Background

• Glasgow Veterans United – Was developed on the back of Recovery with Rangers
• Consultation with local ADP Operational Forum
• Resulting programme delivered to 16 individuals one afternoon for 16 weeks.
Why?

- Drug & alcohol issues
- Social isolation
- Homelessness
- Anger issues
- Mental health issues
Aims

• Using football & fitness to increase physical activity
• Create a relaxed and friendly environment
• Improve confidence and self esteem
• Healthier lifestyle choices
• To build skills which will aid in progression
Results

• 4 x 16 week programmes
• Engaged with 46 Veterans
• 80% engaged with employment & education providers
• 90% reported an Increase in health, wellbeing & confidence
• 70% gained a level 1.1 Coaching Qualification
# 16 Week Programme

<table>
<thead>
<tr>
<th>DAY</th>
<th>26/05/16</th>
<th>02/06/16</th>
<th>09/06/16</th>
<th>16/06/16</th>
<th>23/06/16</th>
<th>30/06/16</th>
<th>06/07/16</th>
<th>14/07/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.00-2.40</td>
<td>Induction and Welcome</td>
<td>PoE Learned Behaviors</td>
<td>Media Event</td>
<td>Employment Education &amp; Volunteering</td>
<td>PoE Emotion</td>
<td>PoE Responsibility</td>
<td>PoE Emotion</td>
<td>PoE Control</td>
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<tr>
<td>3.00-3.30</td>
<td>Fitness Testing</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Rangers Training Centre Visit</td>
<td>Fitness</td>
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<tr>
<td>DAY</td>
<td>21/07/16</td>
<td>28/07/16</td>
<td>04/08/16</td>
<td>11/08/16</td>
<td>18/08/16</td>
<td>24/08/16</td>
<td>01/09/16</td>
<td>08/09/16</td>
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<tr>
<td>1.00-2.40</td>
<td>PoE Habitual Thoughts</td>
<td>Health Improvement Team</td>
<td>PoE Acceptance</td>
<td>PoE Relationships</td>
<td>Employment Education &amp; Volunteering</td>
<td>PoE Expectations</td>
<td>Programme Evaluation</td>
<td>Celebration Event</td>
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<tr>
<td>3.00-3.30</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>Fitness</td>
<td>SFA Level 1 Coaching</td>
<td>Football</td>
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</tbody>
</table>
Partners
Developments

• Provide an aftercare service once a week

• Football team created – participate in tournaments

• Creating more opportunities to engage with employers
Gerry Murphy