

Ref: F2508

**Dundee Partnership**  
**Community Regeneration Fund**

**Grant Application (Ferry / West End)**  
**2025/26**

Applicant Information	
<b>Name of Applicant Group</b>	Broughty Ferry Community Council
<b>Activity Title</b>	Breathing Space Bench
<b>Grant Requested (£)</b>	£1724.20

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The Local Community Planning Partnerships (LCPPs) in the Ferry and West End will examine their existing Local Community Plans to identify outstanding actions with a direct relationship to community regeneration and consider allocation of some or all of their available funding to commissioning works that would allow achievement of these agreed priorities. Each area has an allocation for 2024/25 with which to commission activities, and so activities that attract external funding may be prioritised.

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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 ward, 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

The Ferry

West End

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](mailto: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 checked="" type="checkbox"/> |
| Fully completed the information on the front of the form   | <input checked="" type="checkbox"/> |
| Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant)   | <input checked="" type="checkbox"/> |
| Checked that your budget adds up properly?   | <input checked="" 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 checked="" type="checkbox"/> |
| Included appropriate, measurable outputs & outcomes?   | <input checked="" type="checkbox"/> |
| Provided your groups accounts, or other appropriate financial information?   | <input checked="" type="checkbox"/> |
| Sourced and attached all relevant quotes?<br>(multiple quotes are required where >£5,000 is being applied for to ensure value for money is being considered) | <input checked="" type="checkbox"/> |
| Checked that the bank details or financial code are correct / complete?  | <input checked="" type="checkbox"/> |
| Signed the form, given accurate contact details and ticked the GDPR box?   | <input checked="" type="checkbox"/> |

<b>Who is the grant for?</b> (Name of Applicant Group / Department)	Broughty Ferry Community Council		
<b>Did you receive a Dundee Partnership grant during 2024-25?</b> (If yes, list all grants below)			<b>NO</b>
<b>Title of project funded</b>	<b>Amount granted</b>	<b>When</b>	<b>Was it fully spent?</b>

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

The grant is for the purchase and installation of a Breathing Space bench for Broughty Ferry.

A Breathing Space Bench is a physical bench installed across Scotland as part of an initiative to promote mental health and wellbeing. They are designed to be a safe and welcoming space for people to pause, reflect, or have a quiet conversation with someone. These benches are part of the larger "Breathing Space" service, which is a free and confidential telephone and web-chat service for anyone in Scotland experiencing low mood, depression, or anxiety.

100 benches have been installed across Scotland including Dundee Railway Station and Dundee & Angus College campus. The addition of a bench in Broughty Ferry connects the area with these communities, Scottish Government, NHS and the voluntary sector.

What they are

- A physical space: Benches are being installed in various locations, including railway stations and community spots.
- A mental health tool: The benches are a permanent, physical reminder to prioritize mental wellbeing and encourage open conversation about mental health.
- An initiative: They are part of the "Take Some Breathing Space" initiative, a collaborative effort between organizations like NHS 24's Breathing Space, Samaritans, and Network Rail.

What they are for

- To pause and reflect: They provide a designated spot to take a moment for yourself and de-stress.
- To connect with others: They are a space for people to have a conversation and support one another.
- To raise awareness: They act as a symbol that encourages people to reach out for support if they need it.

How they are connected to the Breathing Space service

- Phone and web-chat support: The benches are a physical tie-in to the telephone and web-chat service, where you can speak to a trained advisor for a confidential listening ear.
- Service details: The benches often have information pointing people to the service for those who need to talk further or are struggling, especially in the evenings and weekends.
- Telephone number: The phone number for the service is available for those who need to talk. You can find it on the benches and on the Breathing Space website.

Broughty Ferry Community Council would like to deliver an initiative that encourages kindness, openness, and mental wellbeing, values that are important to BFCC and the community we serve.

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

#### **Locality Community Plan 2022-2027 Ward 8 The Ferry**

Empowering Communities > "We need quality green and open spaces that people can access in their own communities" | "Engagement has identified a strong connection with green spaces across the ward and a desire to be involved in their management and development"

#### **City Plan 2022–2032**

The project supports the Decisive Shift to Prevention via

Social Prescribing: Increasing the use of "social prescribing" to connect residents with community lifestyle activities rather than just medical interventions.

Early Intervention: A focus on low-level, community-based interventions to prevent mental health deterioration.

Improve Mental Health and Wellbeing: Increase awareness of mental health across the Partnership and in our communities | Improve access to good mental health, wellbeing and recovery support | Improving our suicide prevention approaches and our response to people in distress

#### **Dundee Health and Social Care Partnership Delivery Plan 2024 - 2026**

Strategic Priority Inequalities - People who have mental health and wellbeing needs have a wider choice of easily accessible community-based supports | Outcome - There are fewer deaths by suicide.

Strategic Priority Self-Care - Develop a programme of work to improve public information about services, supports and self-care resources.

Strategic Priority Open Door - People find information about health and social care services and

supports easy to find and to understand. | Develop a programme of work to improve public information about services, supports and self-care resources.

### **Creating Hope Together in Dundee Strategy 2024-2026 Dundee's Suicide Prevention Delivery Plan**

Focuses on creating safe, inclusive, and compassionate communities to prevent suicide.

Action 2.2 In conjunction with Local Community Planning Partnerships (LCPPs), test a suicide safer communities initiative in two LCPP areas, and roll-out agreed model city- wide | Active engagement from community groups, organisations and businesses in suicide prevention activity.

Action 2.4 Support the development of a Protecting People communications plan to ensure positive messages about support available are shared through a range of communication channels and engagement activities.

<b>How many people will benefit from this project?</b>	
<p>Will any specific groups benefit from this project? (male, female, age range or protected characteristic)</p> <p>Most specifically, anyone over the age of 16 experiencing low mood, depression or anxiety.</p> <p>Additionally the Ferry Local Community Plan highlights the need to improve mental health and wellbeing, specifically addressing limited support for those who are isolated or suffering from the effects of stress.</p> <p>More widely the benches have been a focal point for walking groups and cycle groups and generally as a meeting place for all.</p>	

<p><b>Please say why the project is needed (please limit your answer to 500 words or less)</b></p> <p>By creating welcoming spaces in our community, where people can sit and take some Breathing Space, a place to listen and talk, showing kindness and compassion. we hope to encourage open conversations about mental health and remind people that support is always available.</p> <p>pause, reflect, and, if you choose, share a moment for conversation.</p> <p>These benches are more than just a place to sit. They are a visible invitation to pause, reflect, and connect, a physical resource that encourages dialogue, mutual support, reflection and recuperation and will be a valuable addition to the space.</p> <p>Fresh air, natural light, movement, and even brief moments with nature, like listening to birdsong or noticing colours, textures and water, can all help ease stress and lift mood. The campaign encourages</p>
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people across Scotland to take small outdoor moments each day to pause, reset, and reconnect with themselves.

This bench initiative is unlike traditional bench projects such as memorial benches; this initiative is designed to:

- Encourage reflection and mindfulness in public spaces.
- Promote help-seeking behaviours by displaying contact details for services like Breathing Space and Samaritans.
- Embed mental health awareness into the physical landscape of communities.
- Signal that local areas aspire to be mentally healthy environments. It's a symbol of support, compassion, and the importance of mental wellbeing.

We hope the bench will not only foster a supportive and empathetic atmosphere but will create a sense of unity and understanding among the residents of Broughty Ferry

**What local consultation has taken place regarding this application?**

(Please attach evidence summarising the results of any consultation)

The results of the Engage Dundee survey in 2021 for The Ferry support the proposal.

*What would improve Community Living where you live?* - Environment was top at 40%.

*What would improve Community Spaces* - "More benches or picnic areas."

*What would improve Community Spirit.* - "Coming together to make communal spaces more attractive and not just for children."

**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?)

The proposal was initially in response to an approach to the community council about more seating in and around the railway station. The Breathing Space project was mentioned as an existing example at Dundee railway station and Dundee College.

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

Deprivation is not always linked to economics, a focus for BFCC and this project will be supporting older people who may feel isolated and lonely, helping to improve their physical and mental health and wellbeing.

Addressing social isolation is a key metric, as approximately 40% of Ferry residents reported feeling socially isolated or lonely in the Engage Dundee 2023 survey.

Although the focus of the project is the bench, BFCC and Breathing Space can work alongside key stakeholders to scope out further opportunities to collaborate and communicate, for example the Ferry Fridge, Queen Street Community Garden and Growing Chrysalis (SAMH) at Duntrune Community Garden.

**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)	N/A

**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 (£)
BREATHING SPACE BENCH SEAT, FEET	£1264	£1264
PLAQUE 150x100MM (50-55 WORDS)	£67	£67
DELIVERY CHARGE	£105	£105

<b>Total ex vat</b>	£1436	£1436
<b>Total inc vat</b>	£1724.20	£1724.20

- **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 unrestricted 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

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

Quote for Broughty Ferry bench from approved engineering firm, shared by Breathing Space.

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

A combination of Breathing Space measurements, actively acquiring direct feedback and anecdotal evidence from stakeholders.

<p><b>What is the planned start date of the event/activity?</b></p> <p>Please note turn around on applications is 6 - 10 weeks and funding cannot be retrospective (<i>see section 2 of the guidance notes</i>)</p>	<p>Start Date 1<sup>st</sup> March 2026 to ensure installation ready for launch on Mental Health Awareness Week 2026 Mon, 11 May 2026 – Sun, 17 May 2026</p>
<p><b>What is the planned end date of the event/activity?</b></p>	<p>Ongoing</p>

**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.

<b>Locality Community Plan 2022-2027 Ward 8 The Ferry: We need quality green and open spaces that people can access in their own communities</b>	
<b>Purpose of activity / project within this Outcome:</b> Opening access and increasing dwell time in a central green space.	
	<b>Target 2025-26</b>
<b>Outputs</b>	
Provide and install a Breathing Space bench in the Broughty Ferry Ward	
Hold a launch event with stakeholders to raise awareness	
<b>Outcomes / Indicators:</b>	
Deliver the bench on time and within budget	
Undertake direct feedback survey once the bench has ben installed	
Engage with local stakeholders to capture anecdotal feedback	

<b>City Plan 2022–2032</b>	
<b>Social Prescribing: Increasing the use of "social prescribing" to connect residents with community lifestyle activities rather than just medical interventions.</b>	
<b>Early Intervention: A focus on low-level, community-based interventions to prevent mental health deterioration.</b>	
<b>Improve Mental Health and Wellbeing: Increase awareness of mental health across the Partnership and in our communities   Improve access to good mental health, wellbeing and recovery support   Improving our suicide prevention approaches and our response to people in distress</b>	
	<b>Target 2025-26</b>
<b>Outputs</b>	
Provide immediate access to an NHS listening service ranging from low mood, loneliness, anxiety and depression to those in acute distress	
Use the Breathing Space Bench as a tool to raise awareness	

Outcomes / Indicators:	
Work with Breathing Space to support their evaluation e.g. monitor engagement via the QR Code and phone number on the bench	