

Grants awarded under the Hidden Voices programme 2024/25 November 2024

9 grants totalling £160,761

Organisation	Project Title	Grant Amount (£)	Project Description
Northern Ireland			
Belfast Exposed Photography	Healing Through The Lens	£20,000	Healing Through The Lens will engage serving personnel, Veterans and Armed Forces families through a creative mental health and wellbeing community hub using tailored Therapeutic Photography. The project will collaborate with Armed Forces and specialist non Armed Forces organisations to reduce health inequalities, raising awareness across a wider audience.
England			
Hull FC Community Foundation	One Community	£ 17,560	One Community is a new prevention-based project, co-created alongside foreign and commonwealth nations personnel at Normandy Barracks Leconfield, which aims to support greater mental health and wellbeing. Co-delivered alongside third-sector organisations and Veterans with lived experience, group activities will tackle inequalities, stimulate connections, build resilience, and improve wellbeing.

Mind in West Essex	Wellbeing at Wimbish	£19,966	Wellbeing at Wimbish will deliver person-centred interventions that support good mental health. These will include: mental health toolkit training, sleep training, CBT sessions using Virtual Reality, support for those experiencing poor mental health as a result of loneliness and isolation, supported self-help and drop-in sessions.
The Parenting Network	Dadzchat	£18,877	Dadzchat provides a safe space for Dads and male care givers to share experiences and develop tools in response to trauma and challenges of parenthood which may be affecting their mental health or that of their family.
Southampton Family Trust	Building Respectful Families	£6,244	Southampton Family Trust will offer three online courses for parents of children (aged 8-12) experiencing child-to-parent violence and abuse. Topics include emotional regulation, anger and trauma, neurodivergence, social media and gaming, and effective positive parenting strategies.
Defence Medical Welfare Service	Supporting Dorset Armed Forces Carers	£ 20,000	DMWS will provide welfare support to carers within the Armed Forces Community in Dorset. Carers often don't label themselves as such or reach out for support due to guilt or shame. This project will help them look after their own wellbeing so they can continue to support those they love.
STEPWAY	Ladies of Leisure (LOL)	£19,730	A female Veteran group that will tackle topics such as the menopause. Ladies of Leisure will improve overall mental wellbeing through activities, support groups, horticultural therapy and art sessions.

Stockport County Community Trust	Veterans Carers Hub	£18,395	Veterans Carers Hub is a collaborative intervention focused on empowering better health and wellbeing outcomes for carers within the Armed Forces and Veteran community. Working in partnership with local VCSE organisations, bespoke activities will focus on tackling prevalent inequalities related to loneliness, social isolation, and poor mental and emotional wellbeing.
Walking With the Wounded	Empowering Carers through psycho education	£19,989	Online psycho education sessions will provide knowledge and skills to help carers and families to manage their own wellbeing whilst better understanding the mental health needs of their family member. The focus will be on self-care and early intervention to protect their own mental health whilst supporting their family member.
Total Awarded		£160,761	