

**Grants awarded under the Force for Change programme | February 2022**

**57 Grants totalling £524,008.00**

<b>Name</b>	<b>Project Title</b>	<b>Grant Amount</b>	<b>Press Summary</b>
England			
Defence Intelligence Training Group (DITG)	Chicksands Nature Based Therapy	£9,600.00	With this grant, Defence Intelligence Training Group will offer the Chicksands Walled Garden as a venue for Nature Based Therapy courses and will work with the Defence Gardens Scheme.
Loughborough Wellbeing Centre CIO	The Veterans Wellbeing Hub	£9,974.00	The Veterans Wellbeing Hub will provide a safe and secure place for veterans offering support, advice, signposting, hospitality and friendship. The Hub will provide a range of regular, accessible, sessions developed in partnership with veterans. These will include a range of creative and physical activities that support their mental health/ wellbeing.
RAF Coningsby	RAF Coningsby Airplay Video/ Podcasting	£8,057.00	With this grant, RAF Coningsby Airplay will provide activities and projects for children and young people from Armed Forces families. This project will provide equipment for young people to design, script and record their own podcasts and videos, enabling young people to learn audio/video editing skills and produce media content.
Ringshall School	Recovery and resilience fitness trail	£10,000.00	Ringshall School's project 'Recovery and resilience fitness trail' will help children from Armed Forces families to engage with their peers to build resilience, fitness, relationships and improve health following the Covid pandemic. The School will use a the grant to buy fitness trail equipment and create a safe, sweeping assault-course circuit on the field for children to use.
Royal Air Force	Slam Block BBQ's	£10,000.00	The project will develop an outside social space. This will include a BBQ facility for those living in Junior Ranks single living accommodation. It will create a social area, which can help to combat isolation
Rutland County Council District Council	Armed Forces Intergenerational Friendship Club	£10,000.00	The project 'Armed Forces Intergenerational Friendship Club' will connect service children and families, who live on rural Kendrew and St Georges Barracks, with local older and isolated veterans in the community. Service families can be remote from their extended families and grandparents. The project will help find joy in sharing fun activities, learning new skills, and creating long-term friendships and familial relationships.

Station Headquarters RAF Marham	Fitastic MarFun	£10,000.00	With the funding from the Trust, this project will support service families to 'get out get fit and have fun'. Multi Sports sessions for children and adults will be supported, as well as a bouncy castle. The funding will help bring people together by helping them to become more engaged and therefore reducing social isolation and loneliness.
Suffolk Family Carers Limited	Time Out Together	£9,806.00	Time Out Together will offer a range of activities to improve wellbeing, decrease isolation and increase connectivity. Time Out Together brings family carers in the Armed Forces community and family carers in the local area.
Voluntary Impact Northamptonshire	Happy@ Home Veteran befrienders	£9,623.00	The project will train Ex service Personnel as befrienders to support isolated and lonely elderly veterans in Northampton. Volunteers will also host regular coffee mornings for veterans who want to widen their social circle by meeting and talking to people who have shared similar life experiences in the armed forces.
The Fighting Chance in London Community Interest Company	Op Courage Boxing Support Programme	£10,000.00	The project will build on existing partnership work with Op Courage for Veterans experiencing PTSD, complex mental health issues, and social isolation. The project provides a non-contact boxing training programme, physical fitness & exercise, social activities, special events and additional support including advocacy, employment & training support.
Soldiers' Arts Academy CIC	Learn to act with SAA	£10,000.00	Soldiers' Arts Academy will use the grant to offer weekly acting classes for serving and veteran personnel who have been impacted by their time in service. These classes will help their confidence, self esteem and sense of community.
Woolwich Garrison Church Trust	Garrison Church/ Woolwich Barracks Partnership	£10,000.00	The Garrison Church supports the soldiers and their families at Woolwich Barracks. The aim of the project 'Garrison Church/Woolwich Barracks Partnership' is to engage with the local soldiers, currently the Princess of Wales' Royal Regiment, and the King's Troop, by providing a variety of activities including family-friendly services and events throughout the year.
Age UK Scarborough & District	Yorkshire Coast Veterans network	£9,871.00	This project, 'Yorkshire Coast Veterans network' will build on existing work over the years to build a network of agencies working with veterans and serving armed forces personnel and to provide a range of events and peer support for those have served in the Armed Forces and live in the Yorkshire Coast area.
Army Welfare Service	Together Time	£9,940.00	The 'Together Time' project aims to improve community cohesion and resilience for our military families and local civilian community who are adversely affected by rural isolation. The planned sessions will improve mental and physical well-being and offer opportunities for local members of the Armed Forces community including adults and children.

The Bradford Bulls Foundation	Forces Squad	£9,970.00	'Forces Squad' is a new holistic wellbeing project for veterans aged 18 to 55 living in Bradford, West Yorkshire offering weekly physical activity, personal development, and social action activities which support the attainment of outcomes associated with reduced loneliness and social isolation, better physical health, and improved mental resilience.
Home Start Hull	Normandy Barracks Family Support Scheme	£7,604.00	This project will support armed forces families where someone is serving or is a veteran, based on or near to Normandy Barracks. Home-Start (Hull) volunteers offer weekly practical and emotional support for families with at least one child under five through home-visiting volunteers or a coffee morning.
Hull FC Community Foundation	Game Plan	£9,735.00	The project will run a sport inspired programme called 'Game Plan' which will deliver positive activities to vulnerable veterans living in Hull. With a focus on supporting those at high risk of health and social inequality, including those on low income and who are unemployed, activities include physical fitness, work-readiness support, and local volunteering.
Northern Learning Trust	Newcastle-Upon-Tyne Military Veterans Cycle Club	£8,032.00	The Newcastle-Upon-Tyne Military Veterans Cycle Club, utilising a veteran as a trained cycle leader and mentor, is an established programme that reduces isolation and improves physical and mental health amongst veterans through a twice weekly cycle ride and/or get togethers, providing social interaction, in addition to mentoring support/signposting as required.
Walking With The Wounded	WWTW's Surf Action Group	£10,000.00	This project 'WWTW's Surf Action Group' will establish a weekly Surf Action group for veterans from across the North-East. It would be run from Sandhaven Beach at South Shields and expert tuition would be provided. The group would enable veterans to learn a new skill whilst improving their physical and mental well-being.
Armed Forces Community HQ CIC	Wigan Armed Forces Families First	£9,900.00	The 'Wigan Armed Forces Families First' project will deliver targeted support to Armed Forces families, children and young people in the local area. This will include activities to support social inclusion and civilian integration, targeted events, activities, services and interventions
Armed Forces Community HQ CIC	GM Afghanistan Quick Reaction Force	£9,955.00	Armed Forces Community HQ will use the funding to run a series of events across Greater Manchester, seeking to provide a space for veterans affected by the events in Afghanistan to be heard and offer diversionary activities and interventions ranging from social prescription to positive action engaging with the relocated Afghani evacuees.
Broughton House – Veteran Care Village	Well Together Walk Together	£9,985.00	The project 'Well Together Walk Together' will work with 100 socially isolated, working-age veterans with poor mental health living in the Greater Manchester community. A project worker will provide 1-2-1 support in person and by phone to help isolated veterans re-engage in the community; it will also set up peer support walking groups.

Foundation 92	Salford Community Veterans Empowerment Project	£10,000.00	Foundation 92 will deliver a service-user led, physical social and personal development project which uses the power of football and targeted mentoring to support Veterans based in the City of Salford to develop a range of transferable soft skills which enables seamless integration into the community, training, education and employment.
Sharks Community Trust	Active Sharks	£9,950.00	Developed by Sharks Community Trust, 'Active Sharks' is a new project focused on empowering older veterans living in the most deprived areas of North Manchester to come together and participate in a weekly two-hour session entailing positive activities (chosen by veterans) which will improve physical health, instil mental resilience, and promote social togetherness between peers.
22 Field Hospital	The Game On Centre	£10,000.00	22 Field Hospital's project will help reduce isolation. Using military community online gaming events, they will encourage serving personnel to take part in computer gaming events with others, rather than as a solitary activity.
Care for Veterans	The Social Life Project	£9,998.00	The Social Life Project will provide vulnerable veterans with a variety of social opportunities. Getting out and about will help reconnect veterans with the outside world. Well-being, fun and laughter are key ingredients; veterans will immerse themselves in sociable activities. Staff will facilitate meaningful social interactions to enrich quality of life.
Countryside Services - Hampshire County Council	Rights of Way Task Force	£10,000.00	This funding will help the organisation to build on their previous work and will actively engages military veterans (and those transitioning) from the charity Walking with the Wounded to gain countryside related work experience and courses that helps to develop skills and confidence.
EarthCraftuk Community Interest Company	Veteran Retreats	£10,000.00	Delivered by Earthcraftuk, the 'Veteran Retreats' project is a woodland programme for Veterans referred through the NHS' Kent and Medway's Veterans' Mental Health High Intensity Service. This programme will reduce isolation and offer supported opportunities for Veterans to experience the mental and physical health, and social well-being benefits of being in nature.
Hampshire County Council Library Service	Volunteers for Veterans Project Leader	£9,094.00	Volunteers for Veterans is a weekly Veterans Hub initiative launched in August 2021, with Force for Change funding. It provides a safe and welcoming space for local veterans to meet, converse, relax and support each other in the spirit of shared comradeship.

RAF Brize Norton	RAF Brize Norton Summer Camp	£10,000.00	In partnership with RAFA Kidz, RAF Brize Norton Community Support will deliver a low-cost and high quality holiday club 'RAF Brize Norton Summer Camp', which provides supportive opportunities for children from Armed Forces families and their parents.
Royal British Legion Industries	Veterans Stepping Out	£10,000.00	The project will provide Covid safe activities through the organisations STEP-IN welfare programme to improve mental health and increase social interaction for vulnerable veterans with complex challenges. Activities will take place at their Village in Aylesford and in the local community and support veterans with extreme confidence challenges and social exclusion issues.
Royal British Legion Industries	Veterans in the Community	£10,000.00	The 'Veterans in the Community' project will increase and improve community engagement for Veterans emerging from Covid isolation to gain and maintain independent living. The project will work with local partners to support veterans by improving their mental health and wellbeing, developing their interpersonal skills and abilities to engage with the wider local community.
Shell Shock Media CIC	Knock at the Door Retold	£9,780.00	Drawing on research published by the Knock at the Door Study, the project will interpret the lived experience from these accounts into a pilot theatre production designed to explore and educate audiences regarding issues faced by war widows and families in dealing with bereavement arising from military service.
1st Battalion The Royal Welsh	Welsh Welfare upgrade	£6,530.00	With this grant 1st Battalion The Royal Welsh, will improve a seating area, gain garden heating, BBQ, a climbing frame for young children and a fence around the perimeter of the Communal garden. The communal area is used by families of the F6 Battalion Royal Welsh.
Dartmoor Zoological Society	Wellness through Nature	£9,960.00	Wellness through Nature' supports Veterans to improve their physical and mental health through the benefits of engaging with or being surrounded by animals and nature. Skills, education and social interactions are facilitated in an unconventional format which can work well for people who struggle with mainstream processes and social pressures.
Veterans Outdoors (formerly Veterans Farm-able)	Veterans in Communities	£10,000.00	The 'Veterans in Communities' project will continue their work supporting the mental health and well-being of veterans. The project will reduce isolation, by connecting veterans to their local communities, towns and villages through gardening and outdoor activities. These activities will include restoring public gardens, parks and tending and tidying the graves of local veterans or those died in action.
Wiltshire Council	Supporting Communities Whilst Apart	£10,000.00	The 'Supporting Communities Whilst Apart' will aim to set up regular support cafes/drop in centres across Wiltshire, aimed at supporting serving personnel and their families who were born overseas, particularly from Nepali and Fijian communities, to offer support, advice and prevent greater feelings of isolation.

Age Concern Birmingham (ACB)	Friend for Life Plus	£7,800.00	The 'Friend for Life Plus' project will provide social activities, information and support to make a positive difference to the Friend for Life network. Building on togetherness, friendships and meaningful activities to local veterans.
Shrewsbury Town in the Community	Armed Forces Veterans Hub	£7,939.00	The 'Armed Forces Veterans Hub' will provide a social group, an activity group and a support system for veterans across Shropshire. Sessions will provide a wide range of engaging physical activity sessions such as walking football, walking cricket, exercise classes and yoga alongside members taking ownership with staff support for social activities.
Small Woods Association	Into the Woods.	£10,000.00	The 'In to the Woods' project will work with military families who may be experiencing loneliness and isolation. The project will provide them with an opportunity to engage in meaningful tasks which connect them both to nature and other families in a similar situations.
<b>Northern Ireland</b>			
Brooke House Project	Pathway Out of Isolation	£10,000.00	The 'Pathway Out of Isolation' project will help to recruit and train 12 Pathway link volunteers who will support isolated and vulnerable veterans to be able to access wider services that the organisation offers
MID ULSTER VICTIMS' EMPOWERMENT	The Florettes	£10,000.00	The project builds on previous work with Armed Forces families. The families have designed a gardening project that will encourage social interaction with other veterans groups and forge new friendships
Royal British Legion Portstewart Branch	Together We Can	£4,640.00	The 'Together We Can' project will provide training and social interaction opportunities to other Royal British Legion Branches, bringing them together, including their family and friends but also it will involve reaching out and supporting the wider community.
<b>Overseas</b>			
906 EAW RAF	Improvements to AMAB seating area	£9,700.00	With their project 906 EAW RAF will improve their outdoor seating area. They will create a robust and comfortable seating, with new outdoor furniture and lighting, which will help increase social interaction between deployed personnel.
<b>Scotland</b>			

Erskine	Pottery classes for vulnerable veterans	£8,150.00	Erskine's project will provide pottery classes to vulnerable veterans, spouses and carers. Classes will be held at the Erskine Reid Macewen Activities Centre in Bishopton, Renfrewshire. The classes bring isolated people together, promoting social inclusion as well as providing opportunities to learn new skills and build confidence.
Nordoff Robbins Music Therapy	Music Therapy at Erskine	£4,000.00	The 'Music Therapy at Erskine' project will support veterans who are resident at Erskine Care Home in Glasgow. The service will benefit residents with dementia and other care needs. The music therapy will also involve their families, friends and care home staff as wider beneficiaries.
On Course Foundation	Golf access for Scottish veterans	£8,889.00	The 'Golf access for Scottish veterans' project will expand a confidence building programme of golf events in the West and South West of Scotland, including a new longer-term residential event. It will provide veterans with the opportunity to access golf on a more regular basis outside of the core programme, allowing for continued engagement and peer-to-peer support.
Walking With The Wounded	The MEDALS Programme	£10,000.00	The MEDALS programme (Mindfulness Education, Developing Active Lifestyles Sports) for veterans in Scotland, will combine a mixture of mindfulness, promotion of healthy lifestyles, and sport participation that can positively influence a veteran's mental wellbeing, decrease social isolation and provide an opportunity to gain a sense of achievement.
<b>Wales</b>			
Age Cymru Powys	Powys Veterans Club	£9,895.00	The funding will enable the project to continue their work with older veterans aged over 65, delivered in North, Mid, and South Powys. The club helps veterans remain connected to each other and to their community, offering a cuppa and a chat and wellbeing sessions activities.
Building Heroes Education Foundation	OnSite Construction Skills Academy Wales	£9,750.00	The project will provide opportunities for veterans and service leavers to integrate with the local community whilst re-skilling for work in construction. Beneficiaries will learn a range of skills needed by local employers on a live construction site and support the building of Veteran accommodation.
Cardiff Castle	Veterans' Woodcraft Memorial Benches Project	£10,000.00	The 'Veterans' Woodcraft Memorial Benches Project' project will directly enable vulnerable veterans to create wooden memorial benches whilst engaging with other veterans and the local community in an enjoyable activity, learning new skills and contributing to the memorial garden project around the Statue of the Abandoned Soldier within Cardiff Castle.

MOD St Athan	Welfare House Refurbishment	£5,000.00	This funding will help the refurbishment of the MOD St Athan welfare facility which is the only RAF facility in South Wales, and provides support for serving personnel and Armed Forces families
Powys County Council	Embracing bilingualism with Service families	£9,814.00	This project 'Embracing bilingualism with Service families' is to provide the opportunity for Service families and pupils to engage in their first language at school and in the community. The project will focus on Nepalese families and share educational support and resources to facilitate bilingualism, integration into the school and community.
Rhondda Cynon Taf Council	Armed Forces Community Wellbeing Project	£10,000.00	The 'Armed Forces Community Wellbeing Project' will offer workshops, focusing on mindfulness, communication, and mindset. The aim of the project is to improve wellbeing, reduce loneliness, improve quality of life and establish an understanding community that knows how to support one another.
Rydal Penrhos School	Your Space To think	£4,567.00	Your Space To think' is a portable sensory 'room' which can be taken to the family or child in need. Trained staff will set up the 'room' and work with children and families from Armed Forces families to help them express their feelings. The 'room' contains multi-sensory resources for all ages between 3 and 18.
Woodwork to Wellness	Woodwork to Wellness for Veterans	£6,500.00	Woodwork to Wellness' helps veterans to connect with themselves, and other people, through creativity, providing opportunities for veterans to engage with other in a welcoming setting.
YSGOL UW-CHRADD AB-ERTEIFI	VETS, PETS & PUPILS' GARDEN	£10,000.00	With this funding, Ysgol Uwchradd Aberteifi will create an animal friendly garden within the school grounds, designed, created and nurtured by pupils, armed forces families, veterans and volunteers from the local community. It will provide a safe, educational space for beneficiaries to enjoy, learn and interact with pet therapy animals and one another.
<b>Total</b>		<b>£524,008.00</b>	