



“The funding has supported veterans who have struggled to gain employment because of culture gaps between civilian society and their military pasts, or due to a lack of seamless integration.”

**Dorinda Wolfe Murray**  
FirstLight Trust

## FirstLight Trust

### Project:

'Soldier On'

### Subject:

Health, wellbeing and sports

Training, support and practical skills

### Location:

Redcar, Redcar and Cleveland

### Overview:

The Redcar branch of the FirstLight Trust works with those who have devoted their career to one of the armed services and have been discharged because of serious injury, disability or illness, which can take its toll both physically, mentally and emotionally.

The Foundation awarded the Trust £2,800 to fund a specialist project to teach local ex-service personnel how to manage the transition from a military to a civilian career, as well as focussing on their own personal development and achievements.

The programme has provided tailored, holistic support to many veterans, many with deep rooted psychological conditions, by running individually focused self-awareness programmes which have allowed participants to understand their true capabilities, what they can offer an employer and what they want as a career. The programmes initially consisted of a two-day small group course, followed by long term work on a one-to-one basis.