

Grants awarded under the Force for Change programme 2023/24 October 2023

42 grants totalling £568,200

Organisation	Project Title	Grant Amount (£)	Project Description
Scotland			
Forces Children Scotland	Young People's Deployment Pack Resource	£13,915	Forces Children Scotland will co-produce a national deployment pack with and for young people from Forces families to help over 5,000 children across Scotland feel more supported with the unique challenges they face when their parents are deployed. The pack will also support parents to adopt effective strategies, and enable educators and professionals to enhance empathy and understanding.
Outfit Moray	Community Adventure Transition	£14,960	Outfit Moray will deliver a programme of outdoor learning and adventure for mixed groups of Service families and local young people in Primary 7 to both build resilience and support community integration.
The Soldiers, Sailors, Airmen and Families Association – Forces Help	Blue Skies	£14,401	Glasgow Helping Heroes' Blue Skies project will focus on working-age Veterans who are struggling with civilian life, often marked by loneliness, poor health and wellbeing. The project includes an in-person course for camaraderie and increased self-esteem and wellbeing, combined with practical assistance, such as with housing and employment.

Walking With the Wounded	Forces for Fishing	£15,000	Forces for Fishing will provide dedicated angling and fishing opportunities for Veterans in the West of Scotland. This project will help to bring Veterans together, reduce isolation and improve their physical and mental health, and aims to have a positive effect on mental health and wellbeing
Wales			
Army Welfare Service Brecon	Art Club	£7,500	Art Club will offer free, regular meetings on Monday evenings during term time on camp, and specific sessions over the holiday period. The project will work with children and young people connected to the camp offering activities including vegetable growing, music, sewing, paints, crafting, design, model making, story-telling, cooking and many more.
Rhondda Hub for Veterans	Housing as the Pathway Back	£ 15,000	This project will support Veterans with prior engagement with the criminal justice system, by promoting healthier lifestyles and providing suitable accommodation helping to bring about a successful return to civilian life in the community. The project aims to reduce re-offending and create sustainable employment opportunities, continuity and an improved quality of life.
The VC Gallery	Lunch Club	£ 13,075	The VC Gallery will run a weekly lunch club at their Pembroke Dock site. Volunteers will gain skills including basic cookery skills, manage the charities Fareshare Cymru membership and redistribute surplus food, tackling hunger and cost of living challenges.

Wrexham County Borough Council	Wrexham Armed Forces Community Hub	£14,920	The Hub will provide service personnel, Veterans and family members with the confidence, skills to access the help they need, where and when they need it. It will reinforce people's self-reliance, esteem, and self-empowerment. It will be a place where members of the Armed Forces community feel they 'belong'.
Northern Ireland			
Beyond the Battlefield	Engage, Know, Connect	£15,000	The project aims to 'Engage' and make direct contact with Veterans, create opportunities for them to 'Know' what is available to them and to 'Connect' them with other Veterans within their local community.
Brooke House Project	No-one is forgotten	£15,000	The project aims to reduce loneliness and isolation felt by Veterans in Care Home settings. This will be done by finding connections with others through conversation, music and horticulture.
Schomberg Society Kilkeel Ltd	Veterans Broadcasting on the Airwaves!	£15,000	This project will engage with new Veterans, serving personnel and their families to participate in a unique community media/radio project. This project will target Veterans with limited experience of taking part in community projects. Participants will receive radio/media training with peer-mentors who will support them to broadcast Veterans Radio Programmes.

England			
Age UK North Yorkshire and Darlington	Veterans Together	£14,850	This project aims to reduce levels of social isolation and loneliness that affect older Veterans by providing a safe, welcoming, inclusive community. Support and encouragement will be offered to help Veterans get out and about, to re-connect with friends and comrades alike and to access support services.
Age UK Northumberland	Veteran Connections	£15,000	This project will help people from the ex-Forces community live their best life, whatever the challenges, by tackling loneliness and isolation, financial issues, housing, bereavement, physical and mental deconditioning and scams.
Army Welfare Service - Hereford	Wild Play	£5,440	Through this project Army Welfare Service Hereford work in partnership with Herefordshire Wildlife Trust to provide a range of regular nature-based activities for children of the Garrison. The project will provide activities incorporating nature and forest school helping children to connect with their environment and each-other, mitigating the circumstances of high levels of parental deployment.
Bedford Borough Council	Bedford Borough AFMHFA Training	£15,000	This project will enhance access to Armed Forces Mental Health First Aider (AFMHFA) training. It will train an instructor within Bedford Borough. This training will then be provided to local authority employees, voluntary sector organisations, healthcare professionals, local Reservists, and local businesses.

Blind Veterans UK	Community-based healthy cooking rehabilitation	£14,250	This project will pilot community-based healthy cooking and wellbeing rehabilitation sessions for blind and vision-impaired Veterans nationwide, to support them in learning to cook nutritious and cost-effective meals independently.
The Bradford Bulls Foundation	Golden Point	£14,620	Prioritising empowering achievement of outcomes associated with physical health, mental wellbeing, and comradeship, 'Golden Point' offers accessible, inclusive opportunities for male and female Veterans aged 55+ living in Bradford. Participants will be encouraged to come together and engage in physical activities and social activities that inspire them to live healthier, happier, more resilient lives.
Building Heroes Education Foundation	Building Pathways Beyond Isolation	£14,354	This project is tailored to isolated, vulnerable ex-military personnel in Catterick, offering comprehensive support from peers, caseworkers, and social meetups alongside construction courses. This project aims to ensure smoother transitions to civilian life, fosters socialisation, and addresses participants' anxieties about new environments and experiences.
CITIZENS ADVICE PORTSMOUTH	Armed Forces Advice Service	£14,780	The project will offer a dedicated advice service for the Armed Forces community (including regular personnel, Reservists, Veterans, their families and bereaved) in and around Portsmouth. This includes advice on aspects such as welfare benefits, housing, debt, family and relationships, employment rights, and general social welfare matters.

Communities Together East Anglia	Wattisham Community Support	£14,286	Through this project Wattisham Community Support will give RAF Wattisham staff and families access to help and support via signposting, information and direct contact. The project will use the 5 Ways To Wellbeing model to improve health & wellbeing. In addition WCS will offer tailored workshops and volunteering opportunities to broaden people's skills and employability.
Disability Stockport	Cheshire Ex-Forces Autism Social Group	£14,845	This project will provide a social activity twice a month in an autism friendly and safe space, for autistic Ex-Forces men and women who feel socially isolated. The Cheshire Ex-Forces Autism Social Group will offer the opportunity to socialise and take part in activities with other neurodiverse Ex-Forces men and women, helping to reduce isolation, and help improve wellbeing and quality of life.
East Durham Veterans Trust	EDVT Social Inclusion Programme	£12,640	This project will provide a creative social inclusion programme that will support our Veteran community to help them with a wide range of daily challenges. This field of creative therapy has been used to address traumatic brain injury, stress and anxiety issues, depression and other types of mental disorders.

Families Together Suffolk (Formerly Home-Start Mid & West Suffolk)	Little Gems Wattisham	£7,698	This project will offer a weekly group for new parents experiencing low mood, anxieties, post-natal depression or loneliness. The group offers a safe environment to share experiences, join in activities and seek help or support. Parents and babies can interact together through play to support a healthy bond.
Folkestone Nepalese Community	FNC digital and language inclusion	£11,896	This project will support English classes and Digital inclusion sessions for Gurkha Veterans and their family members to help prevent social isolation and to encourage integration into the local community.
Gloucester Rugby Foundation	Forces Family Hub	£14,885	Through this project Forces Family Hub will deliver social, wellbeing, and education opportunities to Forces families living in Gloucestershire. Co-created with families, the project entails 'rugby inspired' activities focused on tackling needs relating to loneliness and social isolation, mental and emotional wellbeing, and cost-of-living pressures.
Home-Start Blackmore Vale	By Your Families Side	£8,400	This project will support military families in Blandford, Yeovilton and Blackmore Vale. Trained volunteers will deliver tailored non-judgemental practical and emotional support for military families designed to improve family wellbeing, relationships and children's early years progression.

Home-Start Hampshire	Developing By Your Side	£15,000	This project will extend and develop Home Start Hampshire's support for military families in Rushmoor and Hart. Volunteers will deliver tailored, practical, and emotional support which improves family wellbeing, relationships and children's early years. The project will also foster family friendship groups to continue future mutual support.
Home-Start South Wiltshire	By Your Families Side	£10,000	This project will support military families in Bulford and Larkhill who are part of the Tidworth super garrison. Well trained volunteers will deliver tailored non-judgemental practical, and emotional support for military families designed to improve their family wellbeing, relationships and children's early years progression.
Hull 4 Heroes	Armed Forces Community Outreach Service	£14,770	This project will deliver outreach to Armed Forces communities in the most economically deprived parts of Hull and surrounding rural villages where evidence shows there is a high percentage of Veterans. The project will offer clinics and community projects to those who cannot or are less likely to come into the city centre.

Hull FC Community Foundation	Shoulder to Shoulder	£14,955	Shoulder to Shoulder will offer targeted support to members of the Armed Forces and Veterans' community who are vulnerable and at-risk of exacerbated social-economic inequalities worsened by cost-of-living pressures. Provision will be delivered by upskilled Veterans and will prioritise supporting mental wellbeing, resilience, and empowering connections with peers and support services.
Hull Kingston Rovers Community Trust	HULL KR VETERANS HUB	£15,000	The Hull KR Veterans Hub will provide isolated Veterans in Hull with the opportunity to come together to take part in a range of Veteran-led sporting and social activities. These activities are designed to improve physical and mental health and wellbeing whilst also reducing loneliness and isolation and improving family and peer relationships.
Liverpool Veterans HQ	HQ Kick Start 2 Health	£14,750	The Liverpool Veterans HQ Kick Start 2 Health programme will be delivered to Veterans and their family members in Liverpool. There will also be opportunities for other north west Veteran agencies to collaborate and participate in activities.
Nottingham Forest Community Trust	Forest Forces Social Recovery Programme	£14,999	This project will work to support the social inclusion of Veterans across Nottinghamshire. By working collaboratively with Veteran organisations, the project will include events, workshops and social prescribing activities to reduce social isolation, encourage positive life choices and long standing behaviour change.

Oxfordshire South & Vale Citizens Advice	Citizens Advice at RAF Benson	£6,815	Oxfordshire South & Vale Citizens Advice will continue a weekly outreach hub at RAF Benson offering essential expert, confidential, impartial advice to Service Personnel and their family members.
Stockport County Community Trust	Together with the Hatters	£14,990	Together with the Hatters will utilise a 'Five Ways to Wellbeing' approach towards supporting older Veterans facing worsening health inequality because of cost-of-living challenges. With a focus on engaging those living alone, with long-term health conditions or facing challenges with loneliness, activities will prioritise improving resilience, friendships, and overall wellbeing.
Tuppenny Barn Education	Green-Therapy Veteran's Flower Farming	£12,276	A Social and Therapeutic Horticulture (STH) programme for Veterans within the community. This 10 week course will specifically support female Veterans experiencing mental ill health or those considered vulnerable. STH will be delivered through flower farming to improve mental wellbeing by working outdoors in nature, within a supportive group.
Veterans' Growth	Woodworking & Addiction Programme	£15,000	The Veterans' Growth Woodworking & Addiction Programme is an extension to and combining of two previously successful projects; SMART Recovery & Green Woodworking. Taking what's been learnt from these popular projects, the team will offer addiction therapy around the framework of woodland management and woodworking.

Veterans In Action	Bricks N Banter	£15,000	Veterans who may be isolated or suffering from mental health issues use LEGO as a way to become involved with their peers and to help build confidence and belonging.
Veterans Outdoors	Growing Together	£15,000	This project will help Veterans living with poor mental health to improve wellbeing via a programme of horticultural therapy. A mix of guided and structured courses and light-touch drop-in sessions will help teach Veterans how to grow their own food and be self-sufficient while working with others and reducing isolation.
Wigan Athletic FC Community Trust	Veterans Wellbeing Walk	£12,930	Veterans Wellbeing Walk is a collaborative project co-created with older Veterans and Veteran support organisations in Wigan. The project aims to empower those most at risk of poor social and wellbeing outcomes in later life to come together through a weekly session that promotes comradeship, healthy lifestyles, and mental resilience.
Wintergreen UK	Art For Veterans	£15,000	Art for Veterans is a transformative arts project that aims to empower homeless Veterans through creative expression. Through mediums like painting, sculpture, and photography, it provides a safe and inclusive space for veterans to heal, build connections and develop skills, fostering personal growth and reintegrating them into society.

Woody's Lodge	Blue Beacon	£15,000	Blue Beacon is aimed at reducing reoffending rates among Veterans through collaboration with other agencies providing reintegration support. The project aims to address the underlying causes of Veteran reoffending, promoting successful reintegration into civilian life and reducing the cycle of criminal behaviour.
Total Awarded		£568,200	