

Ref:

EE2506

**Dundee Partnership**  
**Community Regeneration Fund**  
  
**Grant Application**  
**2025/26**

Applicant Information	
Name of Applicant Group	One Parent Families Scotland
Activity Title	School Holiday & events for single parent families
Grant Requested (£)	£686.06

- 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
<input type="checkbox"/> Coldside
<input type="checkbox"/> East End
<input type="checkbox"/> Lochee

PLEASE INDICATE WHICH TYPE OF GRANT YOU ARE APPLYING FOR
<input type="checkbox"/> Small Grant
<input type="checkbox"/> 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](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 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?	<input type="checkbox"/>
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)	<input type="checkbox"/>
Checked that the bank details or financial code are correct / complete?	<input type="checkbox"/>
Signed the form, given accurate contact details and ticked the GDPR box?	<input type="checkbox"/>

<b>Who is the grant for?</b> (Name of Applicant Group / Department)		One Parent Families Scotland	
<b>Did you receive a Dundee Partnership grant during 2024-25?</b> (If yes, list all grants below)			<b>YES</b>
<b>Title of project funded</b>	<b>Amount granted</b>	<b>When</b>	<b>Was it fully spent?</b>
Holiday provision program	£2784	24/25	Yes

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

OPFS Dundee continues to deliver tailored support to meet the evolving needs of single parents and their children across the city. Building on the success of last year's programme, which supported 100 single-parent families and 170 children. We aim to expand our reach in 2025 to **108** families, benefitting approximately **180**. Approx 36 of these families with 60 children will be from the East End.

Our work has consistently highlighted a lack of affordable or free family activities, particularly during school holidays. Single parents tell us they often miss out on day trips and outings due to financial constraints, low income, and complex family dynamics. This project seeks to address the inequality in access to social and developmental opportunities, especially in the context of the ongoing cost-of-living crisis.

We aim to support families most affected by poverty, where financial stress impacts mental health, family relationships, and children's well-being. With your support, we will deliver inclusive, engaging events throughout the year that allow families to connect, reduce isolation, and enjoy meaningful time together.

#### **Planned Events**

Summer Holidays – Four Family Fun Events:

- Big Trip to the Deer Centre (bus hire, entry, refreshments)
- Day Trips to Broughty Ferry and Camperdown Zoo
- Pizza Making Day at Families House, following last year's success

**Seasonal Celebrations:**

- Halloween Event – A safe, festive gathering at our centre for families
- Christmas Event – Planned by single parents to bring joy and connection
- National Single Parent Day – A celebration co-produced with parents to honour their resilience

We plan to provide bus tickets to help families experiencing extreme poverty attend events and access other summer activities across Dundee. All sessions will run for at least three hours, offering time for families to engage in activities focused on emotional regulation, bonding, and well-being. Lunch will be provided in partnership with Dundee Bairns, ensuring no family goes hungry and everyone feels included.

By offering these experiences, we aim to reduce isolation, strengthen family relationships, and improve mental well-being; while giving children the chance to enjoy experiences they might otherwise miss due to financial hardship.

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

<b>How many people will benefit from this project?</b>	36 single parents/around 60 children.
<p>Will any specific groups benefit from this project? (male, female, age range or protected characteristic)</p> <p>Single parents and their families will greatly benefit from these events and activities. In Scotland, 92% of single parents are female, so the majority of our adult beneficiaries are likely to be women. However, we provide services to all single parents, including single kinship carers.</p>	

**We aim to support 108 single parents and around 180 children (aged 0-18) across the city. 36 of these families with an estimated 60 children with live in the East End.**

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

Our proposed project offering days out, enriching experiences, and celebration events for single-parent families in Dundee is not just beneficial, it is essential. Single parents continue to face immense pressure due to the ongoing cost-of-living crisis, which has led to real poverty and hardship. Many are unable to afford even basic leisure activities for their children, especially during school holidays. This lack of access to stimulating and social experiences can significantly hinder children's development, well-being, and social skills.

In 2024/25, there has been a notable increase in referrals to our services from single parents with large families (three or more children), accounting for 27% of all referrals. These families face even greater financial barriers, making it nearly impossible to participate in activities that promote healthy development and socialisation. Without intervention, these children risk becoming isolated, missing out on vital opportunities to build confidence, friendships, and resilience.

Research by One Parent Families Scotland (OPFS) in their 2023 report "Living without a Lifeline" underscores the severity of the situation. It highlights how single-parent families are disproportionately affected by economic hardship, leading to child poverty, food insecurity, and deteriorating mental health for both parents and children. The compounded effects of financial stress, social isolation, and mental health challenges create a complex and often overwhelming home environment.

A dedicated summer programme, along with inclusive celebration events such as Halloween, Christmas, and National Single Parents Day, would provide much needed relief and joy. These events offer more than just entertainment they foster community, reduce isolation, and create lasting memories for families who often feel excluded from mainstream activities. They also provide opportunities for peer support, helping parents build networks and access further resources.

In short, this project would be a lifeline for many single parent families in Dundee, offering not only fun and connection but also a crucial boost to mental health, child development, and community cohesion.

***“Having opportunities to come together as a family with other single parents gives you a boost, helps you make feel a bit better about yourself and know you are doing okay”***

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

(Please attach evidence summarising the results of any consultation)

Our active peer support and participation groups consistently tell us they benefit immensely from opportunities to come together and enjoy family activities with others in similar situations. Many of them have shared that even simple outings, like a trip to the local park, feel out of reach due to the costs of things like picnics and bus fares. Although a lot of their activities are outdoors, this is often weather-dependent, and indoor options tend to be too expensive.

***“As a single parent of four, I dread the summer holidays. It’s a constant reminder of what I can’t give my children. Every trip, every treat, every memory they deserve feels just out of reach, and the guilt of saying ‘no’ again and again makes me feel like a failure.”***

Single Parents also tell us these activities and events provide a vital network of emotional and practical support, helping single parent families feel less isolated and more connected. The shared experiences and mutual understanding within these groups foster a sense of community and belonging, which is crucial for mental and emotional well-being.

***“Coming here is making me less feel isolated. And also getting more confident with myself”***

Opportunities to come together and enjoy family time has proven to be a powerful tool in enhancing resilience among single parents and their families. It allows them to share coping strategies, offer encouragement, and provide a safe space to discuss challenges and solutions. This collective support significantly contributes to the overall well-being of both parents and children, creating a more stable and nurturing home environment.

Parents have also expressed feeling unsure about accessing groups and events, especially as single parents. They often feel judged, which can be even more difficult if they have children with additional needs. In busy environments, challenging behaviours are harder to manage, and the stress and anxiety parents

experience in these situations can make it even harder to deescalate, leading to feelings of failure and a lack of confidence to try again in the future.

The parents having the peer support at these events, gives them a different mindset in believing it is not only them and their children, but there are other families experiencing similar situations and there is support and a community out there for them, where they are not judged and feel safe.

**“As a parent of a child with ASD, I’ve never felt as supported or understood as I do at OPFS. The peer support groups have been a lifeline, where I’ve not only found practical advice but also made friends who I now consider family. I’ve shared laughs, connected on a deeper level, and honestly, I feel more like myself than I ever have before coming here. The trips for families that OPFS are suggesting would mean a lot to myself and my daughter, we would be able to spend time with the families we’ve met and make new friends it is something we wouldn’t be able to do without OPFS.”**

**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?)

As above parent from our peer and participation groups have identified the need and based on the previous year's delivery.

Feedback from last year:

**“Loved the event today, this different to the usual things we would do.”**

**“The crafts and pizzas were really good, and I loved having the chance to spend family time together.”**

**“We all loved the pizza, and I would like to do more cooking activities with the kids in the future.”**

One Parent Families Dundee Family Support Service received 113 new referrals in 2025/26, 69% of these identified a support need around health and wellbeing and 49% regarding relationships. Single parents often face feelings of loneliness and struggle to maintain social connections due to the demands of their responsibilities and time constraints. Parents tell us that they benefit from the opportunity to spend quality time with their children.

Last year we provided in partnership with Dundee Bairns, our Family Fun session during the summer and October school holidays. 100 families benefited from this provision. These events were mainly delivered from our building in the North-East of the city and many of these families were from the North-East area, however we also had families traveling for other areas of the city to access the free activities. This is why we have applied for CRF support from three of the localities this year and will be delivering activities in areas other than our building. Parents have expressed a wish to do more days out which has shaped our application.

The number of families accessing support and attending our events demonstrates the need for us to continue to provide free accessible activities to single parent families across the city. The feedback we receive from families demonstrates the positive impact these events have in addressing some of the priority needs identified in the Locality Community Plans 22-27.

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

Most of our families have a very small amount of disposable income and therefore family time and access to activities is usually unaffordable or leaves them struggling financially. Over the holiday periods they experience a lot of guilt because they cannot manage to pay for these experiences. These activities and programmes are aimed to tackle the social isolation and mitigate some of the financial barriers single parent families experience. For example, the provision of bus tickets will also ensure all families are able to attend without worry about additional expense.

Our summer holiday & events will provide free day trips and activities for single-parent families, directly supporting those living in Community Regeneration Areas. These families often face deep-rooted poverty and social exclusion, especially during school holidays. By offering accessible, enriching experiences, we help close the opportunity gap, ensuring disadvantaged children can enjoy the same developmental, social, and emotional benefits as their peers. This project not only supports children's well-being and resilience but also strengthens community ties and reduces isolation for parents.

Parent often tell us of the struggles during school holiday due to additional expense to feed their children. Our partnership with Dundee Bairns also ensures that every family who attends will have access to a nutritious meal.



**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)

We have made a number of applications to small trusts but have yet to be successful. We have had no response from appeal letters sent in January 2025.

Source of Funding (detail if this funding is for more than 1 year, if applicable)	£
CRF applications has also been submitted to North East.	686.06 (pending)
CRF application has been submitted to Lochee area.	686.06 (pending)
Dundee Bairns will provide lunches for the school holiday events	
We will approach other businesses for donations etc to support with Christmas and Single parents Day.	

**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 (£)
Bus hire	£400	£133.33
Ice cream cones (around £4.00 per head)	£240	£80
Camperdown Zoo entry (based on using the family tickets for best value)	£190	£63.33
Broughty Ferry trip	£89.70	£29.90
Buckets & spades 30 @ £2.99		

Pizza making session - pizza boxes, pizza bases and toppings and refreshments	£99	£33
Travel £4.65 x 30 bus tickets	£139.50	£46.60
Please note the following events below have yet to be fully finalised as we want to include single parents in the planning and delivery – we estimate around £300 per event and will ensure budget is maintained. - £100 food, £200 resources/activities.		
Single Parents Day celebration - activities yet to be confirmed. Costings based on £100 food £200 activities and resources. Based on 2024 expenditure.	£300	£100
Halloween events – Food, resources and activities.	£300	£100
Christmas party, resources, activities & food.	£300	£100
<b>Totals</b>	<b>£2058.18</b>	<b>£686.06</b>

- **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)

See attached we have sought quotes for many of the items but due to wanting to co-produce Halloween, Christmas event and single parents' day with a group of single parents we have only identified a budget which will be monitored closely to ensure .

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

Registers for every session – Numbers attending, (adults/children)  
Feedback through conversations and feedback forms  
Feedback will be requested on the day and at the end of the programme.  
Evaluation following each event.

<b>What is the planned start date of the event/activity?</b> Please note turn around on applications is 6 - 10 weeks and funding cannot be retrospective ( <i>see section 2 of the guidance notes</i> )	03/07/2025
<b>What is the planned end date of the event/activity?</b>	20/03/2026

## 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.

<b>City Plan / Local Community Plan Outcome:</b> We need local opportunities to be involved in learning, social and physical activities which promote wellbeing.	
<b>Purpose of activity / project within this Outcome:</b> Our proposal of activities provides a safe and interactive opportunities for single parent families to come together during school holidays and enjoy celebration events. Our approach will centre around family wellbeing, emotional regulation, strengthening family bond and to experience something that they may not have otherwise due to financial barriers and aims to reduce isolation and promoting positive connections.	
	<b>Target 2025-26</b>
<b>Outputs</b>	
Provide holiday provisions & celebration events for single parent families from East End.	36 single parent families and supporting around 60 children
<b>Outcomes / Indicators:</b>	
Families have access to no cost activities during school holidays and celebration events	36 single parent families
Children experience a range of activities which includes lunch and does not affect parents financially	around 60 children
Parents have a safe place to build peer connections and share experiences and report positive experiences of events. Children will	85% positive experience and satisfaction

also get to experiences different opportunities and build on their social friendships and report positive experiences of events	
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**City Plan / Local Community Plan Outcome:**

We need to improve life chances for children and families.

**Purpose of activity / project within this Outcome:**

Goal

Reduce social isolation and improve mental well-being among single-parent families through inclusive, interactive activities and events. Mitigate the impact of the cost-of-living crisis by providing free, enriching activities that improve life chances for children and families.

	Target 2025-26
Outputs	
Number of family activity days delivered	4 holiday provision & 3 events
Number of single-parent families participating	36 single parent families
Number of children participating	Around 60 children
Outcomes / Indicators:	
% of parents reporting reduced feelings of isolation Measured through pre- and post-event feedback forms	90%
% of families reporting improved mental well-being	85%
% of participants who say they would not have accessed similar experiences without the project	80%