

Ref: C2602

Dundee Partnership
Community Regeneration Fund

Grant Application
2025/26

Applicant Information	
Name of Applicant Group	Leisure & Culture Dundee – Active Schools & Community Sport Hubs
Activity Title	Family Activity Programme
Grant Requested (£)	£1462.50

- 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 each Forum, but it is essential that each application can stand on its own if agreed and that the application is not 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

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

East End	
Lochee	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 | <input type="checkbox"/> |
| Fully completed the information on the front of the form | <input type="checkbox"/> |
| Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant) | <input type="checkbox"/> |
| Checked that your budget adds up properly? | <input type="checkbox"/> |
| 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? | <input type="checkbox"/> |
| Included appropriate, measurable outputs & outcomes? | <input type="checkbox"/> |

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)	Leisure & Culture Dundee (for a partnership project between Active Schools, Caird Park Community Sports Hub & Dens Road Primary School)		
Did you receive a Dundee Partnership grant during 2024-25? (If yes, list all grants below)			YES / NO
Title of project funded	Amount granted	When	Was it fully spent?
Family Activity Programme	£1610.00	22/04/25	Yes

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

This grant will be used to continue the family programme run at DISC every Wednesday between 5pm-6pm. Through consultation with Active Schools and the School and Family Development Worker at Dens Road Primary School, families who do not participate in sport have been identified and families that struggle with food provision. We run a family programme every Wednesday with families identified by the School and Family Development Worker as those most in need of support, invited to attend. The families participate in a range of sports which are delivered by volunteers from Caird Park Community Sports Hub and includes athletics, badminton, cricket, football, hockey, karate and rugby. There are multiple benefits to the families who bond through participating together.

A crucial part of the programme is our partnership with Fareshare who provide a food delivery which enables each family to take home 2 bags of food supplies each week. As the sports are provided by volunteers, the grant is to continue providing the food provision as part of the programme. We request a weekly delivery of food provision from Fareshare to support the families to cook healthy meals and have access to food that they otherwise would be unable to afford. We will also use this grant to purchase snacks at best value for families on arrival e.g. bottles of water, cereal bars. Feedback has shown this is a crucial support to families with one parent advising that the food bags “really support my family at the moment, especially towards the end of the month”.

Due to volunteer and staff capacity this programme is targeted at families from Dens Road PS rather than opened up to families from all schools in the ward. Another key consideration in selecting families from Dens Road PS is to enable families to walk to the venue as we know from parent consultation that a key barrier to participating in some sports is that they do not have access to transport. This provision runs during term time with the free food provision also used to engage families who otherwise would not engage with a sports session.

Over the past year the programme has engaged 18 families from Dens Road PS with 92% of these living in SIMD 1/2. One family fed back that “knowing that there are food bags helps a lot, not having to worry every week which is a regular thing recently in my household”. This highlights how crucial it is that we continue to provide food provision as part of the programme.

Families are the target group for the programme as we develop stronger relationships between parents and their children and give them an opportunity to be active and learn new skills together. This is reflected in the following feedback from a

parent - “knowing you can have fun without spending a penny, would highly recommend, fun, different each week. Totally enjoy as a family”.

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

The City Plan for Dundee outlines the importance of partnership working to improve the quality of life for people in Dundee. This application is a prime example of partnership working with Caird Park Community Sports Hub and Active Schools working with Dens Road PS and another charity – Fairshare, to improve the lives of families through community outreach work by providing a weekly multi-sport programme in the community with food provision.

One of the key priorities is to reduce deprivation and inequalities across Dundee, reducing child poverty and inequalities in income, education and health. Through our provision we will provide activity to help address inequalities in health, ensuring that families in the ward have access to sporting opportunities for the benefit of their physical and mental health. There are strong links between poverty, mental health and obesity therefore early intervention through sport and physical activity is crucial.

I have outlined below how this application contributes to some of the outcomes outlined in the City Plan:

Mental health of our citizens will improve through accessible community supports: Caird Park Community Sports Hub will deliver a variety of sports with one of the aims, improving the mental health of all through participation in sport. The mental health of parents will also improve due to social relationships developed with other parents attending the programme and reduced stress due to regular supply of additional food provision.

Adults & children living in Dundee will be more physically active and those living in our most deprived communities will enjoy greater access to green space: Families in Coldside have fewer sport and physical activity opportunities and this initiative will increase opportunities available to them to participate and become more physically active. The fact that this is a family programme is hugely beneficial to parents as there are no age restrictions which means that all family members can participate together.

Coldside Community Plan:

Improving life chances for children and families: Active Schools have identified through consultation that many young people do not participate in sport or physical activity due to multiple barriers. This provision provides a weekly programme for families in a safe environment which brings people

together to build friendships and reduce isolation. It also brings families from different backgrounds and cultures together developing relationships and learning from each other. The food provision also ensures that families eat a healthier balanced diet.

Respond to the cost of living crisis: Through our relationships within the ward, families expressed that they sometimes struggle to cope due to lack of money. Our partnership with Fairshare to provide food provision is hugely important as many of the families struggle for finances to purchase adequate food supplies. The food provision provided is extremely good value for money at £2.50 per tray each week.

This programme supports the following community priorities in the Coldside Community Plan: Cost of living, Health & Wellbeing and Children & Families.

How many people will benefit from this project?		30 approx
	<p>Will any specific groups benefit from this project? (male, female, age range or protected characteristic)</p> <p>Yes, families from Coldside who attend Dens Road PS will be identified by the school and family development worker based on need. Children of primary school age and their parents/siblings.</p> <p>75% of the families come from BME background and have English as an additional language.</p>	

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

Through consultation with Dens Road PS and Active School Coordinators it was identified that children in the Coldside ward lack opportunities to participate in sport and physical activity. There is also a lack of sports clubs in the area and barriers facing people in Coldside, preventing them travelling to sports clubs in other parts of the city. Through this project Caird Park Community Sports Hub provide free after school sports opportunities to ensure families from Dens Road PS have access to sport which will improve their confidence, skill development and give them the opportunity to have fun and be active together. From this project we see an improvement in both the physical and mental health of families in the area. Caird

Park CSH and Active Schools use sport as a vehicle to improve the lives of people for the better. In addition to the physical benefits, sport can also combat isolation, improve challenging behaviour and skill development.

The project is also needed in relation to poverty and deprivation in the ward, meaning the food provision is a crucial part of the programme. With 21.3% of the population of Coldside classed as income deprived (Scottish Government SIMD Data 2020) this grant to provide food provision as part of the sports programme, is absolutely crucial with the families facing cost of living challenges resulting in families not having the finance for adequate food provision or the finances to support being active. With this in mind it is extremely important to provide free and inclusive opportunities for families to be active and support with additional food provision.

A survey carried out by Active Schools showed that only 9.5% of pupils living in SIMD 1 & 2 in Dundee meet the daily physical activity guidelines. This percentage drops even further to 7.9% for girls living in SIMD 1 & 2. This is stark evidence that there is a need for more affordable and local opportunities for children and young people to participate in sport. The family activity programme provides free, local opportunities for families to engage in a range of sports.

In summary, through feedback received from the families we know this programme makes a significant impact on families from the Coldside Ward, this programme provides families the opportunity to participate in sports that they otherwise would not be able to access and provides families with crucial food provision. Families build relationships, make new friends, develop skills and improve their physical and mental wellbeing. Funding this programme will be a crucial support to families accessing both sport and food provision. One parent commented "knowing you can have fun as a family without spending a penny, would highly recommend, different each week. Totally enjoy as a family".

What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

Discussions have taken place between school staff and Active Schools Coordinators/Community Sport Hub Officer with school staff outlining the need for more continued sport and physical activity opportunities for families and highlighting the significance of the food provision to families.

Feedback has been received from parents, outlining the impact of the sessions, the importance of the food bags and the continued need.

One of the parents confirmed the significance of the food bags by informing us that the food bags “really support my family at the moment, especially towards the end of the month”.

A second parent provided the following quote to show the impact of the provision to date and support the continued need for the project: “the food bags have cut major expenses in our food budget, and we are very appreciative of this. Thank you to everyone that comes together to make this possible, it has a major positive impact on our lives”.

Whilst not statistically recorded, through discussion between the school and family development worker and the parents, many families that access the provision reported that they face mental health challenges, substance misuse and concerns around child healthy weight. This project helps support all these challenges.

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?)

In February 2026 we carried out a feedback survey with the families that attend the provision. The following quote which was received from a parent through the survey demonstrates the positive impact of the provision and therefore supports this application: “Me and my daughter love to come, we meet new friends and I see my daughter at her happiest”.

Another parent demonstrates the social impact of participating: “We all learn new skills, get to be active and socialise with others”.

A third parent commented “it is the highlight of our weekdays, bonding as a family doing fun activities together”.

This evidence demonstrates that there is a strong desire from families to continue participating in the programme.

The programme is also supported by the school and family development worker from Dens Road PS who attends each week to support the families and distribute the food provision.

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

Due to the families living in an area of deprivation there are fewer opportunities for them to access and greater lifestyle challenges including the cost-of-living crisis and purchase of adequate food provision.

This project gives families the opportunity to participate together and brings the provision to their doorstep, breaking down barriers they face to participation including transport and cost. We believe that everyone should have equal opportunity to participate in sport and physical activity and by continuing to provide this activity in the Coldsides community, we will continue to help to tackle inequalities.

The provision of food as part of the programme is hugely beneficial to enhance the weekly food supplies of the family's experiencing deprivation.

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)	£
None, as this activity directly has a positive impact on families in Coldsides we have identified Dundee Partnership as the most	n/a

appropriate funding source to support addressing this local community need.	
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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 (£)
Cost of food from Fairshare for food bags: £75 per week (30 trays at £2.50 per tray of each food). Annual cost = £1162.50 (31 weeks)	£1162.50	£1162.50
Cost of purchase of snacks for while in attendance at the provision: Annual cost = £300.00	£	£
Totals	£1462.50	£1462.50

- **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)

I requested confirmation from Fareshare (e-mail dated 05/03/26) if the price per tray will remain £2.50 in the new financial year. They have advised that meetings are ongoing and a decision will be made by Monday 16th March. If the price is increased, we anticipate this would only be a slight increase and the grant funding would be managed accordingly

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

Staff will conduct a survey a survey with families attending to gain appropriate feedback.

We will also evaluate the project through obtaining feedback from vital partners including school and family development workers. Through our existing strong relationships with school staff, we will work closely together to measure the impact of the programme.

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 (<i>see section 2 of the guidance notes</i>)	29/04/26
What is the planned end date of the event/activity?	31/03/27 (term time only).

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: Improve life chances for children and families.	
Purpose of activity / project within this Outcome: The programme will provide weekly sporting opportunities and food provision for families. Families will gain an understanding of the benefits of being active as a family. The weekly food provision will support families to provide for all family members and ensure they are eating a healthy diet.	
	Target 2025-26
Outputs	
Families will benefit from free and local sport and physical activity opportunities and food provision.	25
Outcomes / Indicators:	
We will consult with 15 parents from the families attending to find out their views on increased access to sport and physical activity opportunities and food provision.	15 parents

City Plan / Local Community Plan Outcome: Respond to the cost-of-living crisis.	
Purpose of activity / project within this Outcome: The programme will provide free physical activity sessions in a local facility. We will also provide a free snack on arrival and free food bags to each family to take home at the end of the session.	
	Target 2025-26
Outputs	
Families will receive additional weekly food provision.	25

Outcomes / Indicators:	
We will consult with 15 parents from the families attending to find out their views on increased access to sport and physical activity opportunities and food provision.	15