

Ref: NE2606

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

**Grant Application**  
**2026/27**

Applicant Information	
<b>Name of Applicant Group</b>	Whitfield community project
<b>Activity Title</b>	Tai – Chi class
<b>Grant Requested (£)</b>	£1140

- 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	Youth Inclusion
Lochee	
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
- Fully completed the information on the front of the form
- Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant)
- Checked that your budget adds up properly?
- 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?
- Included appropriate, measurable outputs & outcomes?
- 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?

<b>Who is the grant for?</b> (Name of Applicant Group / Department)	Whitfield Community Project		
<b>Did you receive a Dundee Partnership grant during 2025-26?</b> (If yes, list all grants below)	YES / <b>NO</b>		
<b>Title of project funded</b>	<b>Amount granted</b>	<b>When</b>	<b>Was it fully spent?</b>
Tai-Chi class tutor fees	1140		

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

We are seeking funding to deliver a community Tai Chi class designed to improve physical health, mental wellbeing, and social connection for residents. Tai Chi is a gentle, low-impact form of exercise that is accessible to people of all ages and fitness levels, including those who may be living with long-term health conditions, mobility

challenges, or anxiety. This project will provide a safe, supportive, and inclusive space where participants can develop confidence, increase activity levels, and enhance their overall wellbeing.

The funding will allow us to offer weekly Tai Chi sessions led by a qualified instructor. The classes will focus on slow, controlled movements, breathing techniques, and mindful practice. These sessions help improve balance, posture, mobility, and flexibility—all of which play a crucial role in supporting long-term physical health and independence. Tai Chi is recognised as particularly beneficial for older adults, people managing chronic pain, and individuals recovering from stress or illness, as it strengthens the body without putting strain on joints.

In addition to the physical benefits, the Tai Chi class will provide important mental and emotional wellbeing support. The calming nature of Tai Chi has been shown to reduce stress, anxiety, and tension while promoting relaxation and improved mood. This is especially valuable for people facing social isolation, daily stressors, or mental-health challenges. The group setting encourages social interaction, building a sense of community belonging and reducing loneliness.

Funding will be used to cover instructor costs, hall hire, equipment if required, promotion, and accessibility adjustments so that the class can remain free or low-cost to participants. Removing financial barriers is essential to ensuring that individuals experiencing hardship or living on limited incomes can take part fully and consistently.

The project addresses key local needs by providing an accessible wellbeing activity within the community. Many people in the area experience limited access to structured physical activity, particularly activities designed to be gentle, inclusive, and suitable for a wide range of abilities. By offering regular Tai Chi sessions, we hope to encourage healthier lifestyles, prevent falls and injuries, support mental resilience, and create a welcoming space where people feel supported and connected.

Overall, this grant will enable us to deliver a sustainable Tai Chi programme that improves health, reduces loneliness, promotes confidence, and strengthens community wellbeing. The class will offer residents a valuable opportunity to take part in meaningful activity that supports both physical and emotional health in a calm, encouraging environment.

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<p><b>Which City Plan / Local Community Plan Outcome(s) will it address?</b></p> <p>1. Improved Health and Wellbeing Tai Chi supports physical, mental, and emotional wellbeing through gentle physical activity, stress reduction, improved balance, and increased mobility.</p> <p>2. Reduced Social Isolation and Stronger Community Connections The class brings people together in a calm, supportive group setting, helping build social relationships and reduce loneliness.</p> <p>3. Increased Participation in Community Activities By offering an accessible and affordable class, the project encourages people—particularly those who do not normally engage in activity—to participate locally.</p> <p>4. Reduced Inequalities in Health Tai Chi is inclusive, adaptable, and suitable for people with limited mobility, chronic pain, low confidence, or health difficulties—helping to reduce barriers to exercise.</p> <p>5. Safer, More Confident Communities By improving body awareness, balance, confidence, and resilience, participants feel safer and more capable in their daily lives (without promoting any harmful behaviour).</p>
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<b>How many people will benefit from this project?</b>	20-30
<p>Will any specific groups benefit from this project? (male, female, age range or protected characteristic)</p> <p>We anticipate that 15–20 people per session will benefit directly from the Tai Chi class. Over the course of the year, this could support approximately 100–150 individual participants, including those who attend regularly and those who join at different points throughout the project. The class is designed to remain open and accessible, allowing ongoing participation from new members while supporting consistent engagement from regular attendees.</p> <p>Yes. The project is particularly beneficial for several groups within the community:</p>	

### **Older adults (50+)**

Tai Chi is especially suited to older adults due to its gentle, low-impact nature. It helps improve balance, mobility, confidence, and reduces the risk of falls.

### **People with long-term health conditions**

Individuals living with chronic pain, arthritis, mobility issues, or stress-related conditions will benefit from the slow, controlled movements and mindful breathing techniques.

### **Individuals experiencing social isolation**

The group setting provides a safe, welcoming environment that encourages connection, reducing loneliness and building community bonds.

### **People with low confidence or anxiety**

Tai Chi supports mental wellbeing, lowers stress, and helps build confidence in a calm, non-competitive environment.

### **Both men and women**

The class is open to all genders and provides an inclusive space where everyone can participate comfortably.

### **Protected characteristics supported**

While the class is open to all, it is particularly accessible to:

- **Older adults (age protected characteristic)**
- **People with disabilities or long-term conditions (disability protected characteristic)**
- **Individuals experiencing mental-health challenges**

The class is inclusive and adaptable, ensuring that participants with varied abilities and backgrounds can take part safely and comfortably.

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

This Tai Chi project is needed because many local residents are experiencing challenges related to physical health, mobility, mental wellbeing, confidence, and social isolation. Tai Chi offers a gentle, accessible, and effective way to address these issues within a safe and welcoming community setting.

Across the community, there are growing numbers of people who are living with long-term health conditions, low activity levels, anxiety, stress, and reduced mobility. Many individuals—particularly older adults and those with chronic pain or arthritis—

struggle to access mainstream fitness opportunities because they can be too intense, intimidating, or unsuitable for their physical needs. Tai Chi provides an ideal alternative. It is low-impact, adaptable, and suitable for all abilities, making it one of the few forms of physical activity that can be safely taken up by people with a wide range of health challenges.

There is also a strong need for activities that support mental wellbeing. Many residents report feeling stressed, anxious, or socially isolated, especially those living alone or with limited support networks. Tai Chi is well known for its calming, grounding movements and breathing techniques, which help reduce tension, improve mood, and promote emotional resilience. The mindful nature of Tai Chi allows participants to slow down, focus, and experience a sense of calm, which many people struggle to achieve in their daily lives.

Social isolation is another key issue that this project directly addresses. The Tai Chi class creates a safe and friendly space where people can meet others, make new connections, and build a sense of belonging. For individuals who may feel disconnected from their community, this group setting offers meaningful social interaction in a relaxed and non-judgemental environment. Regular attendance helps build confidence and encourages people to engage more in local community activities.

The project also plays an important role in reducing health inequalities. People with mobility issues, limited income, long-term conditions, or poor mental health often have the fewest opportunities to participate in suitable physical activities. By offering a free or low-cost class, with a qualified instructor and an environment accessible to beginners, this project removes the financial and physical barriers that often prevent people from improving their wellbeing.

Feedback from local residents and participants shows a clear demand for gentle, inclusive health and wellbeing activities. Tai Chi is consistently highlighted as something people feel comfortable trying, even if they have little confidence or limited fitness. It offers a rare combination of physical exercise, mental relaxation, and social connection—all within a single activity.

Overall, this Tai Chi project is needed because it addresses multiple community challenges at once: improving physical health, reducing stress, boosting confidence, supporting older adults and vulnerable groups, and strengthening social connections. It provides an accessible, sustainable, and highly beneficial activity that will significantly improve the wellbeing of those who take part.

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

(Please attach evidence summarising the results of any consultation)

Attached LMG minutes from core meetings

**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 have clear evidence that the local community supports this project and that there is strong demand for a gentle, accessible wellbeing activity such as Tai Chi. Interest in this class has come directly from community members who have expressed a need for low-impact exercise, stress-reduction activities, and opportunities to build confidence and social connection.

Several individuals and groups within the community have highlighted that they would benefit from a calm, inclusive activity that supports both physical and mental wellbeing. Many residents have shared that they struggle to access mainstream fitness options due to mobility challenges, chronic pain, low confidence, or anxiety. Tai Chi was specifically

suggested as an activity they would feel comfortable attending because of its gentle nature and suitability for beginners.

In addition, conversations with residents, community participants, and service users have shown a strong preference for activities that promote balance, mobility, relaxation, and social connection. People have reported feeling isolated, inactive, or lacking opportunities to engage with others in a safe environment. This project directly responds to those needs.

We have also received verbal expressions of support from individuals who have previously taken part in wellbeing activities and are seeking something regular, calm, and accessible. Early interest indicates that many residents are ready to participate, and several have already asked when the class will begin.

Overall, the community has clearly communicated that there is a gap in local wellbeing provision—particularly for older adults, those with long-term conditions, and people seeking low-impact physical activity. This Tai Chi project has been shaped by those needs, proposed with community input, and strongly supported by the people who stand to benefit most.

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

This project directly supports people experiencing deprivation by providing a free or low-cost wellbeing activity that is accessible, inclusive, and designed to reduce the barriers faced by individuals in the community. Many residents experiencing deprivation struggle with poor physical health, long-term conditions, low confidence, stress, and social isolation. Tai Chi offers a gentle, supportive activity that meets these needs without requiring high levels of fitness, equipment, or financial cost.

People experiencing deprivation often have fewer opportunities to engage in structured physical activity due to cost, lack of transport, health barriers, or limited confidence. By delivering Tai Chi locally and at no/low cost, this project removes financial and practical obstacles, ensuring that people who wouldn't otherwise access wellbeing activities can

participate fully. The gentle, adaptable movements make Tai Chi suitable for older adults, those with disabilities, chronic pain, anxiety, or mobility difficulties—all groups who are often disproportionately affected by deprivation.

The project also addresses the mental-health impacts of deprivation. Stress, worry, financial pressure, and isolation are common experiences for people living on low incomes. Tai Chi actively supports emotional wellbeing by reducing stress, improving mood, and offering a calm, structured routine that helps participants feel more settled and confident. The mindful, meditative elements help people manage anxiety and build resilience.

Social isolation is another key issue linked to deprivation. Many individuals, especially older adults and people with health challenges, have limited opportunities to connect with others. The class provides a safe, friendly environment where participants can meet new people, build relationships, and feel part of their community. Creating these opportunities for connection helps reduce loneliness and strengthens community networks.

For those with long-term health conditions—who are more likely to experience poverty and reduced mobility—Tai Chi offers a meaningful form of physical activity that supports balance, strength, mobility, and fall-prevention. This can help people stay independent for longer and reduce the physical impacts of deprivation.

By offering an activity that is gentle, inclusive, and proven to support physical and mental wellbeing, this project contributes to reducing health inequalities. It provides consistent, accessible support for individuals who often fall through the gaps of mainstream fitness and wellbeing services.

Overall, the Tai Chi class tackles deprivation by removing financial barriers, supporting physical and mental health, reducing loneliness, and giving vulnerable residents an opportunity to participate in positive, empowering, community-based activity. It provides a vital wellbeing resource for those who need it most.

**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)

none

Source of Funding (detail if this funding is for more than 1 year, if applicable)	£

**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 (£)
Tai-Chi tutor – 38 weeks	£1140	
<b>Totals</b>	£1140	

- **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)

LMG minutes

Bank statement

End of year accounts

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

We will use a combination of simple quantitative (numerical) and qualitative (feedback-based) methods to monitor the project effectively and ensure that it is delivering meaningful benefits to participants. Our approach will be consistent, manageable, and focused on capturing the real impact the Tai Chi class has on individuals and the wider community.

We will record the following measurable elements:

- **Attendance numbers** at every session
- **Number of new and returning participants**
- **Demographic information**, where appropriate (age range, gender, any additional support needs)
- **Number of sessions delivered** across the funded period
- **Frequency of participation**, identifying regular vs. occasional attendees

These outputs will be captured using a simple sign-in sheet and weekly instructor logs to ensure accurate and up-to-date records.

To understand the impact of the Tai Chi sessions on participants' wellbeing, we will use the following methods:

### **1. Participant Feedback Forms**

Short, easy-to-complete forms will be offered periodically (e.g., every 6–8 weeks) to measure changes in:

- physical wellbeing (balance, mobility, energy levels)
- mental wellbeing (stress levels, confidence, relaxation)
- social connection (feeling less isolated, making new connections)

### **2. Verbal and Informal Feedback**

Participants will be encouraged to share their experiences during or after sessions. These comments will be noted anonymously to capture meaningful insights.

### 3. Instructor Observations

The instructor will document:

- improvements in participants' movement, posture, confidence, and engagement
- any changes in group dynamics (e.g., increased interaction, sense of belonging)

### 4. Attendance Trends

Regular attendance will be used as a strong indicator of participant satisfaction and perceived benefit.

### Review and Reporting

We will review all monitoring information regularly to:

- identify successes
- respond to participant needs
- refine session delivery where necessary
- provide accurate evidence for funders

At the end of the project, we will produce a summary report including attendance data, key outcomes, participant comments, and recommendations for future delivery.

<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> )	April 2026
<b>What is the planned end date of the event/activity?</b>	March 2027

### 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>
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<b>Purpose of activity / project within this Outcome:</b>	
<p>The purpose of the Tai Chi project is to provide an accessible, low-cost wellbeing activity that supports physical health, mental wellbeing, and social connection. Tai Chi offers gentle movement, balance improvement, stress reduction, and confidence-building benefits that are particularly valuable for older adults, people with mobility challenges, individuals experiencing anxiety or low confidence, and those affected by deprivation.</p> <p>The project aims to create a safe, inclusive community space where participants can improve their overall wellbeing, reduce isolation, and build supportive social connections.</p>	<b>Target 2026-27</b>
Outputs	
<ul style="list-style-type: none"> <li>• Weekly Tai Chi classes delivered by a qualified instructor.</li> <li>• <b>40–48 sessions</b> offered over the year.</li> <li>• <b>15–20 participants per session</b>, open to all abilities.</li> <li>• Accessible and inclusive sessions supporting older adults, beginners, and those with long-term conditions.</li> <li>• Attendance recorded at every session.</li> <li>• Regular participant feedback gathered through short forms and informal conversations.</li> </ul>	
Outcomes / Indicators:	
<ul style="list-style-type: none"> <li>• Participants report improved balance, mobility, confidence, and energy levels.</li> <li>• Participants experience reduced stress, anxiety, and tension.</li> <li>• Increased weekly physical activity levels for those who were previously inactive.</li> <li>• Participants report feeling less isolated and more connected to others.</li> <li>• Growing number of regular attendees showing ongoing engagement.</li> <li>• New social connections formed through the group setting.</li> <li>• Individuals who face barriers to mainstream exercise (older adults, people with long-term conditions, low confidence, low income) are able to participate fully.</li> </ul>	

• Participants report improved wellbeing despite physical, financial, or social challenges.	

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