Ref: EE2613

Dundee Partnership
Community Regeneration Fund

Grant Application
2026/27

Applicant Information	
Name of Applicant Group	CHT Douglas Feel Good Women's Group
Activity Title	
Grant Requested (£)	£560

- The Youth Inclusion Fund is to provide financial assistance for community initiatives aimed at working with Children and Young People. Applications should be for an activity (or activities) focused on including children & young people in activities, diverting young people from an existing undesirable activity or preventing them joining in with such activity. This should reflect a need that children and young people have been consulted on.

- The Small Grants Fund is for other applications that contribute towards achievement of the Dundee City Plan / Local Community Plan, usually up to £5,000, but there may be lower local restrictions on the amount. Therefore, it is important to check with the relevant Community Worker as listed on page 8 for any local restrictions or other requirements.

This application should address needs in one of the below Wards within which the Dundee Partnership supports activity. If an activity covers more than one Ward then an application is required for <u>each</u> Forum, but it is essential that each application can stand on its own if agreed and that the application is <u>not</u> for a city-wide activity, but a local activity that is to take place in more than one Ward.

TICK THE WARD WHERE YOUR PROJECT WILL OPERATE
Coldside
✓ East End
Lochee

PLEASE INDICATE WHICH TYPE OF GRANT YOU ARE APPLYING FOR
✓ Small Grant
Youth Inclusion

Maryfield North East Strathmartine

Please note that communications regarding this application will be sent to you via email unless you indicate otherwise. All communication for this application should be made to dundee.partnership@dundeecity.gov.uk

Checklist for the DP Community Regeneration Fund Application Form

Before submitting your application form to the Dundee Partnership Team, please use the below checklist to ensure that your form is as fully completed as possible. Please also note that submitting an incomplete form can cause delays in processing or rejection of your application.

Have you:

Read the guidance sections of the form	✓
Fully completed the information on the front of the form	✓
Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant)	✓
Checked that your budget adds up properly?	✓
Checked that your start date is after the date at which funds could be available, (see page 6) and that your end date is within the financial year?	✓
Included appropriate, measurable outputs & outcomes?	✓
Provided your groups accounts, or other appropriate financial information?	✓
Sourced and attached all relevant quotes? (multiple quotes are required where >£5,000 is being applied for to ensure value for money is being considered)	✓
Checked that the bank details or financial code are correct / complete?	✓
Signed the form, given accurate contact details and ticked the GDPR box?	✓

Who is the grant for? (Name of Applicant Group / Department)	CHT Douglas Feel Good Women's Group

Did you receive a Dundee Partnership grant during 2025-26? (If yes, list all grants below)			**NO**
Title of project funded	**Amount granted**	**When**	**Was it fully spent?**

Please give a description of what you want this grant for - (please limit your answer to 500 words or less)

This grant is for a local women's wellbeing group that meets weekly to provide a welcoming, supportive and inclusive space where women come together, connect with each other and take part in activities that promote health and wellbeing.
The group provides an opportunity for women to develop friendships, reduce social isolation and build confidence in a safe and supportive environment. Through sharing experiences, skills and ideas, members support one another and develop a stronger sense of community.

The project.
The women have been working together to develop a collection of recipes that reflect their knowledge, experiences and cultures. They would like to bring the recipes together and create a community recipe booklet. The booklet will be created by the women, for the women, giving members an opportunity to contribute their own recipes, stories and ideas. The process of creating the booklet will encourage participation, creativity, design skills, confidence and teamwork, while celebrating the skills and experiences within the group.

This is an important aspect of the groups development with food and cooking a powerful way of bringing people together. Sharing recipes provides an opportunity to share culture, memories and experiences while encouraging conversations about healthy eating and wellbeing.
For some women the group provides an important source of social connection. Working together on a shared project will enhance cohesion and give members a sense of achievement and ownership.
The recipe booklet will be more than a collection of recipes. It will represent the women's voices, creativity and contribution to their community.

The women hope the booklet will encourage further participation in the group and provide a positive example of how women working together can support health, wellbeing and social connection. The women believe that investing in this project will support both the individual wellbeing of the women involved and the strength and connectedness of the wider community.
The second element is the provision of a mindfulness breathing workshop to celebrate the achievements of the women and an invitation to a local artist who would support the recipe booklet design.

Which City Plan / Local Community Plan Outcome(s) will it address?

City Plan Strategic Priority – Health, Care and Wellbeing, improving mental wellbeing

How many people will benefit from this project?	
Will any specific groups benefit from this project? (male, female, age range or protected characteristic) 10 women, group members, with wider audience once booklet is produced.	

Please say why the project is needed (please limit your answer to 500 words or less)

The project is needed to support a women's feel good group to expand their reach and increase membership for women in the East End of the city who are not aware of the activities at their local community Centre.
The booklet production will allow a wider reach. To improve women's wellbeing and sense of belonging. It will reduce social isolation, strengthen friendships, building confidence and self – esteem. It will give women a sense of achievement, teamwork and design skills through completing the project together.

What local consultation has taken place regarding this application?
(Please attach evidence summarising the results of any consultation)

Women who attend the Feel Good women's group have asked to produce a recipe booklet to show their strength as a group and have shared ideas and are vested in the input for the application. They are looking at this to expand their reach to include local women who experience social isolation.

What evidence do you hold that the local community supports this application?
(For example, was it proposed by members of a particular group? Does it directly address need identified by community members?)

Group members have spoken with other groups in the community they attend and this proposal stems from the conversations they have had with others, listening to their ideas, whereby the booklet will be a tool to engage and encourage local women to attend, to reduce social isolation, by continuing to provide a wide range of self - care and wellbeing activities.

How will the project / activity tackle deprivation or benefit those experiencing deprivation? (Refer to Section 1 of the Guidance Notes)

All resources provided will be free at the point of use, helping to reduce financial barriers to participation.
The booklet may also become a useful resource to improve practical cooking skills and confidence in preparing affordable meals. To support women to share knowledge across generations and cultures. The project will increase

awareness of local support, wellbeing, and community services. It will help women to feel valued, heard and recognised for their contributions. It will provide opportunities to develop teamwork, communication, organisation and creative skills, for future group sessions, community events and partnership work with others.

What other sources of funding have you secured / tried to secure for this project?

- **If none, please state why this is the case**

(Detail below, including applications that are pending or that have been turned down. We may ask for further evidence of an application for other funding)

Source of Funding (detail if this funding is for more than 1 year, if applicable)	£
CHT and Giving Back partner agency (staff) and own resources	0.00

What are the costs of your activity and how much money is required? Please give specific details (expand list / use an additional sheet if required) and provide all quotes (good practice for applications for over £5,000 is to provide three quotes to ensure value for money is received, and we will require to see these where relevant).

Cost Heading	Full Costs (£)	DP Aid (£)
Printing costs	200	200
Art workshops x 2	160	160
Mindfulness Breathing workshop	200	200

Totals	560	560

- **All applicants are required to submit a copy of the group's most recent annual accounts with this application. These will be used to help determine eligibility for funding, and WITHOUT THEM AN APPLICATION WILL NOT PROCEED**
- **If reserves held are less than three months operating expenses please confirm this below**

Note that if you have already submitted your accounts within this financial year, further copies may not be needed - please check with the Dundee Partnership Team if unsure

What other documents are you attaching to evidence the budget costs for this application? (e.g. quotes, estimates, projected income and expenditure)

Quotes for printing, Local artist invoice, Breath and Be workshop invoice and Income of Buddy Bank

How do you intend to monitor the project Outputs and Outcomes?

Attendance
Qualitative Feedback
Booklet production

What is the planned start date of the event/activity? Please note turn around on applications is 6 - 10 weeks and funding cannot be retrospective *(see section 2 of the guidance notes)*	Late November 2026
What is the planned end date of the event/activity?	December 2026

Outputs & Outcomes

It is expected that applicants will have evidence to support performance information when completing returns on the performance against target. Consideration of this should be given when outputs and outcomes are set out.

Applicants will usually refer to one City Plan / Local Community Plan Outcome, but the opportunity is given for up to two, if required. **Please refer to section 3 of the Guidance Notes** for examples of outputs and outcomes / indicators.

City Plan / Local Community Plan Outcome: **City Plan – Health & Wellbeing** **Ward 7 East End Locality Community Plan 2022 – 27**	
Purpose of activity / project within this Outcome:	
	Target 2026-27
Outputs	
Improved social inclusion and community connection	
Enhanced wellbeing and confidence	
Outcomes / Indicators:	10 - 20

City Plan / Local Community Plan Outcome:	
Purpose of activity / project within this Outcome:	
	Target 2026-27
Outputs	
Outcomes / Indicators:	10 - 20
Attendance	
Qualitative Feedback	
Photographic Documentation	