



Grants awarded under the Removing Barriers to Family Life programme in 2019/2020, February 2020

60 grants totalling £7,194,735

**ARMED FORCES
COVENANT
FUND TRUST**

Organisation	Project Title	Grant Amount	Project description
Large grant awards			
England			
Forward Assist Limited	Forward Assist: Family First	£240,412	The project will deliver the Family First project, employing a project manager and family support worker to support activity delivery and assist with sessions that support the whole family in a safe and welcoming environment tailored to needs arising during the first few weeks of civilian life and beyond as part of a sustained and long-term wrap-around support service.
Scotland			
RAF Lossiemouth	Supporting the Forces Child in Moray	£368,181	The project will employ a team of four workers to provide social, emotional and mental wellbeing support to young people from Armed Forces families in Moray, who may be experiencing significant life events. They will provide training for school staff and work with military bases to effect policy change that supports families going forward.
The Royal Caledonian Education Trust	Your Mind Matters Wellbeing Project	£303,000	The project will work with Armed Forces children and young people to deliver person-centred wellbeing support in west Scotland. The young people involved will help to generate ideas for building community resilience and will produce digital resources that will be available nationwide.
Wales			
HQ 160th Bde Wales	Supporting Service Children in Education in Wales - Regional Roles	£338,000	Funding will provide four SSCE Regional School Liaison Officers (RSLO) in Wales, to work collaboratively with other organisations and offer support to schools with Service children. They will raise

			awareness of the experiences of Service children and embed long-lasting solutions.
Woody's Lodge	Woody's Find Me A Space	£330,000	The project will provide year-round outdoor spaces and activities for all members of a veterans' family with activities including woodland craft, wild camping, sensory nature lessons and outdoor gyms.
UK-wide			
The Royal Navy and Royal Marines Charity	Strengthening Families - By Your Side	£300,000	The project will provide a comprehensive support service for naval dispersed families including foreign & Commonwealth families. This will include home visits, school holiday camps, teen leadership programmes and digital guidance and training resources available across the UK. They group will work in partnership with the Naval Families Federation, Home-Start UK, Relate and Kings Foundation.
Communities Fiji Britain	Transitioning into Life in The UK for Fijian Service Families	£169,000	The project will establish an online information pack for Fijian family members of Armed Forces personnel, to support their transition to the UK. Information will be delivered via an online web app and supported by webinars and workshops.
Cruse Bereavement Care	Together in Force (<i>in 12 locations</i>)	£299,695	The project will deliver the Together in Force project, bringing families of veterans, and their carers, together and providing them with assistance to build supportive relationships by enabling them to talk about bereavement and reduce the social isolation and poor mental health it can cause.
RAF Association	Developing a Military Coworking Network	£337,000	The project will create a network of co-working hubs on or near to military bases, enabling members to access a strong, professional network. The hubs will provide a portal between military and civilian communities, offering workspace and a networking community.
		Total	£2,685,288
Medium grant awards			
Northern Ireland			
Army Welfare Service Northern Ireland	HEROS Ice-Hockey Programme	£60,000	The group will bring children from a range of backgrounds together, in a post-conflict society, which still needs to make significant progress. In so doing, they will demonstrate tolerance

			and understanding, while also showing they are a force for good across Ireland.
HQ 38 (Irish) Bde	Project Garrison Green Up	£74,030	The project will establish managed, therapeutic environments to provide support to families of those serving, resettling or wounded, concentrating on those who have children with additional needs, who would benefit from programmed therapeutic horticulture.
Scotland			
British Limbless Ex-Servicemen's Association	Outreach Programme for Veterans/Families: Scotland	£74,849	The project will provide local fellowship activities for families, carers, widows and limbless/injured veterans in areas across Scotland, led by a new Blesma Outreach Officer. It will help reduce isolation by bringing families and Blesma members together, enabling them to develop sustainable peer-to-peer and inter-generational support networks.
Royal British Legion Industries	Investing in our Military Families	£91,072	The project will provide spouses and partners with meaningful paid work experiences that are designed to reduce isolation, engage participation and increase skills, which will contribute to positive mental and physical health.
Wales			
TGP Cymru	Veterans Family Engagement Service	£100,000	The project will help veterans' families to help build positive relationships, minimise conflict leading to family breakdown and empower them to seek specialist services when needed.
The Family Foundation	#FamilyConnectors	£81,000	The project will offer families, spouses and carers of veterans, support to reduce isolation and loneliness. Through outreach and proactive support on the ground in Carmarthenshire and Pembrokeshire, the group will help families to reach their potential and connect in the community using digital platforms and focused employability skills training.
England			
Citizens Advice Rushmoor	Nepali Domestic and Sexual Abuse Project	£90,000	The project will help Armed Forces and veteran families affected by domestic abuse; supporting those who are unable to access mainstream services as a result of language and/or cultural barriers.

Improving Lives Plymouth	Focus on Families and Carers	£99,422	The project will raise awareness of support available for families and carers of ex-Armed Forces personnel. It will provide access to advice and information, deliver a range of social activities and workshops designed to improve their mental health and wellbeing, and reduce the damaging effects of social isolation.
RAF Wittering - Community Support	Families Centre for Service Families	£86,622	Wittering Families Centre will offer a range of services to benefit Service families. For those Service families and local community already living in Wittering, but also to support those families during Future Accommodation Model (FAM) transition of moving house, and for those dispersed and living in the surrounding area.
Active Plus	Family Matters	£99,760	The group will support families and carers of veterans to become more linked to each other and to their wider community, to identify and overcome barriers to constructive family life and to develop strategies to build positive relationships, resilience and emotional wellbeing; reducing conflict and isolation and managing risk.
Army Training Centre Pirbright Initial Training Group	Creating positive outcomes through play	£74,140	The group will support Service children and families; reducing isolation, loneliness and improving community integration, enabling children, including those with additional support needs, to access positive opportunities.
Citizens Advice Hart District	Joining Forces for Families	£95,987	The project will provide a free, independent and confidential advice service to dispersed Armed Forces families and to those arriving from abroad to serve. It aims to make a positive difference by helping to tackle specific challenges faced by serving personnel and their families
Goodwin Development Trust	Community Hub, Families and Carers Project	£86,500	The project will support families and carers, establishing a clear pathway to support, including development of a support package specifically for families and carers, with networking, health and wellbeing and family centred projects.
Home-Start Mid & West Suffolk	Heathy Parents, Healthy Families	£85,557	The project will work with three military bases in Suffolk to offer a bespoke package of support given through groups and home visiting.

Make Some Noise Ltd	Upbeat Families	£100,000	The group will offer upbeat sessions for Forces families with pre-school children to strengthen family attachment ensuring relationship resilience and reduce isolation and loneliness through participation in creative musical activity.
National Society for the Prevention of Cruelty to Children	Positive Pathways at Tidworth	£100,000	The project will deliver their 'Positive Pathways' service for Armed Forces families in Tidworth, offering confidential and user-led support for children and young people to help them address and overcome problems affecting their wellbeing and set their own goals for the future.
The Oxfordshire Play Association	Armed Forces Support Project	£99,756	The project will continue to deliver projects and services at both RAF Benson and Dalton Barracks over a two-year period to include; weekly stay & play sessions, fortnightly Saturdays session and an annual community play and activity day event at each location.
The Royal Star and Garter Homes	Family Matters	£68,773	The project will provide new and extended support to families and carers of Armed Forces veterans and spouses when their loved one moves into residential care. This will follow their journey from arrival to dealing with bereavement.
Tom Harrison House	Military Families Addiction Recovery Experience (MFARE)	£90,000	The project will support families of veterans with addictions to address the challenges they face in supporting the recovery of their loved ones. With education and support, families can build resilience, reduce isolation, improve mental health/wellbeing, and become a stronger family unit.
Veterans in Crisis Community Interest Company	Forces Family Hub	£100,000	In partnership with Foundation of Light, the group will design, promote and deliver a sustained programme of dedicated sports, wellbeing and social activities for the families of veterans in Sunderland. These programmes are designed to build new connections and share challenges with like-minded people to create a much-needed peer-support network.
Veterans with Dogs	PALS PLUS	£73,800	The project will launch a family and carer support programme, which will build resilience and promote wellbeing through an innovative mix of residential training and access to an online

			support service including a specially designed smartphone app. It will complement their existing PALS programme, following families' feedback that further support would be useful.
Age UK Herefordshire & Worcestershire	Veteran and Carer Wellcheck	£78,972	The project will support carers of older veterans through identifying issues and concerns, especially social, emotional, practical and economic. It will be delivered via telephone triage, guided conversations and through working closely with their existing services/other organisations to support and enable the families and carers of veterans to enjoy later life.
Age UK Lancashire	Forces & Families Service	£99,951	The project will offer support to non-widowed families and carers of veterans 50+. They will develop their current provision, ensuring families and carers have access to support and activities that will improve their wellbeing.
Age UK Portsmouth	SAS or Special Advice Service	£76,479	The project will offer a range of support for veterans; and their families and carers to support independence and wellbeing; and help reduce loneliness and isolation.
Aggie Weston's	Aggie's Community Waves	£100,000	The project will provide support and community activity for naval families in the wider Portsmouth region. In collaboration with partner organisations, the charity will facilitate social events to encourage engagement and community cohesion, information sharing and opportunities for self-improvement.
Cornwall Rural Community Charity (CRCC)	Veteran Carer Outreach (VCO)	£100,000	The project will support 400 veterans' carers by increasing resilience, developing skills and providing emotional support. They will work with veteran carers and carers of veterans to maintain/improve their wellbeing and reduce the risks of poor physical or mental health.
Home-Start Southern Oxfordshire	Home-Start for Serving Families	£75,105	The project will support Armed Forces families with confidential one-to-one tailored support, directly in their own homes. Working across RAF Benson, Vauxhall Barracks, Shrivenham Defence Academy and Dalton Barracks, they will help reduce isolation, improve integration into the community and access to services.
Little Troopers	Little Troopers at School project	£85,000	The project will deliver a national project to provide educational resources for schools on the unique needs of military children and

			how they can support them daily. By giving schools access to more information; this project has potential to enable a positive change the lives of British Armed Forces children, ensuring their education is not impacted and they don't experience disadvantage.
Liverpool Veterans HQ	Supporting Forces Families – Today & Tomorrow (SFFTT)	£98,000	The group will expand their successful 'Supporting Forces Families Today & Tomorrow' project to Halton & Wirral, to support the health and wellbeing of families and carers of veterans by providing social inclusion, emotional support, advocacy, counselling and therapies, pathways referrals, parenting programmes, personal action planning, housing and more.
Mutual Support - Armed Forces Multiple Sclerosis Support Group	Mutual Support & Respite Weekends (twice yearly)	£80,000	The project will offer residential to bring serving personnel of all ranks, their families and carers together to share experiences, provide inclusive support and learn how to manage and live with a degenerative condition.
Sheffield Mind Ltd	Keeping Families in Mind (Veterans Families).	£98,980	The project will offer up to 16-weeks counselling to adult relatives of veterans across South Yorkshire, including carers; as well as support groups which encourage intergenerational networking and interaction with families of veterans and serving personnel; and an online 'toolbox' of wellbeing tips aimed at and created by military families.
St John & Red Cross Defence Medical Welfare Service (DMWS)	Families & Carers Wellbeing Support	£94,196	The project will provide co-ordinated support to ex-Forces families and carers, meeting individual needs and supporting engagement in positive solutions. They'll offer an integrated pathway of support, addressing psychosocial barriers to recovery, good health and wellbeing, improving family life, building resilience, reducing isolation, and navigating through physical and mental health services and other local support
Suffolk Family Carers Limited	Military Families - Caring as One	£99,507	The project will provide a holistic approach to listening and understanding the needs of a carer and their families, including young people, in ensuring the organisation provides advice, guidance and support tailored to their needs.
The Cart Shed Charity Previously	Young Cart Shed	£35,050	The project will enable young people to identify, address and overcome a range of issues they may be facing around

The Cart Shed CIC constituted 2009			deployment, transition, accessing education, friendships and social isolation. The group will use its innovative woodland programmes to work with young people and their families to develop resilience, craft and communication skills.
Can International	Tackling loneliness in Gurkha veterans' community	£50,177	This project will tackle loneliness and isolation among the families of Gurkha veterans through organising several key initiatives, including formation of a network of families of Gurkha veterans and organisation of different social networking and befriending activities.
Carterton Family Centre	The Street Based Youth Team	£97,200	The project will meet young people from Armed Forces communities where they gather on the streets and build relationships that lead to support with issues such as mental health, anxiety, deployment of a parent. They will work alongside parents and key agencies.
Finchale Group	Family Force	£99,570	The group will deliver a programme of social, educational and physical family activities designed to engage, inform and improve the mental/physical health and wellbeing of participating veteran families. It is a bespoke one-to-one support service that will enable families to 'take control' of their social/economic situation and make positive changes.
Help for Heroes	Psychological-Wellbeing for Specialist Military Units	£100,000	This pilot project will deliver a bespoke psycho-educational programme of personalised courses to support the families and couples within the Specialist Military Units (SMU's) during active Service and through transition to civilian life.
St John & Red Cross Defence Medical Welfare Service (DMWS)	Families & Carers Medical Welfare	£98,808	The project will provide co-ordinated support to ex-Forces families and carers, meeting individual needs and supporting engagement in positive solutions. They'll develop an integrated pathway of support including addressing psychosocial barriers to recovery, good health and wellbeing, improving family life, building resilience, reducing isolation, and navigating through physical and mental health services and other local support.
Greenwich Gurkha Ex-Servicemen Association (GGESA)	Ex-British Gurkha Bereaved Family Support	£94,680	The group will directly work with Gurkha widows to reduce

			isolation and loneliness and help settle and integrate them into British society.
UK -wide			
RAF Association	Supporting RAF families affected by dementia	£76,043	The project will create an online platform and community to support members of the RAF family who are affected by dementia, to provide a better quality of life for people living with dementia and their carers.
The War Widows' Association of Great Britain	WW.it - War Widows in touch	£80,000	The project will connect war widow/ers nationally and locally using iPads and give training to people who have been bereaved so that they can get online. The project will build an online community for people who have been bereaved
Service Children's Progression Alliance (University of Winchester)	Helping schools help Service children	£97,500	The group will scale-up an evidence-based school support framework across the UK by translating it into an easily accessible online tool, so that schools everywhere develop better support for Service children whose wellbeing and learning can suffer from the stress and disruption of mobility and separation.
The Military Wives Choirs Foundation	Empowering Women Through Music	£95,961	Funding will be used to cover the groups ongoing choir activities for two years; providing confidence and empowerment for women with a military connection
The Soldiers, Sailors, Airmen and Families Association - Forces Help	Disability Support for Forces Families	£90,000	The project will provide serving military families, who have a child with a disability/additional needs, with ongoing specialist and peer support, advice and respite. They will improve their wellbeing, reduce isolation and loneliness and support and empower them to remove barriers to family life that they face daily.
The Warrior Programme	Strengthening and connecting Serving families	£100,000	The project will offer transformative support to 100 families 'held back' in their lives. Building on Warrior's successful work with Serving families, this project will extend support to international and dispersed families through new online training and networking opportunities to reduce isolation, build resilience and create a more connected, productive life.
Never Such Innocence	Voices of Armed Forces Children	£100,000	The project gives young people from Armed Forces families a creative outlet. It will invite those involved to consider current conflicts and how it had impacted their lives. Activities will include poetry, art, singing and speechwriting.

Reading Force	Reading Force - keeping families connected	£90,000	The group will support children during significant life events including deployment, illness/injury of a parent, moving home and school, parental divorce/separation, and distance from extended family. They will help mitigate stress and separation anxiety by supporting good communication and family bonding through sharing books, chatting about them and scrapbooking.
The Ripple Pond	Small ripples making big waves!	£100,000	The group will expand its reach, offering support more widely within the UK and to serving families in overseas garrisons; providing a community of online support to partners of serving personnel and veterans
The Royal British Legion	Benefits Debt & Money Advice Service	£100,000	The group will deliver their Benefits, Debt and Money Advice service, giving families the tools they need to understand their finances, learn how to budget and save, and to make informed choices for a secure future.
Walking With The Wounded	Digital Therapy for Families & Carers	£87,000	The project will provide digital therapy to carers and wider family when a person is experiencing suicidal thoughts or feelings. Easy-to-use and fully compliant, the online service linking carers and adult family members to digital mental health therapists experienced in supporting military community, provides evidence-based therapies and develops resilience within the family unit.
Total		£4,509,447	