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Dundee Partnership **Community Regeneration Fund**

Grant Application **2023/24**

Applicant Information	
Name of Applicant Group	Active Schools Dundee – Craigie Cluster
Activity Title	"Removing barriers to Sport"
Grant Requested (£)	£4600

- The Physical & Environmental Improvement Fund is to provide financial assistance for community initiatives aimed at improving the local area through Capital expenditure. Capital expenditure is something of a physical nature including the acquisition, improvement or structural enhancement of an asset valued at £6,000 or more.

- 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	
East End	<input type="checkbox"/>
Lochee	
Maryfield	
North East	
Strathmartin	

PLEASE INDICATE WHICH TYPE OF GRANT YOU ARE APPLYING FOR	
Small Gran	
Physical & Environmental Improvement	
Youth Inclusion	<input type="checkbox"/>

Please note that communications regarding this application will be sent to you via email unless you indicate otherwise

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="text" value="Yes"/>
Fully completed the information on the front of the form	<input type="text" value="Yes"/>
Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant)	<input type="text" value="Yes"/>
Checked that your budget adds up properly?	<input type="text" value="Yes"/>
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="text" value="Yes"/>
Included appropriate, measurable outputs & outcomes?	<input type="text" value="Yes"/>
Provided your groups accounts, or other appropriate financial information?	<input type="text" value="Yes"/>
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="text" value="Yes"/>
Checked that the bank details or financial code are correct / complete?	<input type="text" value="Yes"/>
Signed the form and given accurate contact details?	<input type="text" value="Yes"/>

DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION

Who is the grant for? (Name of Applicant Group / Department)	Active Schools Dundee - Craigie Cluster		
Did you receive a Dundee Partnership grant during 2022-23? (If yes, list all grants below)			NO
Title of project funded	Amount granted	When	Was it fully spent?
N/A	N/A	N/A	N/A

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

Active Schools (Craigie Cluster) are looking to get more kids active and joining clubs out in the community. There is a lot of kids active in the schools but then a number of kids cannot fund themselves to get active in the community.

This grant would be used specifically to remove the barriers of cost to parents and families that cannot afford to send their children to a sports club. Sport is becoming increasing more about making money and therefore is excluding the most vulnerable in our community in the East End and Linlathlen.

The grant would look to help cover the cost of memberships to sports clubs or sport lessons, for a specific number of months. There would be a conversation with key contacts working with this child, and an agreed length of time would be established to try and enable the family to find funds to continue past the time in which this grant would cover.

This grant would also look to cover some equipment costs for the kids looking to access clubs. Things like Football Boots, Hockey Sticks etc, bring an additional cost to families struggling to afford. This grant would help the kids to access equipment and remove the barrier of equipment stopping a child to attend.

This grant would look to target the most deprived kids, young carers, kids in care, foster kids and generally those that would need support.

Furthermore, I would look for some clubs locally to come in and deliver to the kids in the schools, with the aim of creating a friendly face from the club and removing a child's anxiety when joining a new club if there is a known adult.

By removing as many barriers as possible it would allow children to learn key life skills like swimming and removing other potential issues like social isolation or weight issues.

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

Increasing Youth Provision.

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How many people will benefit from this project?	
<p>Will any specific groups benefit from this project? (male, female, age range or protected characteristic)</p> <p>This project would be open to all kids in the Craigie Cluster (East End and Linlathen) looking to access more sporting opportunities. The opportunity would stretch from P1-S6, both boys and girls.</p>	

<p>Please say why the project is needed (please limit your answer to 500 words or less)</p>
<p>Removing barriers to sports provision for kids is important for several reasons:</p> <p>Physical Health: Regular physical activity is crucial for the overall health and well-being of children. Participation in sports helps in the development of strong bones, muscles, and cardiovascular health. It also helps in preventing obesity and related health issues, such as diabetes.</p> <p>Social Development: Sports provide a platform for children to learn valuable social skills. They learn how to work in teams, communicate effectively, and develop a sense of camaraderie. These social skills are essential for their personal and professional lives.</p> <p>Emotional Well-being: Physical activity, including sports, has been linked to improved mental health. Regular exercise releases endorphins, which can help reduce stress, anxiety, and symptoms of depression. Participating in sports can also be a constructive way for children to manage and express their emotions.</p> <p>Skill Development: Sports contribute to the development of various physical and cognitive skills. Children learn coordination, balance, and motor skills. They also develop strategic thinking, decision-making, and problem-solving abilities. These skills are transferable and can be beneficial in other areas of life.</p> <p>Academic Performance: There is evidence suggesting a positive correlation between physical activity and academic performance. Regular participation in sports can improve concentration, memory, and classroom behaviour. It also instils discipline and time management skills.</p> <p>Inclusion and Diversity: Access to sports should be available to all children, regardless of their socio-economic background, gender, or ability. Removing barriers ensures that sports are inclusive and that all children have the opportunity to enjoy the benefits of physical activity and teamwork.</p> <p>Long-term Health Habits: Engaging in sports at a young age promotes a positive attitude toward physical activity. Children who participate in sports are more likely to carry these habits into adulthood, leading to a healthier lifestyle.</p> <p>Reduction in Risky Behaviours: Participation in organized sports has been associated with a lower likelihood of engaging in risky behaviours such as substance abuse and delinquency. Sports provide a structured and supervised environment that can steer children away from negative influences.</p> <p>In summary, removing barriers to sports provision for kids is essential for promoting their physical, social, and emotional well-being. It sets the foundation for a healthy and active lifestyle, fostering skills and habits that can positively impact various aspects of their lives.</p>

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What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

A city wide survey was done in schools in October 2022 which received 2929 responses from child in Dundee.

It showed a number of concerning stats. Only 17.6% of children are meeting the daily recommended target of 60mins per day. When we break it down into SIMD 1-3

Those that attend a sports club in school, was also low. For the survey Question "Do you attend a Sports Club, the percentage that answered NO was 49.2% for males and 61.5% for females.

When the asked the same question but in the community setting an average of 37.15% kids do not attend anything outside of school.

Other key considerations that came from the survey were that:

35.6% of kids thought that transport was an issue.

36.45% of kids didn't attend clubs due to equipment.

Finally only:

15% of kids don't participant due to not having the right kit and only 20.75% aren't in clubs because of the cost. (N.B – We believe the true extent of this to be a lot higher, due to parents potentially hiding/not using money as an excuse/child not being aware of their parents financial state.)

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?)

This survey was city wide and included a number of kids within the Craigie Cluster.

I also get numerous requests from key partners within the schools asking for free provision for kids in the area after 6pm, which I would struggle to support.

I also get a lot of comments from parents saying that they are happy that Active Schools provision in schools is now free, however the parents struggle to access similar provision in the evening, due to the barriers mentioned.

How will the project / activity tackle deprivation or benefit those experiencing deprivation?

(Refer to Section 1 of the Guidance Notes)

Investing money to remove barriers to sports for kids is a strategic and beneficial allocation of resources for several reason

Equal Opportunity: Financial barriers can prevent some children from participating in sports. By providing financial support, you ensure that all kids, regardless of their economic background, have equal access to the benefits of sports. This promotes inclusivity and helps reduce disparities in opportunities.

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Health and Well-being: Regular physical activity is crucial for a child's health. By investing in sports programs and removing financial obstacles, you contribute to the overall well-being of children. This, in turn, can lead to a healthier population, potentially reducing long-term healthcare costs associated with sedentary lifestyles.

Social Development: Sports play a significant role in the social development of children. By funding programs that remove financial barriers, you facilitate the creation of inclusive environments where children from diverse backgrounds can come together, learn teamwork, build friendships, and develop essential social skills.

Skill Building: Participation in sports helps children develop a wide range of skills, including physical, cognitive, and social abilities. By investing in sports programs, you contribute to the holistic development of children, preparing them for future challenges and opportunities.

Community Building: Sports programs often bring communities together. Investing in sports can strengthen community ties, fostering a sense of pride and unity. This can have positive ripple effects, creating a more connected and supportive community.

Reducing Inactivity: Financial barriers can contribute to sedentary lifestyles, which are linked to various health issues. By making sports more accessible, you actively contribute to reducing the prevalence of sedentary behaviour among children, promoting a more active and healthy lifestyle.

Educational Benefits: Many sports programs incorporate educational components, teaching children important life skills such as discipline, time management, and goal-setting. Investing in such programs can have positive effects on the educational outcomes and personal development of participating children.

Long-term Impact: The benefits of investing in sports for children extend beyond their immediate well-being. Engaging in sports at a young age can instil a lifelong love for physical activity, promoting sustained health benefits into adulthood.

While there may be an initial cost associated with removing financial barriers to sports for kids, the long-term societal and individual benefits often outweigh the investment. By prioritising the accessibility of sports for all children, you contribute to the development of healthier, more inclusive, and socially adept communities.

For Physical & Environmental Improvements (which must be Capital worth at least £6,000 in value) the following questions must be answered:

Have all relevant permissions been agreed? (please state what these are)

Yes

How will the planned project be maintained? (please state who will be responsible for this)

Keiran Foy – Active Schools Coordinator.

What is the expected 'life' of the improvement? (e.g. before it will require replacement)

The life of the project is open ended. It will be used to support kids/families until the fund runs out.

Could a plaque indicating the Community Regeneration Fund as a source be added on location for this award? (If there would be additional costs for this, please indicate this in the budget section)

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Yes

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 (£)
Equipment	£600	
Club Memberships	£2000	
Club Partnership costs	£1500	
New Extra Curricular Clubs In Schools	£500	
Totals	£4600	

- **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

N/A

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

N/A

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

Define Clear Objectives:

Clearly articulate the objectives of the project. These should be specific, measurable, achievable, relevant, and time-bound (SMART).

Identify Key Performance Indicators (KPIs):

Determine the key metrics that will be used to measure progress and success. These may include the number of participants, changes in participation rates, improvements in wellbeing, etc.

Establish Baseline Data:

Collect baseline data to understand the current situation before implementing the project. This provides a reference point for measuring changes over time.

Set Targets:

Define specific targets. These targets should align with the project's objectives and indicate the desired level of achievement.

Implement Data Collection Mechanisms:

Choose appropriate data collection methods such as surveys, interviews, participant observations, and existing records to gather information on project outputs and outcomes.

Ensure that the data collected is both quantitative and qualitative for a comprehensive assessment.

Regularly Monitor Project Outputs:

Track the implementation of project activities to ensure that they are progressing according to the plan. This may include the number of kids now going to clubs, the availability of sports equipment, and the accessibility of sports clubs.

Assess Short-Term and Intermediate Outcomes:

Monitor changes in behaviour, attitudes, and conditions resulting from the project. For example, increased participation in sports, improved physical fitness, and enhanced community engagement.

Evaluate Long-Term Impact:

Assess the long-term impact of the project on the community and individuals involved. This may include improvements in overall health, academic performance, and social cohesion.

Collect Stakeholder Feedback:

Gather feedback from participants, parents, community members, and other stakeholders to understand their perceptions of the project and identify areas for improvement.

Address Barriers and Challenges:

Identify and address any unexpected challenges or barriers that may affect the project's progress. This may involve adjusting strategies, reallocating resources, or seeking additional support.

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Continuous Improvement:

Use monitoring data for continuous improvement. If certain strategies are not producing the desired outcomes, be prepared to adapt and refine the project plans

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)	ASAP
What is the planned end date of the event/activity?	Whenever money runs out.

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: Increasing Youth Provision	
Purpose of activity / project within this Outcome: To remove barriers to attending sports clubs.	
	Target 2023-24
Outputs	
Increased Access to Sports Provision	To remove the barrier of cost to as many families as possible.
Remove the potential barriers to Sport Provision	To remove the barrier of cost to as many families as possible.
Outcomes / Indicators:	
Increased Participation Rates	More kids in the cluster becoming more active
Improved Overall Health	Kids becoming more physically active and therefore reducing weight etc