

Grants awarded under the Force for Change programme 2022/23 February 2023

42 grants totalling £400,698

Organisation	Project Title	Grant Amount (£)	Project Description
Scotland			
ACVC HUB	Arts & Crafts Creative Development	9,991	This project aims to improve the mental health and wellbeing of veterans, spouses and family members, with the aim of reducing isolation and loneliness, through traditional arts and crafts. Arts & Crafts Creative Development will provide tuition-led taster sessions, block courses and ongoing mentoring, whilst encouraging members to improve their skills and build confidence through practice.
On Course Foundation	Veterans Golf – North-East Scotland	7,436	This project will deliver a programme of golf events, in the North East of Scotland for wounded veterans, focusing on re-engagement while reducing social isolation through peer-to-peer support. Veterans Golf-North-East Scotland will offer the opportunity to try a new sport, enabling the development and learning of skills both on and off the course.

Wales			
Welsh Veterans Partnership	Green Head Space Woodwork Shop	10,000	Woodwork Shop provides veterans with the opportunity to participate in a workshop at the Green Head Space in the centre of Cardiff building bespoke wooden furniture and household items. The project aims to boost the wellbeing of isolated veterans and veterans' families whilst responding to the cost of living crisis.
Woody's Lodge	Ty Gwalia (Wales House)	10,000	This project will develop a safe, green space providing mindful outdoor activities to improve the mental health and general wellbeing of young, aged and disabled veterans in and around North East Wales. The project also aims to bring Armed Forces families together for nature-based activities.
Northern Ireland			
AA Veterans Support	AAVSNI Respite Gardens Project	9,860	The grant will be used to help establish a gardening group within the local veterans community. Volunteers, skilled in gardening and general woodworking, will assist veterans to gain new skills and expertise in horticulture, with a view to improve veterans' engagement, enhance and support communication amongst themselves and the wider community.
Brooke House Project	Pathway Out of Isolation II	10,000	Trained volunteers will support and maintain the dignity of veterans on their path to recovery. This will be in the form of transport, befriending or providing a warm place and a warm meal during this cost-of-living crisis.

Mid Ulster Victim's Empowerment	MUVE Veterans Therapeutic Garden	10,000	Mid Ulster Victim's Empowerment (MUVE) will continue with the second phase of their therapeutic garden, where veterans can engage in a gardening project. This will reduce isolation, loneliness and detachment by helping veterans engage with their families and local community.
Schomberg Society Kilkeel Ltd	Supporting Integration for Veterans!	10,000	Supporting Integration for Veterans! will support local veterans and serving personnel to better integrate with the local community, improving respect and tolerance for the Armed Forces community. Veterans, serving personnel and their families will have the opportunity to participate in film production and training workshops with the aim of encouraging and promoting integration and tackling isolation.
England			
AFC Fylde Community Foundation	Fylde Lest We Forget Project	9,910	The Lest We Forget project will support members of the Armed Forces community in Fylde who are living with dementia. The project will provide memory care and physical activities to stimulate memories, while offering the opportunity to connect and reminisce with others.
Age UK Leicestershire & Rutland	Joining Forces - Moving Forward Project	9,984	This project aims to reduce levels of social isolation that can surround older veterans. Joining Forces-Moving Forward will provide a safe, welcoming community that offers support and encouragement to aid veterans to re-connect with friends and comrades alike.

Age UK Scarborough & District	Helping Hands	9,994	Helping Hands will offer veterans bi-monthly Zoom calls and a series of three socialisation opportunities every week in Scarborough and Filey. This project will also consist of a veteran-to-veteran volunteer befriending service, alongside a case worker, in times of crisis.
Army Welfare Service	Weeton Community Woodcraft	9,900	Weeton Community Woodcraft aims to build, create and deliver a workshop where past and present military members and their families in the local community can learn new techniques from basic hand skills to operating power tools. Developing projects that the community will design and create together will be a socially fun and satisfying experience.
Blaby District Council	Armed Forces Wellbeing Coffee Morning	10,000	Armed Forces Wellbeing Coffee Morning is a monthly 'Coffee and Wellbeing' morning for members of the local Armed Forces community. The coffee morning will provide an opportunity to build meaningful friendships, reduce the risk of isolation and loneliness plus improve mental health and wellbeing in a safe and secure environment.
The Bolton Guild of Help	You are a Veteran!	9,696	You are a Veteran! will provide care and support to elderly, care home and home based, ex-National Servicemen, to help ensure that their personal needs are met quickly and effectively.

Carlisle United FC Community Sports Trust	COMBINED FORCES @ CARLISLE UNITED	10,000	This project will use the power of Carlisle United Football Club in the community to reach out and engage with Armed Forces veterans of all ages who are socially isolated, lonely and in need support. The project will provide a range of activities designed to improve physical and mental health.
Community Drug and Alcohol Recovery Services	Veteran Befriending Service	8,895	Veterans already engaged with Community Drug and Alcohol Recovery Services (CDARS) and who are in recovery, will be trained to become 'befrienders' or peer buddies and will support new veterans joining CDARS' services.
City of Hull Sport and Community Group CIC	Twelve Rounds to Wellbeing	9,980	Twelve Rounds to Wellbeing will use the power of boxing to connect with veterans and family members facing widening socio-economic challenges in Hull. The project will provide safe, accessible opportunities to engage in group-based wellbeing activities that help support better life outcomes associated with physical health, mental fitness and social togetherness.
Defence Gardens Scheme	Grow Your Own	9,962	This project will support working age veterans, families and carers struggling with the cost of living crisis. Grow Your Own will deliver the knowledge, skills and experience to sow, grow, harvest and cook fruit and vegetables for healthy eating on a budget.

Disability Stockport	Active Ex Forces	10,000	Active Ex Forces is a partnership project between Disability Stockport and Stockport Community Foundation, providing a high quality, varied and geographically spread programme specifically for ex-forces men and women with disabilities and neurodiversity. The project aims to improve health and wellbeing, confidence and self-esteem, and quality of life, while reducing isolation.
East Riding of Yorkshire Council	M.A.S.H Reaching Out	10,000	This project aims to combat isolation and improve access to support for members of the Armed Forces community living in the rural areas of the East Riding of Yorkshire. 'M.A.S.H Reaching Out' will provide safe social spaces; wellbeing activities and signposting, delivered by the Military Assistance Social Hub (M.A.S.H.).
FirstLight Trust	Active and Healthier Together	9,600	FirstLight Trust's Active and Healthier Together project aims to bring veterans of the Armed Forces and Blue Light services together to share experiences and provide support to each other through a physical activity and well-being programme. This will contribute to reducing loneliness, isolation, poor mental and physical health.

Foundation of Light	Connect Through Football	9,920	Connect Through Football uses the power of football to support Sunderland's veteran community to come together and engage in activities that empower improved health and social outcomes. Delivered in partnership with Military Veteran Football CIC, weekly football sessions act as a catalyst for supporting comradeship, mental resilience and healthier lifestyles.
Gloucestershire Recovery and Wellbeing College	Veterans Moving Forwards: Brighter Future	10,000	'Veterans Moving Forwards: Brighter Future' will create a new, peer-led service in Gloucestershire. The project aims to provide veterans, their families and carers the opportunity to gain clarity about their direction in life and develop tools and strategies to help them progress toward a brighter future.
Home-Start in Suffolk	Catch Up, Coffee & Chat	6,590	Home-Start in Suffolk runs Catch up, Coffee and Chat, a weekly, term-time group for military parents and their children. they also organise some holiday activities. The group provides a chance to socialise and relax in a supportive environment away from barracks – building connections, friendships and a sense of community.
The HUBB Community Development Resource Centre	Post Banner (The Legacy)	10,000	This project will develop an East-West legacybased project between two groups of veterans; Old Comrades Belfast and Old Comrades Shrewsbury, through a social action and capacity building model. The two groups will complete this by visiting both towns for development residencials and Zoom workshops on themed topics.

Hull 4 Heroes	Hull4Heroes Sport 4 All	9,940	The Hull4Heroes Sport 4 All programme will provide much needed social and physical activity for the local Armed Forces community. The project will particularly focus on older, and more vulnerable adults, who may have experienced social isolation and loneliness over the past couple of years.
Leeds United Foundation	Combat Cafe	9,980	Leeds United Foundation host the weekly Combat Cafe breakfast club, designed to help combat loneliness and social isolation for veterans living in the local community. The sessions provide a safe space for conversation and discussion, whilst offering breakfast and a warm drink inside Elland Road.
North Lincolnshire Council	All In	9,600	All In will provide social activities for isolated veterans who attend the North Lincolnshire Armed Forces Hub. The project will encourage comradeship over a brew, increasing wellbeing and promoting positive mental health. The activities will also provide a conduit for access to existing services provided at the Armed Forces Hub.
North Yorkshire Youth	Re-Connect	10,000	This project will provide young people with an empowering and interactive experience to reduce isolation and improve resilience with the aim of creating a sense of community. Using adventurous activities, young people will improve their self-esteem, confidence and resilience, supporting improved mental health and community connectivity.

Plymouth Argyle Football in the Community Trust	Veterans Wellbeing Hub	10,000	The Veterans Wellbeing Hub will provide a safe environment where veterans can improve their physical and mental wellbeing. This will be achieved through a range of provisions including coffee mornings, wellbeing programmes and physical activity sessions which will aim to reach veterans who are at high risk of health inequalities.
Royal British Legion Industries	Community Engagement For Veterans	10,000	This project will increase and improve community engagement for veterans to combat social isolation and maintain independent living. Community Engagement for Veterans will work with local partners to develop community-based support and activities for veterans to help improve mental health and wellbeing whilst developing their regular engagement with the local community.
Sheffield Wednesday FC Community Programme	Active Owls Veterans	9,900	The Active Owls Veterans project will use the power of the Sheffield Wednesday Football Club (SWFC) brand, as well as comprehensive engagement programme with a 1:1 buddy system, to provide physical activity for ex-Armed Forces to reduce isolation, improve physical activity, build social networks and create positive lifestyle changes.

Defence Medical Welfare Service (formally known as St John and Red Cross Defence Medical Welfare Service)	Milton Keynes Armed Forces Welfare	10,000	Based in Milton Keynes University Hospital, Defence Medical Welfare Service (DMWS) will provide welfare support to the Armed Forces community and their family members/carers whilst receiving health treatment. DMWS will support with non-clinical issues including loneliness and connecting to the community, finance and housing concerns, substance misuse, and family challenges.
Defence Medical Welfare Service (formally known as St John and Red Cross Defence Medical Welfare Service)	Nottingham Armed Forces Welfare Service	10,000	Defence Medical Welfare Service (DMWS) will support members of the Armed Forces community and their family members/carers with issues affecting mental and physical wellbeing. They will provide a friendly face at a stressful time and will support with a range of issues including anxiety, housing or financial issues and substance misuse.
STEPWAY	Banter and Brew Worcestershire	10,000	This project will provide a part-time coordinator to oversee five veterans' drop-in centres operated by STEPWAY in Worcestershire. 'Banter and Brew Worcestershire' will provide a free breakfast alongside social activities for veterans and their families. Support, in conjunction with, training and volunteering opportunities will also be available for participants.

Telford & Wrekin Council	Telford Armed Forces Community Outreach	10,000	Telford Armed Forces Community Outreach will provide assistance and support to members of the Armed Forces community in areas such as health and wellbeing and social isolation. Targeted support and advice will also be made available for families and carers who play a vital role in the Armed Forces community.
Oxfordshire Play Association	Armed Forces Playdays 2023	10,000	Each year Oxfordshire Play Association organises a series of play and activity days at multiple venues across Oxfordshire in line with National Playday, the celebration of the Childs Right to Play (www.playday.org.uk). The Armed Forces Playdays project will focus on play events organised in partnership with their Armed Forces partners.
Veterans' Growth	Small Acorns Green Woodworking Project	10,000	Small Acorns Green Woodworking project provides veterans with the opportunity to build upon knowledge already gained in existing Woodlands Management projects and acquire useful, practical skills in green woodworking. These skills are quickly and easily taught and can be used in a hobby or employment capacity.
Veterans Outdoors	Sustaining Active and Healthy Lifestyles	10,000	The project will help veterans increase their physical activity levels, improve mental health and reduce social isolation through a programme of fitness/exercise, yoga and cooking and nutrition courses and peer support in the heart of Plymouth. Participants will be provided with the skills and support to adopt and sustain healthy lifestyles.

Veterans Woodcraft CIC	ALL HANDS TOGETHER!	10,000	Veterans Woodcraft and their Art of Wellbeing Team aim to link with a minority community, the Veteran Gurkhas, and their families through the Creative Arts, heritage skills and woodcraft.
Voluntary Action Swindon	Veteran's Drop-in and Men's Shed	9,560	This project will provide face to face support through a monthly veteran and Armed Forces drop-in's offering access to specialist services across Swindon. A pilot Men's Shed project will also combat isolation, offer connection and support as well as providing a safe space to share experiences.
Total Awarded		£400,698	