

"We used the funding we obtained through Rise to support staff and project costs – specifically for Sam, our Veterans Shall Not Be Forgotten Coordinator. Sam runs physical activities including outdoor socially distanced circuit training, one-to-one training and walking as well as social media activity to encourage individual physical activity through challenges. Sam also provides one-to-one mentoring and support for people whose poor mental health restricts their movement outside their homes. Her weekly dog-walking sessions are also extremely popular."



Veterans In Crisis,
Sunderland

RISE.