Association (PRA)	Radio series supporting ex-service prisoners	£70,000	The organisation will work with veterans with prison experience to produce and broadcast a new series of 30 x 45-minute radio programmes. Broadcast directly into prison cells, these programmes will provide familiar voices with shared experiences, bringing companionship, reassurance, advice and access to

			specialist support, while building a mutually supportive community.
RAF Brize Norton	"The Tea-Time Club"	£70,000	The organisation, in partnership with Carterton Family Centre, will deliver a 'Tea-Time Club' for single parents and deployed families. The weekly session will bring together parents with shared experiences for peer-support, to share the joys and challenges of parenting and enjoy dinner and a chat whilst their children play.
RAF Wittering - Community Support	Something for everyone	£70,000	The organisation will develop and provide a number of opportunities and services to support Service personnel, civil servants, contractors and Service families including young people. This will enable individuals to feel less isolated, by meeting new people, trying new skills and having the opportunity to talk and share what is going on.
Rotherham Military Community Veterans Centre (MCVC)	Hidden Faces Project	£70,000	The organisation will grow and develop their current service, to make it more accessible to more veterans. They will support veterans experiencing loneliness and isolation by significantly enhancing online activities and encouraging participation in group events and excursions.
Scarborough & Ryedale Carers Resource	Caring Together with Active Confidence	£70,000	The organisation will support veteran carers and those who are caring for veterans, to build the confidence, skills and knowledge they need to 'care with confidence', to find balance in their every-day lives and live well with their caring responsibilities and commitments; helping to tackle loneliness and isolation.
Sharks Community Trust	Connect	£70,000	The organisation will provide engaging sport, wellbeing and social activities daily for male and female veterans, aged 18-65 living within highly deprived areas of Greater Manchester. Sessions will prioritise engaging those not currently accessing support; offering routes into activity

			that empower personal development, support new social friendships and build emotional resilience.
St John & Red Cross Defence Medical Welfare Service (DMWS)	Stronger Together – leave loneliness behind - North Devon	£70,000	DMWS will target their welfare service to harder to reach members of the Armed Forces community from across rural North Devon, who are experiencing loneliness and aren't engaged with their local community. Though welcoming all members of the Forces community, they will have a particular focus on female veterans and partners of serving Forces personnel.
St John & Red Cross Defence Medical Welfare Service (DMWS)	Stronger together - leaving loneliness behind - Herefordshire	£70,000	The organisation will base their project in Herefordshire, where a recent local veterans survey identified social, rural and digital isolation as key issues. The organisation will work together with the Herefordshire Veterans Support Centre (HVSC) to maximise impact through joint working. They will provide dedicated, professional and compassionate support to those very hard to reach, lonely and isolated veterans and their families.
The Matthew Project	Armed Forces Reach Out Programme	£70,000	The organisation will provide a range of group-based support and activities for veterans, serving personnel and family members in locations throughout Norfolk. Support will be focused on more rurally isolated parts of the county, particularly in areas with a lack of existing provision, to help combat loneliness and social isolation.
The Veterans Hub Weymouth & Portland CIC	The Veterans Hub Outreach Programme	£70,000	The organisation will employ a dedicated and qualified welfare officer to support isolated, elderly and women who have served, living within the community who find it difficult to access services and struggle with social isolation, especially during the current situation surrounding the Covid-19 Pandemic and associated restrictions.
Veterans in Crisis CIC	Project Connect	£70,000	The organisation will customise personalised tablets for vulnerable, socially isolated and lonely veterans which

			will contain, in one space, links to every service they need to lead healthy and fulfilled lives. They will recruit a Volunteer Co-ordinator to manage the process and facilitate a volunteer-led befriending service, enabled by the tablets.
Veterans Living History Museum CIC	We Are In This Together	£70,000	The organisation will confront the loneliness issues associated with the Forces community by establishing and promoting the first AFC Hub in Blackburn with Darwen. Innovative initiatives will promote military and civilian integration to tackle loneliness and ensure the organisation is accessible by creating digital platforms.
Veterans Outreach Support	No Veteran Gets Left Behind	£70,000	The organisation will provide Welfare Officers in Portsmouth and the IOW to identify and engage with lonely and isolated veterans of all ages, enabling and encouraging them to make new friends and learn new skills in the company of like-minded people through their existing programmes.
Walking With The Wounded	Family Care Coordinator North East	£70,000	The organisation will help lonely veterans and family members connect with their local communities through social prescription to activities, events and support. The organisation will also create a Health and Wellbeing Forum with delivery partners and like minded organisations to enhance provision and tackle issues of social isolation.
Walking With The Wounded	Family Care Coordinator North West	£70,000	The organisation will help lonely veterans and family members connect with their local communities through social prescription to activities, events and support. The organisation will also create a Health and Wellbeing Forum with delivery partners and likeminded organisations to enhance provision and tackle issues of social isolation.
UK-Wide			

Fighting With Pride	Developing a Network to Reduce Isolation in the LGBT+ Veterans Community	£70,000	The organisation will develop a network of support for veterans from the LGBT+ community. It will focus on needs-led responses to supporting members, by identifying effective methods of engaging veterans who feel socially isolated and look to provide solutions where barriers exist.
Invictus Games Foundation	We Are Invictus	£70,000	The project will support the development of We Are Invictus; reinforcing the community of those with a shared experience of Service and recovery through a closed online platform that connects veterans to a positive network, facilitates peer-to-peer support and highlights opportunities for personal development.
LGBT Foundation	Rainbow Oppos	£70,000	The organisation will tackle loneliness specifically faced by LGBT+ forces and veteran communities who have traditionally been less likely to access support from mainstream military charities. The project will establish an enduring peer support network for those individuals, by supporting volunteer-led peer support and an interactive networking online resource.
RAF Association	Connections for Life	£70,000	The organisation will support 500 older members of the RAF community through its reshaped befriending programme, Connections for Life. Connections for Life volunteers will tackle loneliness and isolation with friendship, by connecting like-minded people through telephone and digital initiatives, making sure that no-one is left behind.
The Royal British Legion	Legion Links	£70,000	The organisation will help Armed Forces carers feel less lonely and isolated because of their caring role. By connecting the military community with their shared memories and experiences, the Royal British Legion will support people to develop friendships and interests and engage more with their communities.

Royal Naval Association	Project Semaphore	£70,000	The organisation will provide socially isolated veterans over 65 years, with iPads and the relevant training support for them to get online and connect with the outside world. This will allow them to connect with long-lost friends, Facetime family, travel the world on Google Earth, order their shopping and much more.
Scotty's Little Soldiers	Scotty's Strides Project	£70,000	The project will build and strengthen support networks and friendships amongst their beneficiaries, whilst enabling them to gain life skills such as improving emotional wellbeing, confidence, self-esteem, and resilience. The project will take place through a variety of settings, including outward bound locations; however, predominantly virtual and social platforms.
The Soldiers, Sailors, Airmen and Families Association - Forces Help	SSAFA Community Connection Champions	£70,000	The organisation will train dedicated volunteer Community Connection Champions to better recognise and combat loneliness more effectively, then undertake an awareness campaign to reach out and engage exceptionally isolated people within the serving community. This will culminate in the co-creation and delivery of local, COVID-19 compliant social activities reflecting their lived experiences.
Special Boat Service Association	The FROGS Club - National Roll out	£70,000	The organisation will provide equipment and sessional costs for physical and social activities. This will help Special Boat Service injured personnel and veterans to maintain and improve physical and mental health. This will lead to improved fitness, self-worth and socialisation to overcome loneliness.
The Military Wives Choirs Foundation	Women combating isolation through singing	£70,000	The organisation will reach women in the military family to provide an opportunity to join a unique network of choirs that delivers skills and knowledge, confidence and empowerment through a comprehensive programme of support and development. Grant funding will fund a

			national and local membership recruitment campaign, in partnership with bases and organisations, to expand membership and provision to ensure the organisation is reaching all members of the female military community.
The Ripple Pond	Caring Peers - Connecting Peers	£70,000	The organisation will help to build individual pathways of peer-led support to tackle the personal, practical, and social barriers that lead to that isolation.
The Royal Navy and Royal Marines Charity	Reaching out – By your side	£70,000	The organisation will provide Telephone group calls - helping facilitate new friendships, Project Semaphore - providing iPads to veterans and SPARKO - helping connect elderly people with support and improved communications with their families all from their TV! These projects help tackle social isolation, health and wellbeing.
The Warrior Programme	Building community and confidence	£70,000	The organisation's outreach team and existing beneficiaries will identify female veterans, veteran families and serving families who feel isolated and withdrawn, and encourage them to join Warrior, where they will be introduced to techniques to cope better with isolation, build confidence, join new online social networks and engage with their community.
The University of Winchester	Connecting Young Adult Service Children	£70,000	The organisation will develop an online space providing sustained digital support for young people aged 16-19 from Armed Forces families. This will provide connection and a sense of belonging, particularly in areas with few Service children and in schools and colleges with few targeted support mechanisms.
Waterloo Uncovered	Battling Loneliness: From Combat to Calm	£70,000	The organisation will support veterans experiencing social isolation and loneliness to build social connections and gain confidence through a specially designed military archaeology education course. This will be delivered virtually to maximise accessibility regardless of

			location, and carefully designed around group activities and peer support to encourage new friendships.
Blind Veterans UK	National Creative Project	£70,000	The organisation will use grant funding to support delivery of their remote access National Creative Project. This project has been designed to reduce loneliness within their beneficiary population by providing access to creative hobbies such as arts and crafts within the beneficiaries' own homes.
Total Awarded		£4,200,000	