

Grants awarded under the Free from Fear programme 2025/26, December 2025

17 grants totalling £1,534,329

Organisation	Project Title	Grant Amount (£)	Project Description
Wales			
Bulldogs Boxing & Community Activities	Resilient Families, Brighter Futures	99,624	Bulldogs BCA will partner with NPT Mind to deliver wellbeing, resilience and skills activities for families of wounded, injured and sick personnel and veterans. The project will reduce isolation, strengthen relationships, build confidence and teach skills to look after their mental health.
Cardiff City FC Community Foundation	Families Rising Strong Together	75,000	Funding will enable a safe, welcoming support group for families of wounded, injured or sick serving personnel and veterans. Through activities, training, volunteering and employment opportunities, families can strengthen resilience, reduce isolation and build brighter futures within the Cardiff City FC Community Foundation community.
Cardiff City Council Advice Services	Advice for Armed Forces Families	55,121	Funding will support armed forces families to navigate the complex and demanding welfare benefits system to ensure they can access all of the financial support that they're entitled to. The project will also provide high quality housing and tailored wellbeing advice to support families.
Scotland			
SSAFA, the Armed Forces charity	RESOLVE: Building Resilience and Empowerment	69,100	RESOLVE is a 12-month pilot project for families of wounded, injured, or sick (WIS) veterans in Glasgow and the surrounding area. This project will involve group and one-to-one sessions for family members focused on building their resilience and confidence to manage their

			circumstances and develop awareness of available support.
Northern Ireland			
Brooke House Health and Wellbeing Centre	The Circle of Resilience	149,505	Circle of Resilience strengthens veteran families' resilience and wellbeing through therapeutic retreats, creative expression, and nature-based activities. Tailored workshops address trauma's impact, enhance communication, and foster connection. Families receive bespoke support, resilience packs, and continued peer networks, ensuring lasting reduction in loneliness, stress, and isolation.
England			
The RAF Association	Forces Families' Resilience Programme	100,000	The RAF Association and Loughborough University, will deliver an intensive resilience programme for 72 family members of WIS veterans/serving personnel to develop resilience, togetherness and social support by developing effective coping strategies to navigate their circumstances, reduce loneliness and enhance wellbeing by strengthening social, physical and psychological resilience.
Suffolk Family Carers	Wounded, injured, sick- family support	93,250	This project identifies and provides tailored emotional and practical support to family carers of wounded, injured, or sick (WIS) armed forces individuals. Through outreach, personalised planning, and wellbeing activities, it reduces isolation, improves access to services, and builds resilience—ensuring carers feel recognised, supported, and equipped to manage their changing circumstances.
Community Drug and Alcohol Recovery Services	The Stronger Together 360 project	63,641	The Stronger Together 360 project will provide wraparound support for family members of armed forces personnel and veterans who are unwell, particularly those facing mental health challenges or addiction. Through a person-centred approach, we will deliver

			tailored psychosocial support that meets the unique needs of each family.
Carers Plus Yorkshire Ltd	With Honour We Care	72,637	Funding will enable 1 to 1 information, advice and guidance support alongside group activities and learning for unpaid carers and the families of serving personnel and veterans caring for someone who is wounded, injured or sick.
Cumbria, Northumberland, Tyne & Wear (CNTW) NHS Foundation Trust	Family Financial Support Pathway	99,994	Op Courage North of England will develop and implement enhanced family support groups, focusing on social issues, financial support and household management. The project will enable and promote attendance by offering practical means of attending, including options for childcare activities.
Citizens Advice Hull and East Riding	Forces Families Money Advice Project	100,000	The Forces Families Money Advice Project will strengthen the financial wellbeing of families of wounded, injured, or sick serving personnel and veterans across Hull and East Riding through specialist one-to-one advice, family-focused budgeting workshops, and peer volunteer training, reducing financial stress and building long-term household resilience.
Hull KR Foundation	Stronger, Together	85,565	Stronger, Together is an 18-month holistic programme supporting families and carers of wounded, injured or sick (WIS) service personnel and veterans. Through emotional wellbeing support, practical guidance and skills development, this project helps families feel better informed, less isolated and more confident to engage in volunteering or employment.
Defence Medical Welfare Service (DMWS)	Armed Forces Family Support	93,589	With funding, a dedicated Family Support Officer will identify barriers, challenges and needs and of families of wounded injured and sick serving personal and veterans and develop and deliver practical, emotional, and social work-informed support to help them access information

			and support, empower them to pursue their goals and reduce social isolation.
Alliance for Better Care	Stronger Families, Clearer Pathways	99,937	Stronger Families, Clearer Pathways will support families of wounded, injured and sick personnel and veterans in Surrey, Sussex, and Kent. The project bridges secondary care, GPs and community services, offering financial advice, navigation for children with special educational needs and signposting, so families are informed, resilient and recognised.
Veterans Outreach Support	Resilient Together: Holistic Support	94,491	Funding will support partners, spouses and carers of wounded, injured or sick veterans to feel less alone, more resilient and better informed. Through trauma-informed one-to-one and group support, including therapeutic conversations and wellbeing activities, the project connects people with their community and other services, guided by Triangle of Care principles.
Citizens Advice Telford and The Wrekin	Citizens Advice Forces Family Support	91,102	Funding will support a specialist multichannel service supporting families of injured veterans in Telford and Shropshire delivered by Citizens Advice Telford and The Wrekin (CATW), addressing complex needs and isolation worsened by the cost-of-living crisis and reduced statutory services through holistic welfare, housing and debt advocacy, advice and casework.
UK-wide			
Combat Stress	Stronger Together.	91,773	<p>Combat stress will open up their 'Combat Stress Together Programme' to families of veterans.</p> <p>This programme provides educational information about trauma-related mental health problems, as tools, techniques and strategies to help support a veteran, whilst taking care of themselves and the team(s) around the veteran.</p>
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