



# Combat2Coffee

Changing lives one sip at a time

# Coffee that starts conversation

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Our mission is to improve the mental health, wellbeing and outcomes for veterans, ex-uniformed personnel, their families and communities.

We do this by roasting and selling the best Brazilian coffee and investing the profits in high impact outreach programmes, education, training and development.



# Our purpose

Ensure that no more veterans lose their lives, become slaves to medication or suffer along with their loved ones, due to struggles with mental health.

Help create a world where veterans and all those who have been taught to be tough in the face of trauma are heard, understood, and supported – using coffee as a vehicle for conversation.

Help veterans and ex-uniformed services personnel who are struggling in any way to get the support they need and find their place in the world.



# Who we support

## Veterans and ex-uniformed services personnel

People of service struggling with mental health issues and those who might want to tell a colleague who needs help about Combat2Coffee.

## Prisoners and ex-offenders

Similarly institutionalised and toughened, we help those unable to share their internal struggles, and face challenges with employment and life pathways after prison.

## Families and friends

It's not just those suffering who need Combat2Coffee's support - the people closest to them are also affected. Families and friends can get help themselves and become part of the solution.

## Local community

We operate a mental health and wellbeing coffee shop on the road. Able to pop up within the community, it's an instant safe opportunity for people who are ready to talk to find someone who will listen.



# Impact in 2023

We show people how their lives could be different by providing them with immediate, practical help and signposting them to services they may need, such as mental health support, physical wellbeing, jobs, training or housing.

This helps them regain a sense of purpose, identity and hope. If our work saves one person's life, then we've done enough.



# Outreach impact so far this year

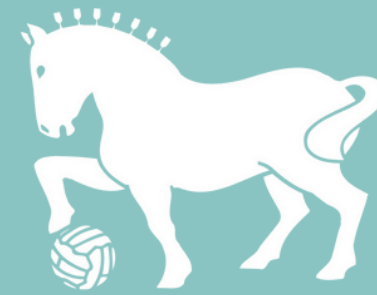


**173**

Attended Veterans  
Breakfasts in Ipswich

**103**

Attended Coffee  
Mornings in Ipswich



**135**

Attended ITFC  
Coffee Mornings

**75**

Attended ITFC  
Veterans Breakfasts

**153**

Attended Veterans Breakfasts  
in Bury St Edmunds

**157**

Attended Coffee Mornings  
in Bury St Edmunds



**20**

Attended community  
paid events



**13**

Attended Suffolk Mind  
Frontline Families training

# Outreach impact so far this year



**34**

Veterans are currently having 1-2-1 support from our Outreach team

The following number of beneficiaries received support via these various activity beacons.



**79**

via phone calls



**78**

via text message



**36**

via 1-2-1 meetings and video calls



**50**

via the ITFC Veterans Breakfast



**149**

via WhatsApp



**92**

via the Coffee Morning in Ipswich



**106**

via email

# Testimonials from those we've supported

“My husband's mental health has been a struggle for him and myself for over 50 years. When he joined the Combat2Coffee group, he found a place where he belongs and they helped him to get the attention of the NHS through OpCourage.

As he has Asperger Syndrome it has often been thought that most of his traits are due to this, however, after being seen by an OpCourage occupational therapist, it was thought that he suffers from Hypervigilance. This makes sense to me as he lives his life that way. If he had never met the Combat2Coffee team, this course of action would never have happened.”

“2021 was the final straw. I had a mental breakdown which caused me to not only to lose my partner but my children, house, job and my social standing. I tried to take my life but was unsuccessful and I later ended up in prison. On my release I was given a list of charities to engage with. I was on the verge of giving up, until I spoke with Combat2Coffee, my absolute saviour.”

“It's no exaggeration to say you've saved our family. I honestly don't think we'd have made it through these last few months without your support, so my gratitude is boundless. Granted the referrals have taken too long to bear fruit but we've known that help is coming, and that has taken a lot of pressure off.”

“We really are so truly grateful for Lydia's time and patience; she's always phoning us, picking us up or taking me to the coffee groups. Sometimes I'm down and she comes along and makes me laugh and life doesn't seem so bad. I don't think we could ever repay her or the Combat2Coffee team for everything she has done or does for us, but she's one of life's angels.”



# Who we work with

## Signposting services

Local and national organisations who offer practical or emotional support for mental health, physical wellbeing, jobs, training or housing.



## Supporting partnerships

Businesses and organisations who can support our cause by hosting a stand, van or workshop at events, offering work, providing funding or signing up to the Armed Forces Covenant.



## Commercial partnerships

We work and supply organisations across the UK, aiming to promote conversations and raise awareness about mental health.



# Testimonials from our partners

## Testimonial from O'Neill & Brennan:

“Here at O'Neill & Brennan we have seen the great impact of our Wellness Wednesday events in collaboration with Combat2Coffee. A statistic that recently came to light was 83% of construction industry workers have experienced some form of moderate to severe mental health issue. By welcoming Combat2Coffee onto our client's construction sites and encouraging both our and their workforce to speak up and ask for help when needed has proved extremely positive. As a heavily male dominated industry we have seen the importance of Combat2Coffee's mental health 'toolbox talks'.

We have seen outcomes where individuals that are suffering with poor mental health have reached out to Combat2Coffee and have received incredible support from the Combat2Coffee team.”



## Testimonial from Ipswich Town Football Club Foundation:

“Here at Ipswich Town Foundation, we're proud to be partnered with Combat2Coffee. We work together on a few initiatives including 'I've Bean Better' and 'Medals2Matches' which are very important in raising awareness of mental health and promoting healthy conversation. As a Football Club and Foundation, we have a large reach with our supporters, and it is vital that we use our platform for good, and our partnership with Combat2Coffee is one that is positively impacting the lives of people in the local community.”



# Our commercial work

We form collaborative partnerships with various local and national businesses who support our mission.

Currently, we supply all coffee to Ipswich Town Football Club, including at Portman Road and Playford Road, featuring our bespoke 'Cuppa Townen' roast. We also provide our 'Fusion' roast to EDF at Sizewell C.

In collaboration with Tiptree Patisserie, we've launched a range of flapjacks and brownies, and with Woodforde's Brewery, we created a coffee stout for Remembrance month.

These commercial partnerships help fund our cause and raise awareness while demonstrating a commitment to the armed forces community. We continue to seek new opportunities to build lasting relationships nationwide.



**Sizewell C**  
The power of **good for Britain**

**Tiptree**  
· PATISSERIE ·

  
**WOODFORDE'S**  
BREWERY



# Our coffee

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Our premium coffee beans are directly sourced and sustainably traced from a family run farm in Brazil.

Green beans are imported directly from the farm in Brazil and then delivered to our roastery in Ipswich. Once they reach our roastery, the beans are roasted by veterans, ex-blue light service or ex-offender volunteers.

Roasted beans then go through our vigorous quality control checks, which involve cupping protocol and tasting to ensure every batch meets all standards.

The coffee cupping score developed goes from 0 to 100 and only coffees scoring 80 points or above get the “specialty coffee” badge of honour. Our coffee scores a **83 speciality grading**.

Our coffee is Rainforest Alliance and UTZ certified. The certification stands for more sustainable farming.

Beans are then bagged and labelled, ready for distribution to sites across the UK.

Our blends are St Georges, Cuppa Townen, Choc’s Away (decaf), Fusion Blend and Spill the Beans.



# Spill the Beans

Spill the Beans is Combat2Coffee's non-military related sister brand that aims to create conversations across the country, allowing those who may struggle in day-to-day life to speak out through the power of coffee.

Spill the Beans is more than just coffee. Every cup you enjoy supports mental health outreach work where people can talk about their struggles and seek support.

We want to ensure that everyone has a chance to reach out for help, and with every sip of coffee, you're helping to make that happen.



## Our coffee

Our premium coffee beans are directly sourced and sustainably traced from a family run farm in Brazil.



Roasted in Ipswich, the team of staff and volunteers produce the unique Spill the Beans blend.



## Coffee that starts conversations

Spill the Beans is more than just coffee. Every cup you enjoy supports mental health outreach work where people can talk about their struggles and seek support.



Each coffee means less people have to sip in silence.



## Don't sip in silence

**250,200**

hot drinks were served in signposting cups in a year.

**250**

events also attended to serve coffee and raise awareness of our support services.



Spill the Beans aims to create conversations across the country, allowing those who may struggle in day-to-day life to speak out through the power of coffee.

# Our operations

Our roastery is set up with two commercial coffee roasters:

- 3kg manual drum roaster, 12 kg/h efficiency, roasting time 8-20 minutes
- 15kg manual coffee roaster, 60kg/h efficiency, 8-20 minutes

Our current weekly roasting production is up to 2.5 tons which can be scaled up to meet demand.

We go through an extensive set of tests to determine the optimum roast recipe for each individual type of green coffee in our range. These recipes are saved and stored to replicate standards.

Each roast goes through a rigorous quality control process to ensure consistency and to detect potential anomalies within the green coffee. All these checks are recorded and filed for due diligence purposes.

Once roasted, we allow coffee to rest and degas for a minimum of 48 hours before packing.

We supply coffee at sites across Suffolk, Surrey, London, Bristol, Birmingham, Kent, Glasgow, Yorkshire, Manchester, Leicestershire, Essex, Staffordshire, Salisbury, Hampshire and Wiltshire.

Counties we operate in:



# Our prison outreach

We have worked with the HM Prison Service since 2020, delivering our Level 2 Accredited Barista Qualification. Training is accessible by any prisoners wishing to take on training that can up-skill them and improve their chances of employment upon release.

We also operate a network of staff and visitor prison cafes, supervising some of the residents who help to run the Coffee Shop, with training and employability skills.

This provision provides good quality affordable food & drinks to those visiting prison residents.

We also work with the establishment providing support to any veterans that may be in Custody.

MCTC Colchester, Chelmsford,  
Fosse Way Leister, HMP Millsike  
and Highpoint



# Our founder

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Combat2Coffee was founded in 2018 by Nigel Seaman, a veteran from Ipswich, Suffolk.

After serving 12 years in the British Army with the Royal Anglian Regiment, Nigel worked as a firefighter and prison officer, before being medically discharged due to health issues.

This triggered mental health challenges and flashbacks to his days of service, resulting in a diagnosis of PTSD.

Nigel was accepted onto a six-week trauma related course. During this course, he used his own machine to brew coffee for other members of his group. It was here Nigel discovered coffee was a great conversation starter which then led to the idea of Combat2Coffee.

Today Nigel is the CEO of Combat2Coffee, focussing on his areas of strength: making connections across the community, driving commercial growth, and ensuring those in need get support.





# Our patron

In June, we were delighted to announce England football icon Terry Butcher became Combat2Coffee's first patron.

The former England and Ipswich Town captain has been a vocal backer of calls for greater mental health support for veterans' families since his son Christopher, who served in Afghanistan as a Captain in the Royal Artillery, sadly died in 2017 after a battle with post-traumatic stress disorder (PTSD).

Terry has previously supported us at our veterans' breakfasts and will now be even more present as we look to ramp up support to the armed forces community.

Together we will not only look to change lives one sip at a time through our coffee, but utilise his reach to influence positive change at a national level.



# Support services

As well as coffee, we provide a number of support services to our customers and partners. These include:

- **Training** - A number of training courses are available to ensure our coffee is delivered to the highest of standards - barista, brewing, sensory.
- **Equipment** - We work with a number of equipment manufacturers to be able to offer a competitive range of coffee machines and grinders tailored for all needs.
- **Service and maintenance** - We work with a service partner to manage reactive repairs and planned maintenance in the most efficient manner.





# How to partner with us

If you would like to partner with us, donate or sponsor Combat2Coffee, please contact our Managing Director Karen at [karen@combat2coffee.co.uk](mailto:karen@combat2coffee.co.uk) or call **01473 956262**



# Connect with us



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