

Grants awarded under the Serving Women: Seen & Heard programme 2025/26, September 2025

8 grants totalling £658,747

Organisation	Project Title	Grant Amount (£)	Project Description
Clervaux Trust	Resilience Through Craft	£54,558	Funding will enable a series of twelve eight-week courses over two years designed to improve the mental health and wellbeing of servicewomen by developing colleagueship, sharing experiences and learning new skills.
Cornwall Rural Community Charity (CRCC)	Service & Strength	£100,000	Service & Strength will co-design and deliver empowering health education and support for serving women. The programme addresses unique needs, focusing on peri- and post-menopause, enhancing wellbeing for servicewomen and their support networks.
Defence General Practice Women's Health Special Interest Group: Academic Department of Military General Practice	Sister Support: Abortion Peer Supporters	£43,600	Funding will enable training and support for up to 16 servicewomen who will deliver non-judgemental peer support to fellow servicewomen who are thinking about an abortion, or who have accessed one, to ensure they feel heard, valued and find the support they want and need by someone who understands service life.
Defence General Practice Women's Health Special Interest Group: Academic Department of Military General Practice	Servicewomen's Health: Empowerment Through Education	£100,000	Funding will enable a series of short, engaging, animated educational clips on servicewomen's health. The clips will be designed for use in facilitated discussions across recruitment, training, service and leadership. Topics include menstruation, vulval health, urination, menopause, reproductive health and more, supporting awareness, wellbeing, and gender-informed leadership in military settings.
Mode Rehabilitation	The Red Tent Project	£62,000	Funding will be used for a wellbeing project delivering menstrual and hormonal health education to

			servicewomen through peer-led, on-base pop-up spaces. It provides practical tools, cycle awareness resources, and confidential support to improve resilience, while destigmatising a taboo topic and empowering women to manage health challenges specific to military service.
Mothers Matter C.I.C	Stronger Together – Supporting Servicewomen	£100,000	This project combines tailored wellbeing workshops, peer support, and accessible resources to empower servicewomen to make informed health choices. It supports prevention and crisis response, aligning with the Armed Forces Covenant's commitment to ensuring servicewomen have equitable access to care that enhances their mental health and overall quality of life.
The Soldiers, Sailors, Airmen and Families Association – Forces Help	Serving Women, Never Battle Alone	£100,000	SSAFA's 'Serving Women, Never Battle Alone' project offers 1:1 tailored, confidential advice, practical and emotional support and advocacy to serving women experiencing bullying, harassment and sexual abuse in the military. The service, available throughout UK, is open to women from the regular and reserve armed forces.
Defence Medical Welfare Service (DMWS)	Wellbeing Support for Service Women	£98,589	DMWS will provide in-person access to independent and confidential mental and physical health, and wellbeing support for serving and reservist women. This service will recognise the distinct challenges faced by armed forces women and provide dedicated support to meet their needs and make empowered and informed choices.
Total Awarded		£658,747	