

Alabaré Veterans' Boots on the Ground



Improving veterans' mental health one step at a time by building self-esteem, resilience, skills and wellbeing.



Alabaré Boots on the Ground supports veterans on their path towards improved mental health, wellbeing and community connection through outdoor activities.

Our scheme supports veterans living in **Alabaré Homes for Veterans** or those in the community who may have faced extreme challenges since leaving the Armed Forces, and aims to build increased purpose in a friendly supportive atmosphere.

Veteran mentors tailor activity towards small groups of veterans and the local community interests.

Boots on the Ground operates across the areas north and south Wales and southwest England.

Activities currently include:

Hill walking, social forestry, bushcraft, conservation, sailing horticulture, residential events, fishing, community garden projects, **Veterans' Breakfast Clubs.**

"I don't usually go out much due to social anxiety, but this allows me to meet new people in a comfortable environment. It helps me to stay active and learn a lot about things that interest me, which will hopefully lead to employment soon.

Ryan - Wales Service User

To find out more email bootsontheground@alabare.co.uk
Or visit alabare.co.uk

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