

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

30 grants totalling £281,674.00

Organisation	Project Title	Grant Amount (£)	Project Description
Scotland			
Erskine	EARS 2 Hear	10,000.00	This project will provide a hearing information service to veterans, their spouses, and carers on a drop-in basis. Sessions will take place across partner organisations' sites on a rolling basis and will provide the veteran community with support, guidance, and signposting on hearing-related matters.
The Soldiers, Sailors, Airmen and Families Association - Forces Help	Glasgow's Veterans United Extra Time	10,000.00	The grant will enable SSAFA to extend Glasgow's Veterans United to provide additional holistic support to veterans in Glasgow. Through a partnership between SSAFA's Glasgow Helping Heroes and the Ranger's Charity Foundation the project will use football to reduce isolation, and support integration especially coming out of the Covid pandemic.
West of Scotland Military Wives Choir	Sing, Share & Support	3,300.00	The project will strengthen friendship networks, build confidence, and improve mental and physical

			<p>wellbeing, by singing together.</p> <p>The choir provides a safe place for women with a military link to meet, make friends, and find local support networks. The women are bonded together by singing, music and living a military life.</p>
Wales			
Rhondda Hub for Veterans	Housing as the Pathway Back	10,000.00	<p>The project will assist in supporting veterans within the criminal justice system by promoting healthier lifestyles and providing suitable accommodation, to bring about a successful return to civilian life in the community; a reduction in reoffending; sustainable employment opportunities; continuity and an improved quality of life.</p>
Northern Ireland			
The Soldiers, Sailors, Airmen and Families Association - Forces Help	VCJS In and Outreach Programme	3,000.00	<p>The grant will enable SSAFA, through the Veterans in the Criminal Justice System (VCJS) support service, to help veterans in prison custody, preparing to be released, on probation or in the community, as well as their families.</p>
England			
Families Together Suffolk (Formerly Home-Start Mid & West Suffolk)	Little Gems Perinatal Baby group	6,140.00	<p>The grant will support a weekly group for new mums from Armed Forces families who are experiencing low mood, anxieties, and post-natal depression. It is a support group which offers support to new mums, through play, to support a healthy bond.</p>
HEADWAY LINCOLNSHIRE	Making Headway	10,000.00	<p>Funding is awarded to enable the organisation to provide a safe and secure place for serving</p>

			personnel, families and veterans affected by life changing brain injury. Support, advice, signposting and friendship will be provided through a range of regular and accessible sessions to support mental health/wellbeing.
The Fighting Chance	Women Only Boxing Project	10,000.00	Funding is awarded to enable an introductory programme for Women Veterans. Designed for beginners and all abilities, the project will enable an introduction to boxing training, a fun workout, and a chance to meet others.
The Fighting Chance	Off the Ropes!	10,000.00	This project will deliver a boxing-training drop-in for veterans; that is led by veterans, creating a friendly place to drop-in, have a brew, catch up, get fitter, train hard and feel better.
The Royal Marsden Cancer Charity	Volunteers Can Certainly Help	10,000.00	'Volunteers Can Certainly Help' is a befriending project at The Royal Marsden supporting Armed Forces personnel, veterans, and family members during cancer diagnosis and treatment. The grant will enable volunteers to assess individual requirements, provide personalised support, and offer information on other services available that could help with patient's specific needs.
The Blues and Royals Association	Walk+Talk North East	10,000.00	This project will enable the organisation to leverage Regimental networks and shared identity; engage isolated members, assisted by a digital community platform that links to other local support resources.

Carers Plus Yorkshire Ltd (prev. Scarborough & Ryedale Carers Resource)	A Journey of Change	10,000.00	This project will enable military families/individuals who have additional care and support needs within their home environment by developing a safe and supportive offer; empowering individuals to experience positive and sustainable change in their health and wellbeing as well as better managing their caring responsibilities as a family unit.
Home-Start Richmondshire	Because Childhood Can't Wait	10,000.00	This project will support Armed Forces families that have been particularly impacted by the Covid pandemic; and will enable young children to socialise and develop confidence in a safe and supportive environment
Sporting Force	Special Forces for military families	9,930.00	The project will support Service and Veteran's children in schools in the Darlington area by creating after school clubs, school holiday clubs and support groups for them to provide a safe space and opportunities to bond and reduce loneliness and isolation.
Wakefield Trinity Community Trust	Trinity Together	9,850.00	The project entails a weekly programme of wellbeing activities designed to improve health and social outcomes amongst older veterans living in Wakefield. Delivered from the Be Well Support Stadium, sessions will get veterans physically active, socially connected, and equip them with the skills, confidence, and knowledge to achieve improved wellbeing.
Walking With the Wounded	WWTW's North-Shields Gardening Socials	10,000.00	The grant will enable the developed a gardening social group for veterans in North Shields. The project will bring veterans together to socialise and

			reduce their isolation whilst enjoying the benefits of tending a community garden. Veterans will be responsible for planning and maintaining the garden.
Brathay Trust	Strong Foundations, Successful Futures	10,000.00	The grant will enable Brathay Trust, working together with Future for Heroes, to extend the support currently offered to veterans, by piloting a new families programme. The project will develop the wellbeing, functioning and networks of veteran's families to increase the beneficiaries' opportunities to build 'strong foundations and successful futures' in civilian life.
Broughton House – Veteran Care Village (Armed Forces Support Hub)	Overcoming the Legacy of Covid	9,718.00	Covid-19 had a devastating impact on elderly veterans living in care homes, including Broughton House. Through this project, care home staff will spend extra 1-2-1 time with veterans struggling with the long-term impact of social isolation; including playing games, going on outings, and rebuilding their social skills and confidence.
LFC Foundation Military Veterans	LFC Foundation Military Veterans	10,000.00	Veterans and Families Health and wellbeing events led by the Liverpool FC Foundation Military Veterans programme in collaboration with the Liverpool Veterans Headquarters, will provide a holistic approach to engagement within the Liverpool city region, by promoting healthy lifestyles and wellbeing for veterans' and their families.
Preston North End Community and Education Trust	PNE Forces	9,970.00	This project will focus on connecting with vulnerable veterans facing challenges with loneliness, isolation, and wellbeing. Using prevention and early

			intervention activities aligned to the 'Five Ways to Wellbeing'; 'PNE Forces' aims to empower its beneficiaries with the confidence to lead healthier, more mentally resilient lives.
Red Rose Recovery Lancashire	Lancashire North -Force for Good	10,000.00	This project will provide lpeer- led groups and 1-2-1 support to veterans in North Lancashire who are struggling with addiction, mental illness, housing or isolation.
Salford Red Devils Foundation	'Together Team'	9,790.00	The project will use targeted support interventions for veterans of all ages; aiming to empower greater social, wellbeing and integration outcomes to improve health and wellbeing.
Home-Start Hampshire	By Your Side	10,000.00	The project will support military families in Rushmoor and Hart. Volunteers will deliver tailored, non-judgemental practical, and emotional support for military families; improve their family wellbeing, relationships, and children's early years progression.
Milton Keynes Dons Sport and Education Trust	MK DonsSET Armed Forces Club	8,260.00	The project will provide activities for Armed Forces veterans, Reservists, and their families to participate in social, physical activity and sporting events in Milton Keynes, enhancing their health and wellbeing and reducing social isolation.
Battling On Community Interest Company	Creative Ageing	10,000.00	The Creative Ageing project aims to reduce social isolation amongst elderly veterans living in rural communities in Southeast Cornwall by providing a range of creative workshops.
Home-Start Kennet	Friendship for Families	10,000.00	The grant will enable Home-Start North Wiltshire's Friendship Café to facilitate friendship and support

			amongst families with young children, all experiencing difficult times. Its calm, welcoming environment will offer a relaxed meeting place, space for children to play, and opportunities to talk with compassionate Home-Start staff and volunteers, sensitive and experienced in family needs.
PramaLife	Supporting Dorset Armed Forces Carers	9,931.00	The project will work with carers to enhance their health; enabling them in the short and long term to access and influence the services they need and provide peer support to each other.
RAF St Mawgan	Get Together St Mawgan	9,460.00	This project will reduce social isolation and promote wellbeing through reducing social isolation. There will be craft and messy play for parents of pre-school children, to facilitate vital sustaining connections, as well as Friday Bakes'n Brews . Both of which enable the Armed Forces Community to catch up face-to-face.
Bounce Forward	Empowered & Thriving Military Families	8,465.00	The project will support military families across the tri-Services community of Staffordshire. The programmes support symptoms of mental ill-health & promote thriving, improved mental resilience, emotional health, and life satisfaction. Parents & children will also be supported in knowing how to deal well with transitions, change and uncertainty.
UK-Wide			
Fighting With Pride	LGBT+ Veterans, Tackling Financial Exclusion	10,000.00	This project will support veterans who are particularly vulnerable and isolated to take part in

			Fighting With Pride events, and events in the wider veteran community, where travel and subsistence are barriers to inclusion.
Total Awarded		£281,674.00	