

Ref: F2504

Dundee Partnership
Community Regeneration Fund

Grant Application (Ferry / West End)
2025/26

Applicant Information	
Name of Applicant Group	Ali Henderson, Yoga Stuff
Activity Title	Outdoor yoga classes in Dawson Park Community Garden
Grant Requested (£)	£1170

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

This application should address needs in one of the below Wards within which the Dundee Partnership supports activity. If an activity covers more than one Ward then an application is required for each ward, but it is essential that each application can stand on its own if agreed and that the application is not for a city-wide activity, but a local activity that is to take place in more than one Ward.

TICK THE WARD WHERE YOUR PROJECT WILL OPERATE

The Ferry ☒ ✓

West End ☐

Please note that communications regarding this application will be sent to you via email unless you indicate otherwise. All communication for this application should be made to dundee.partnership@dundeecity.gov.uk

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?

☐

Who is the grant for? (Name of Applicant Group / Department)	Ali Henderson, Yoga Stuff (Yoga Teacher)	
Did you receive a Dundee Partnership grant during 2024-25? (If yes, list all grants below)		YES

Title of project funded	Amount granted	When	Was it fully spent?
Outdoor yoga classes in Dawson Park Community Garden	£210	15/02/24	YES
Outdoor yoga classes in Dawson Park Community Garden	£1170	20/05/24	YES

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

OUTDOOR YOGA CLASSES IN DAWSON PARK COMMUNITY GARDEN

ABOUT ME:

I am a local yoga teacher who has been teaching a free outdoor yoga class in Dawson Park Community Garden since 2021. Primarily I was paid to do this as a ParkLives class but funding for this ceased in autumn of 2023. Since then I have had several small grants to enable me to continue from The Common Good Fund, Northwood Trust and CRF. My most recent CRF grant finished in March.

The class is well attended throughout all seasons. There is no need to book or commit to anything apart from turning up with water and a mat. We have a wonderfully diverse student group, with a variety of ages and abilities joining together to practise. It's more than a yoga class — friendships are formed, people chat and learn how to relax in a lovely, secluded space, surrounded by nature. Everyone reports that spirits are lifted after a session.

HOW MUCH DO I WANT?

I'd like to apply for funding of £1,170 to continue providing these classes free from August 2025 until May 2026

WHAT WILL FUNDS BE USED FOR?

39 classes running on Monday lunchtimes throughout the forthcoming year, my tuition fee being £30 per session.

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

The class hits many of The Ferry's major change targets, helping those impacted with the cost-of-living crisis, being open to anyone in recovery (several students in recovery have attended, encouraged by SAMH who run the Chrysalis Project at the gardens), engaging people in community life in a simple, unthreatening way. Attendees are supported in a local setting with the added advantage of practising in a beautiful, green space.

There is evidence of data zones showing significant inequality in The Ferry ward. Unfortunately, the very people who need the mental and physical benefits of yoga are the least likely to be able to afford it. Google 'yoga in Broughty Ferry' and you won't find a pastime that's accessible to the populations within the zones of inequality. These classes aren't affordable for those who are struggling to manage financially. Also, yoga classes and studios can be intimidating places where people feel they need the right clothes and the perfect body. Our Dawson Community Garden yoga isn't like that at all — it's welcoming and non-judgemental. We have thrown away preconceptions that yoga is only for the physically perfect and financially robust, showing that it's for everyone!

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>An average of 13 people a week have attended; 52 people a month. We have a huge mix of age and ability. Attendance remains consistent throughout summer and winter months. Attendance has grown over the last year and I believe there is a definite opportunity to extend the reach of the group further with increasing exposure on social media.</p>	

<p>Please say why the project is needed (please limit your answer to 500 words or less)</p> <p>These classes are a marked component in reducing the significant inequalities in health, education and income in the Ferry ward in that they provide a group where absolutely everyone is welcome, regardless of these factors. We have students, empty-nesters, home workers taking a lunch break, people in recovery, pensioners, unemployed, young mums, all joining together. People who have never done a yoga class in their lives dip their toe in and realise that it can make them feel wonderful. They learn how to breathe and take the practice into their daily lives, helping them</p>
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deal with stress in a positive way. Ancient yogis practised outside and we now successfully do this too, providing the following class benefits:

- Warm
- Welcoming
- No pressure to sign up or commit
- No financial burden
- Less intimidating than gyms/ upmarket studios

Free exercise outdoors can:

- Boost confidence
- Improve physical and mental health
- Limit social isolation
- Boost vitamin D production, essential for wellbeing

What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

None.

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?)

TESTIMONIALS

Sue Black, Team Leader, Duntrune Gardens, Dawson Park, Chrysalis, SAMH, says:

Dawson Park Community Garden is a community space which is open to everyone.

SAMH manage and utilise the space using gardening and nature to support individuals on their mental health recovery journey whilst also actively looking at providing opportunities for the whole community to look after their wellbeing. The local community have identified that there is a need for more accessible and supported outdoor activities for the whole community.

The yoga has become a really important part of what is on offer in the space and has seen numbers increase week on week. People have been telling us how much they love coming to the yoga, how accessible it feels and how comfortable they feel within the space. We have many clients and families who utilise the space and have told us they find things that help support their wellbeing like yoga normally unaffordable and as a project we feel it is important to ensure there should be no barrier to access.

Most Recent Student Reviews

“Being able to access Ali’s outdoor yoga has brought so much joy to me. I really enjoy attending her class in the beautiful Dawson Park and look forward to it every week. We are so lucky to have such a lovely teacher offering this amazing service within our community.”

“Really enjoyed the yoga at Dawson today. It’s such a perfect spot — outdoors, bird song and absolutely perfect for those like me accessing the SAMH Chrysalis Project to support their mental health to do even more to support recovery. Please award Ali funding to continue this vital resource and opportunity.”

“This is just special — I’ve never attended a class that made me feel so good. As a pensioner, it’s also a great bonus to me that it’s free...”

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

Yoga classes (average cost in area is £11 per session) are sadly out of reach for those experiencing deprivation. Gym and studio memberships to help boost wellbeing are simply not possible for the financially deprived. The people who need the boost to wellbeing most can't afford anything extra and therefore run the risk of social isolation and depression, becoming increasingly isolated from and unequal to the very communities we aim to promote an engagement with. Dawson Park Community Garden yoga classes are a small but crucial cog in reversing this vicious circle.

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<p>What other sources of funding have you secured / tried to secure for this project?</p> <ul style="list-style-type: none">• If none, please state why this is the case <p>(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)</p>	
Source of Funding (detail if this funding is for more than 1 year, if applicable)	£
None for the coming year.	

<p>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 <u>all</u> 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).</p>
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Cost Heading	Full Costs (£)	DP Aid (£)
39 classes running on Monday lunchtimes from Aug 2025, my tuition fee being £30 per session.	£1170	
Totals	£1170	

- **All applicants are required to submit a copy of the group's most recent annual accounts** with this application. These will be used to help determine eligibility for funding, and **WITHOUT THEM AN APPLICATION WILL NOT PROCEED**
- If unrestricted reserves held are less than three months operating expenses please confirm this below

Note that if you have already submitted your accounts within this financial year, further copies may not be needed - please check with the Dundee Partnership Team if unsure

Please note that I have attached a yearly tax return plus a year's statements for my business account. The previous 2024 Dawson Park payment is my only grant funding listed in accounts as I am not a charity and all my other work is paid by the various organisations that I am employed by. Please alert me if you need anything else from me as I am relatively new to the grant application process.

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?

Outputs and outcomes will be recorded by filing attendance figures and asking participants for feedback.

What is the planned start date of the event/activity?

August 4, 2025 if possible.	
What is the planned end date of the event/activity? May 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.

City Plan / Local Community Plan Outcome: Promoting engagement within community life in the Ferry by boosting health and wellbeing in an existing green space.	
Purpose of activity / project within this Outcome:	
	Target 2025-26
Outputs	
Outputs: Plan and advertise (via social media and posters) 39 free weekly yoga classes at Dawson Park, Duntrune Gardens for Monday lunchtimes. Make the community aware of classes with an aim of having attendance by at least 13 people or more.	

Outcomes / Indicators:	
Outcomes: Record attendance and ascertain that each attendee recorded finishes the course with basic knowledge of yoga and ability to practise basic moves. Record attendee feedback on how mental and physical wellbeing has boosted by practising yoga outdoors in an environment that helps them appreciate existing green spaces in the community.	

City Plan / Local Community Plan Outcome: Taking action on the cost-of-living crisis in the Ferry ward.	
Purpose of activity / project within this Outcome:	
	Target 2025-26
Outputs	
Plan and advertise free yoga classes in Dawson Park throughout the project with emphasis on social media and posters that the classes are	

FREE and therefore open to all. No one is excluded from the activity through deprivation.	
Outcomes / Indicators:	
Record attendance and feedback.	