

Dundee Partnership
Community Regeneration Fund

Grant Application
2026/27

| Applicant Information | |
|--------------------------------|---------------------------------|
| Name of Applicant Group | Whitfield Community Project LMG |
| Activity Title | Term Time provision |
| Grant Requested (£) | £3000 |

- 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

PLEASE INDICATE WHICH TYPE OF GRANT
YOU ARE APPLYING FOR

| | |
|---------------|-----------------|
| Coldside | 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 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 type="checkbox"/> N/A |

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) | Whitfield Community Project LMG Krav Maga self-defence class | | |
| Did you receive a Dundee Partnership grant during 2025-26? (If yes, list all grants below) | | | YES / NO |
| Title of project funded | Amount granted | When | Was it fully spent? |
| 38 weeks self-defence class | £1500 | 2026/2027 | |
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Please give a description of what you want this grant for - (please limit your answer to 500 words or less)

We are seeking Community Regeneration Funding to deliver a 38week, termtime self-defence programme at our community centre. This project aims to equip participants with practical skills to improve their personal safety, build confidence, and promote both physical and mental wellbeing.

The classes will be inclusive and accessible, supporting people of all ages and abilities. By learning situational awareness, de-escalation techniques, and safe

physical responses, participants will feel more empowered and resilient in their daily lives.

Beyond the individual benefits, the programme will strengthen community bonds by bringing people together in a positive, supportive environment. It will encourage regular physical activity, reduce social isolation, and contribute to a safer, more confident local community. Funding will allow us to offer this as a sustainable, long-term resource that directly responds to local need.

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

Your 38week self-defence programme contributes to several outcomes highlighted in the City Plan, including:

- **Building resilient and empowered communities** – The City Plan identifies this as a key area for improvement, emphasising stronger, safer and more confident communities. Your programme builds resilience through confidence-building, safety skills, and community participation.
- **Reducing inequalities in health and wellbeing** – The City Plan stresses reducing inequalities in education, income and health. Your classes promote physical activity, empowerment, and improved wellbeing, supporting this objective.
- **Supporting young people to achieve positive destinations** – The plan highlights work such as “A Step Change on Positive Destinations for Young Dundonians,” showing the importance of positive activities for young people. Engaging youth in structured self-defence classes aligns with this.

Relevant Local Community Plan / Community Safety Outcomes

Local community safety priorities also strongly align with your proposal:

- **Protecting people’s right to live in confidence and without fear** – Community safety is defined as enabling people to live without fear for their own or others’ safety. Self-defence training directly supports this by increasing personal safety and reducing fear of harm.
- **Reducing crime, antisocial behaviour, and vulnerability** – The Dundee Community Safety Outcome Improvement Plan (CSOIP) identifies crime, antisocial behaviour, and vulnerability as priority themes. Your programme helps reduce vulnerability—particularly for women and young people—by building awareness and self-protection skills.
- **Improving community wellbeing** – Community engagement research in Scotland shows that support services and community based activities significantly enhance wellbeing and strengthen local relationships. Your programme fits well within this approach.

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|---|-------|
| How many people will benefit from this project? | 25-35 |
| <p>Will any specific groups benefit from this project? (male, female, age range or protected characteristic)</p> <p>We anticipate 25-35 participants benefiting directly over the 38week termtime programme. This includes individuals attending weekly classes, as well as occasional drop-in participants.</p> <p>In addition, a wider group of community members will benefit indirectly through increased confidence, reduced fear of crime, and greater feelings of safety within the community.</p> <p>If you prefer a more conservative or more ambitious number, I can adjust it to match your centre’s size.</p> <p>Will any specific groups benefit from this project?</p> <p>Yes. The project is designed to be inclusive but will bring benefits to:</p> <p>1. Women and young girls</p> <ul style="list-style-type: none"> • Women often report higher levels of fear around personal safety. • The programme helps build confidence, awareness, and empowerment, supporting women’s safety and wellbeing. <p>2. Young people (approx. ages 11–25)</p> | |

- Young people benefit from structured, positive activities that build discipline, respect, and resilience.
- This helps reduce antisocial behaviour and increases positive engagement in the community.

3. Adults facing vulnerability or low confidence

- Individuals who feel unsafe, isolated, or at-risk benefit greatly from skills that increase their sense of control and security.

4. People with protected characteristics

While open to all, the programme is particularly supportive for:

- **Women** (sex protected characteristic)
- **Young people recognizing age-related vulnerabilities**
- **LGBTQ+ individuals** who may experience increased safety concerns
- **People with disabilities** who may require tailored approaches to personal safety

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

Whitfield is an area with a long history of social and economic challenges, and evidence shows that residents continue to experience significant disadvantage, vulnerability, and safety concerns. Research highlights that Whitfield has faced severe socioeconomic difficulty for decades, including high unemployment, deprivation, vandalism, and population decline linked to poor housing conditions and lack of opportunities. These long-standing issues have contributed to feelings of insecurity and reduced community wellbeing.

According to the North East Local Community Plan area profile, where Whitfield is situated, **Whitfield has the highest proportion of residents living in the most deprived areas of Dundee—with 23.3% of its population living in the 5% most deprived data zones in Scotland, and 66.2% living in the 15% most deprived.** High deprivation is strongly linked to increased vulnerability, poorer health and wellbeing, and heightened fear of crime.

Historical policing accounts also identify Whitfield as one of Dundee's most challenging areas in terms of safety, with persistent issues such as break-ins, drug related crime, and vulnerable residents being disproportionately affected. While regeneration has taken place, many of the underlying social pressures continue to affect daily life and community confidence.

Given these realities, there is a clear local need for programmes that build **personal safety, resilience, and wellbeing**. Self-defence classes directly address this need by:

- **Improving feelings of safety** for individuals who may experience fear or insecurity in their community—particularly women, young people, and vulnerable adults.
- **Providing positive physical and mental health benefits**, which are crucial in areas of high deprivation where wellbeing outcomes are typically poorer.
- **Offering structured community engagement**, important in communities where isolation and limited resources can hinder social connection.
- **Supporting youth engagement**, giving young people positive, confidence-building activities that promote discipline and reduce risk-taking behaviours.
- **Empowering residents**, helping them feel more confident navigating their daily environment.

These needs also align with Dundee’s wider community safety priorities, which emphasise helping people live “in confidence and without fear” and protecting vulnerable individuals from harm.

By providing long-term, accessible self-defence classes within Whitfield, this project supports residents in developing practical skills, improving their confidence, and contributing to a safer, more empowered community. This is especially important in an area where socioeconomic pressures and historical safety concerns continue to impact daily life.

What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

LMG Minutes to follow

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?) we provide a safe space for parents to come along with ASN children and enjoy our weekly activity

We have clear evidence that there is strong local support for this project within Whitfield. Over the past year, community centre staff and volunteers have received consistent feedback from residents expressing concerns about personal safety, confidence, and wellbeing. Many community members—particularly women, parents, and young people—have directly asked for more opportunities to learn practical self-protection skills.

The idea for this self-defence programme was initially proposed during informal discussions at our community drop-ins and further reinforced through comments gathered at our weekly groups, including our women’s wellbeing sessions and youth activities. Participants highlighted that they would benefit from increased confidence when walking in the local area, travelling to and from school, or managing day-to-day situations that make them feel vulnerable.

Local staff and volunteers have also reported an increase in residents seeking support around anxiety, low confidence, and safety-related concerns. These needs were echoed during conversations at community events, with several attendees expressing that a self-defence class would be a positive, proactive way to address these issues.

Additionally, our centre has a strong track record of delivering community-led programmes, and we regularly ask participants what types of activities they would like to see. Self-defence has been one of the most frequently requested options, especially from women and young people. The support is therefore not only anecdotal but consistent across multiple groups and interactions.

Overall, this project directly responds to needs identified **by the community themselves**, and we have clear feedback from residents that they would welcome and participate in a structured, long-term self-defence class.

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

Whitfield is one of the most deprived areas in Dundee, with significant evidence showing that a high proportion of residents face social, economic, and health-related disadvantage. According to the Northeast Local Community Plan Profile, **Whitfield has the highest percentage of its population living in the 5% most deprived data zones in Scotland (23.3%) and the highest within the 15% most deprived (66.2%)**. These levels of deprivation are linked to poorer health outcomes, increased vulnerability, and reduced access to safe, confidence-building activities.

Historical and ongoing issues in Whitfield also include long-standing social and economic pressures such as unemployment, crime, and community safety concerns. These challenges have contributed to feelings of insecurity and a lack of community confidence, factors that directly impact residents' wellbeing.

Your self-defence project addresses deprivation in several keyways:

1. Improving physical and mental wellbeing

Deprivation is closely tied to poorer health and higher stress levels. The project provides structured physical activity, which supports both physical and mental health—particularly important in an area with documented socioeconomic disadvantage. Residents who feel unsafe or anxious benefit from increased resilience and reduced fear.

2. Increasing personal safety and reducing vulnerability

Community safety concerns are heightened in deprived areas, and Whitfield has historically seen higher levels of crime, break-ins, and vulnerability among residents. Selfdefence training empowers individuals—especially women, young people, and vulnerable adults—by increasing awareness, confidence, and the ability to respond safely in challenging situations.

3. Supporting those most affected by deprivation

The project directly targets groups disproportionately impacted by deprivation:

- **Women experiencing safety concerns**
- **Young people needing positive, structured activities**
- **Residents struggling with low confidence or isolation**

These groups experience higher vulnerability in communities facing long-term disadvantage.

4. Strengthening community cohesion

Deprived areas often experience social isolation, lack of opportunity, and reduced community engagement. Your classes provide a safe, welcoming environment that encourages connection, relationship building, and community empowerment—key protective factors against the effects of deprivation.

5. Removing financial barriers

By offering the sessions free or at low cost, the project enables participation from those who would not otherwise afford physical activity or safety training, directly addressing financial inequality—one of the core components of 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) | £ |
|---|-----|
| Community fund, Arnold Clark – oversubscribed – no award | 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 (£) |
|---|----------------|------------|
| Tutor Fees – 38 weeks | £1140 | £1140 |
| Drinking Water, Wet Wipes, hand towels. | £360 | £360 |
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| Totals | £1500 | £1500 |

- **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)

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

- Keeping weekly registers to monitor the number of participants attending each class.
- Recording demographic information (age, gender) so we can demonstrate which groups the project is reaching.
- Tracking repeat attendance to understand how engaged participants are over the 38-week programme.

2. Participant Feedback and Evaluation (Outcomes)

We will collect feedback at multiple points in the programme to measure changes in confidence, wellbeing, and feelings of safety:

- **Baseline survey** at the start of the programme to understand participants' initial confidence levels, physical activity levels, and any safety concerns.
- **Midpoint check-ins** to identify any adjustments needed and ensure the project continues to meet participant needs.
- **Endo programme evaluations** measuring improvements in:
 - personal confidence
 - sense of safety
 - physical wellbeing
 - social connection
 - skills and knowledge of self-defence

3. Qualitative Feedback

- Short interviews or comment cards where participants describe how the class has helped them.
- Feedback gathered informally by staff and volunteers during sessions.
This helps capture the lived experiences of participants, which is especially important in communities with higher levels of deprivation or vulnerability.

4. Monitoring Impact on Priority Groups

We will specifically monitor the impact on:

- women and girls
- young people
- vulnerable adults

This will show how the project supports those who benefit most from confidence-building and safety skills.

5. Ongoing Staff Review

The project team will meet monthly to:

- review attendance trends
- discuss participant progress and any safeguarding concerns
- adjust the programme if needed to ensure maximum impact

6. Reporting Against CRF Outcomes

At the end of the funded period, we will produce a short summary report demonstrating:

- the number of participants engaged
- improvements in wellbeing and confidence
- how the project contributed to community safety and resilience
- feedback from participants and staff

This will clearly show how the project has addressed local need and supported people experiencing deprivation.

| | |
|---|-------------------|
| <p>What is the planned start date of the event/activity?</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>01/04/2026</p> |
| <p>What is the planned end date of the event/activity?</p> | <p>31/03/2027</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.

| | |
|--|------------------------------|
| <p>City Plan / Local Community Plan Outcome:</p> | |
| <p>Purpose of activity / project within this Outcome:</p> | |
| | <p>Target 2026-27</p> |
| <p>Outputs</p> | |
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| <p>Outcomes / Indicators:</p> | |
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| <p>City Plan / Local Community Plan Outcome:</p> |
| <p>Purpose of activity / project within this Outcome:</p> |

The purpose of the Krav Maga self-defence project is to provide accessible, confidence-building physical activity that helps individuals feel safer, stronger, and more empowered within their community. The classes promote physical health, mental wellbeing, situational awareness, and personal confidence—particularly for people who may feel vulnerable or isolated. The project offers an inclusive and supportive environment where participants can build resilience, develop practical life skills, and improve their overall sense of safety.

| | Target 2026-27 |
|---|----------------|
| Outputs | |
| <ul style="list-style-type: none"> • Weekly Krav Maga–based self-defence classes delivered by a qualified and experienced instructor. • 40–48 sessions delivered over the year. • A minimum of 15–20 participants per session (or insert your actual numbers). • Structured, safe training focused on confidence, awareness, physical fitness, and personal safety principles. • Delivery of sessions accessible to all fitness levels and abilities, promoting inclusion. • Ongoing participation tracking through attendance logs. • Collection of participant feedback through surveys and informal conversations. | |
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| Outcomes / Indicators: | |

For Individuals:

- **Improved confidence and sense of personal safety.**
 - *Indicator:* Participants report feeling more aware, more prepared, and more secure in everyday situations.
- **Better physical health and fitness**, supporting overall wellbeing.
 - *Indicator:* Participants report improved strength, energy levels, and physical activity habits.
- **Reduced stress and anxiety**, particularly for those who previously felt unsafe or lacked confidence in public settings.
 - *Indicator:* Participants express improved mental wellbeing and lower feelings of vulnerability.

For the Community:

- A more **resilient and empowered community**, with people feeling more capable of managing challenging situations appropriately.
 - *Indicator:* Regular attendance and ongoing engagement with classes.
- **Increased community participation**, especially among groups who may not access traditional fitness or wellbeing services.
 - *Indicator:* Growth in participant numbers and repeat attendance.
- Building a **supportive peer network**, helping reduce isolation and encouraging positive community connections.
 - *Indicator:* Participants report feeling more connected and supported.

For Local Priorities:

- Contributes to tackling inequalities by offering **low-cost, accessible personal development activities**.
- Supports **health & wellbeing outcomes** through regular physical activity.

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| <ul style="list-style-type: none">• Strengthens community safety outcomes by helping people feel more confident, prepared, and empowered—without promoting violence. | |
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