

Grants awarded under the Force for Change programme 2020/21 August 2022

28 grants totalling £268,149

Organisation	Project Title	Grant Amount (£)	Project Description
Scotland			
Males Tales Helensburgh	Get Active Again	£9,450.00	The project will encourage the Armed Forces community (children and adults) to get out, socialise and try new activities again, encouraging social interaction and physical activity.
Walking With the Wounded	Op-Regen an environmental volunteering project	£10,000.00	Op-Regen Scotland will help to connect ex-Service personnel with others in their local community and help them to improve their mental health and wellbeing through connecting with nature. The project will provide several opportunities for veterans to get involved in environmental activities such as fishing, conservation and tree-planting.
Wales			
Caerphilly Borough County Council	5 Local Authorities of Gwent - Veterans in the Community	£5,750.00	The project will utilise the skills and fitness expertise of veterans to help improve the health and wellbeing of the Armed Forces community whilst integrating with the local community. It will offer outdoor fitness sessions in the heart of the community.
Caerphilly Borough County Council	Stronger Together	£10,000.00	Stronger Together will offer a range of activities to improve wellbeing, decrease isolation and increase connectivity for veterans and their families. It will

			offer an opportunity for isolated or vulnerable veterans to engage with like-minded individuals to afford the opportunity to make new friendships and gain peer-to-peer support.
Northern Ireland			
Rathfriland Branch The Royal British Legion	Military Landscaping Regeneration	£10,000.00	The grant will support the landscaping of the organisation's back garden and the planting of fruit trees, vegetables and wildflowers by the veterans to assist their mental health and wellbeing. The project will encourage veterans to work together as a team to develop a horticultural space for the members, families and the wider community.
Regenerate	Heads, Hands & Heels II	£10,000.00	Heads, Hands, Heels is an established person-centred focused programme for veterans and their families reducing social isolation and enabling meaningful engagement with others who share a similar background. This is delivered through workshops, outdoor activities and training suggested by the group to improve their mental and physical wellbeing.
Schomberg Society Kilkeel Ltd	Engaging Veterans in Community Radio!	£10,000.00	This project will engage with veterans, serving personnel and their families to participate in a unique community media and radio project. Veterans will undertake training with peer-mentors in media and radio production and will broadcast daily 'veterans' shows' on the local community radio station during its four weeks broadcast.
England			

Aurora New Dawn	Armed Forces Athena Group work	£10,000.00	This project will support victims of domestic abuse and sexual violence within the Armed Forces community to explore the dynamics of coercive control and violence and to increase their self-esteem.
Bassetlaw District Council	Bassetlaw Veterans Safety Net	£10,000.00	The funding will support the creation of a dedicated garden, allotment, workshop and the provision of a range of outdoor activities for veterans. This will help to develop coping strategies within a stress-free, neutral environment. It will build emotional resilience and create a local support network that is centred on the veteran voice.
Belisama's Retreat CIC	Belisama's Retreat – Wilderness Decompression	£10,000.00	The project will target mental health issues which can be experienced by people within the Armed Forces community, through a wilderness intervention to assist decompression & integration with civilian life. The project is aimed at veterans and their partners to increase the individual's self-awareness, self-esteem and knowledge to improve their mental wellbeing and that of their families.
Building Heroes Education Foundation	Construction, qualifications and skills training.	£10,000.00	In the wake of increased demand for construction skills training, Building Heroes will increase staff co-ordination capacity at their training centres in Nantwich, Colchester, Aldershot and Middlesbrough, thus enabling more Armed Forces leavers and veterans to re-skill, obtain a national qualification and successfully transition into the construction workforce.

Care After Combat	Wellbeing Activity Packs Project Phoenix	£10,000.00	The project will deliver a Remote Support Service to the hard-to-reach veteran community within UK prisons, based around provision of a multi-faceted monthly Wellbeing Activity Pack to individual veterans. Fostering a sense of community and hope, motivating individuals and entertaining minds, combating isolation imposed by custodial sentences and prison regimes.
CARNAGILL COMMUNITY PRIMARY SCHOOL	Speech, language, communication and interaction	£9,500.00	Funding is awarded to enable the organisation to deliver a social communication and interaction project to identify and address gaps caused by the unique stressors Service children face and the disruption to their communication development.
East Durham Veterans Trust	VETERANS HEALING THROUGH WOODWORKING	£9,744.00	The project will provide a creative woodworking program that will support the veteran community to help them with a wide range of daily challenges. This field of creative therapy has been used to address chronic pain, traumatic brain injury, stress and anxiety issues, depression and other types of mental disorders.
Gloucester Rugby Foundation	Connected By Rugby	£9,750.00	'Connected by Rugby' will empower older veterans living in the community and assisted living accommodation to come together and participate in holistic activities that support improved physical and mental wellbeing. Activities will include physical activity, mental resilience workshops, intergenerational activities and digital support, with an underlying focus of reducing loneliness.

Mission Motorsport	Three Sisters Veterans Support Project	£10,000.00	Funding is awarded to enable the organisation to deliver professional, engaging monthly events for veterans in the North West using the unique draw of motorsport. The project will access those who traditionally hard-to-reach, and provide a platform for supportive groups to promote peer support, building friendships and community, plus helping veterans make connections with supporting agencies and other charities.
OASIS Community Church, Centre & Gardens	OASIS - VETERAN'S HUB	£10,000.00	Funding is awarded to enable the organisation to launch a weekly Veteran's Hub at their EDGE building for all veterans in Bassetlaw. This will be a safe place to meet, find practical support, advice and signposting; and make friends.
Oxfordshire South & Vale Citizens Advice	Citizens Advice at RAF Benson	£6,640.00	With the grant, Oxfordshire South & Vale Citizens Advice will re-establish an outreach hub at RAF Benson offering essential expert, confidential, impartial advice to Service personnel and their families.
Smart Savings CIC	Veterans Regroup	£10,000.00	The funding will support a veterans' hub operated by the organisation in West Cornwall by providing information on money, housing and energy savings, relevant services, local events and social activities for veterans and their families. The hub creates volunteering and training opportunities for veterans to lead monthly activities.
Soldiers' Arts Academy CIC	Theatre for Veterans	£10,000.00	Funding is awarded to enable the organisation to deliver a theatre project for veterans and their families that will culminate in a performance of Sir

			Michael Morpurgo's children's novel, Little Manfred. Veterans will be invited to participate in all areas of the production, from acting to directing.
RAF Marham	Community Sensory Garden	£9,500.00	Funding is awarded to enable the organisation to provide a community sensory garden. This will enable all RAF Marham families the opportunity to enjoy a newly developed garden which caters for children with and without sensory needs.
The Bridge for Heroes	Project Silent Partner	£8,950.00	Funding is awarded to enable the organisation to get a better understanding of the issues faced by partners and what help can be provided to support them enabling them to better cope.
The Royal Air Force Benevolent Fund	Airplay Ben Clubs	£9,894.00	Funding is awarded to enable the organisation to deliver 'Ben Clubs', a vital part of the Airplay youth support programme, providing a safe space for children aged five to seven to come together to have fun and make friends with other youngsters from RAF families in Lincolnshire, with support on hand if needed.
Urban Organic	Wild at Weeton	£9,864.00	Wild at Weeton is a community garden project based at Weeton Barracks. It has been set up to work with Service families, helping them to grow their own fruit and vegetables with support from Urban Organic; and gives opportunities for wider social interaction.
Veterans' Growth	Veteran's Woodland Project	£10,000.00	Funding is awarded to enable the organisation to manage a piece of woodland that is attached to the current charity site. This will be an opportunity to teach woodland management skills to veterans, to

			increase the biodiversity of the site and to produce a number of woodland-related craft products and artistic projects.
Veterans In Crisis	The Veterans Palette	£10,000.00	The project will offer Art Therapy to develop solutions toward better mental health and wellbeing for veterans who are often suffering from PTSD. It will enable them to speak without talking, putting their expressions into art. Individual or group discussions with a therapist can then follow.
Wigan Warriors Community Foundation	Armed Forces: Offload Project	£9,950.00	Funding is awarded to enable the organisation to provide regular group sessions in bringing members of both the Armed Forces family, primarily veterans and their families, and civilians within the community together. The focus is on preventing loneliness and depression and to help support those living with dementia and PTSD.
UK-Wide			
Little Troopers	Little Troopers at School 2022	£9,157.00	The grant will enable expansion of the 'Little Troopers at School' project which supports Service children in education. The project will deliver a virtual school workshop with themes of wellbeing and mindfulness.
Total Awarded		£268,149	