

**Grants awarded under the Family Focus programme 2024/25 March 2025**

**16 grants totalling £1,388,876**

| Organisation    | Project Title                          | Grant Amount (£) | Project Description  |
|-----------------|--|------------------|--|
| <b>England</b>  |  |                  |  |
| Anxious Minds   | Veteran Families and Carers            | £50,000          | This project provides tailored mental health, wellbeing support, advice and therapeutic activities to veteran families and carers. Through workshops, outdoor therapy, and community events, it aims to reduce isolation, build resilience, and improve mental health outcomes for those supporting veterans in their recovery journeys. |
| Battling On CIC | Families First                         | £100,000         | Designed with veteran families, the Families First Programme will provide the help and supported needed within the family unit when a veteran is physically or mentally unwell or when serving personnel are being medically discharged. It provides bespoke packages of support which reflect each individual family's needs.           |
| Hull 4 Heroes   | Family Resilience and Wellness Circles | £81,200          | This project aims to provide the families of wounded, injured or sick veterans (WIS) with a comprehensive support system that nurtures their mental, emotional, and practical wellbeing, recognising the significant role they play in the recovery and adjustment of veterans.  |

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| Improving Lives Plymouth                          | Focus on Armed Forces Families        | £100,000 | This project will identify families of wounded, injured and sick veterans and serving armed forces personnel, and will deliver a programme of activities and direct support to family members whose lives have been adversely affected by the multiple challenges of having to take on an unpaid carer's role.             |
| Mind in Havering, Barking and Dagenham (Mind HBD) | Armed Forces Community-Families First | £89,855  | Families First is a dedicated mental health and wellbeing support programme for the Armed Forces community. Offering tailored resources, group support, and practical strategies, it empowers individuals and families to navigate challenges, strengthen relationships, and foster recovery within the community.         |
| Mode Rehabilitation                               | Families Together                     | £55,000  | This project pairs families newly adjusting to life with a wounded, injured, or sick veteran with seasoned families who have successfully navigated similar challenges. Through structured mentorship, shared experiences, and talk therapy support, families gain hope, practical guidance and emotional resilience.      |
| Defence Medical Welfare Service                   | Armed Forces Family Support           | £98,810  | DMWS recognise the impact on family members and carers of those serving personnel or veterans who are facing injury, ill health or poor wellbeing. This project will support families to identify their own needs, access support, make informed choices, adjust to change, be better connected to each other and support. |

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| STEPWAY                          | Families First: Strength Pathways       | £100,000 | The Families First: Strength Pathways project will provide targeted support for families of wounded, injured, and sick personnel. Through resilience-building activities, mental health support, and skills development, the project will strengthen family bonds, improve access to services, and enhance employability for family carers across three dedicated centres. |
| Vennture                         | Thriving Families Whole Family Recovery | £100,000 | Link Workers, recruited from Garrison families, will come alongside families living with an injured loved one and: develop bespoke support linking with appropriate specialists to support partners and children; provide weekly in-home mentoring to parents and children; and collaborate with schools and Welfare to grow understanding.                                |
| <b>Scotland</b>                  |   |          |  |
| Change Mental Health             | Veteran Carer Support                   | £55,095  | Working in Angus, Veteran Carer Support will work with unpaid carers through 1:1 and group support, where they can meet others who understand the demands of having caring responsibilities, helping them to understand their loved one's mental illness and help mitigate against their own.  |
| <b>Wales</b>                     |   |          |  |
| Citizens Advice Cardiff and Vale | Holistic Advice for Veteran's Families  | £96,897  | The project will support family members of veterans by providing practical, comprehensive, and tailored advice such as benefits, debt, welfare, and housing, helping them to access the right support and information to move them forward.  |

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| Hope GB                  | Supporting SEND families in Wales         | £92,252           | Military life is complex and uncertain, and it can be harder if you have a family member with SEND. Hope GB will work with DMWS to provide a pilot project supporting family members of wounded, injured or sick serving personnel and veterans in Wales to improve resilience and family relationships.  |
| <b>UK Wide</b>           |   |                   |   |
| Help for Heroes          | Specialist Family Access Lead: Helpline   | £89,096           | Help for Heroes will increase direct support for families of WIS veterans by employing a specialist helpline operator following enhanced marketing. This role will streamline access to vital services by triaging calls, assessing needs, and connecting families to tailored internal and external support resources, ensuring they access the help needed.   |
| The Ripple Pond          | Family Focus Programme 2024–25            | £100,000          | This project supports families of injured veterans and military personnel by providing guidance resources, peer support, workshops, creative activity packs and toolkits. The focus is on promoting wellbeing understanding and communication, empowering carers and educators to address challenges and helping children understand the impact of psychological and physical injuries including CPTSD. |
| Scotty's Little Soldiers | Supporting Pre-Bereaved Military Children | £96,745           | Helping military families, where the Veteran or Serving parent has a terminal diagnosis, develop the skills needed to prepare for their bereavement and navigate their grief and to be part of a supportive network that will continue to be available to the child after the death of their parent.  |
| <b>Total Awarded</b>     |   | <b>£1,388,876</b> |   |