

Ref: C2506

Dundee Partnership **Community Regeneration Fund**

Grant Application **2025/26**

Applicant Information	
Name of Applicant Group	Dawn Calling CIC
Activity Title	Yoga and meditation workshops at HMP Bella Centre
Grant Requested (£)	£990

- 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	<p>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 hip@dundeecity.gov.uk</p>

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)		Dawn Calling CIC	
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?
Yoga and meditation classes at HMP Bella Centre	£815	February 2025	Yes

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

We are a Community Interest Company providing Yoga and meditation classes to prisons in Scotland. The teacher that carries out the classes has been

teaching yoga for 13 years and in prisons for 8 years. She has undergone specialist training in order to be equipped to teach yoga in secure settings. We feel extremely passionate about providing a space for the women where they can do something very beneficial for their physical and mental health.

We would like to teach a monthly yoga and meditation workshop for the women residents at HMP Bella Centre. Each workshop would last around 1 hour ten minutes (possibly slightly longer as the participants feel more comfortable with the practices).

After teaching taster classes last year and a full program at the start of this year we have had great feedback from the women on the benefits they felt from the classes. We want to encourage and give tools for them to have a regular practice in their own time and have the monthly workshops taught by the teacher to provide the support of the class and any check ins with questions they have about yoga and meditation.

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

The City plans it will address are: Healthcare and well-being as well as Community Safety and Justice.

The local community plan it will address is: To improve local supports for people in recovery and their families

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>The Bella Centre is a prison for female adults. It is a small prison and the capacity it can house is 16 people. When teaching classes in the past it has not always been at capacity.</p> <p>The specific group is female and as it is not a young offenders prison the women will be over the age of 21. Although not classed within the group of protected characteristic, many women who are in prison have at some point been a victim of trauma.</p>	

Please say why the project is needed (please limit your answer to 500 words or less)
<p>The project focuses on teaching new skills; enhancing physical and mental well-being, and building a positive environment for female prisoners.</p> <p>Yoga, mindfulness, and meditation are proven techniques to reduce stress, frustration and conflict while improving physical health and strength. The project is anticipated to have a significant impact on the mental health and overall well-being of the participants. Expected benefits include a reduction in mental health crises, self-harm, and substance misuse. Along with improved stress management, self-regulation, and conflict resolution. Participants will be empowered through new skills that aid in recovery and rehabilitation, leading to a long-term reduction in reoffending rates. The primary beneficiaries will be female prisoners aged 21 and above. These individuals are often at high risk of mental health crises, substance misuse, and PTSD due to trauma from abuse and separation from children.</p> <p>Addressing immediate and long-term well-being of female prisoners, creating a sustainable and positive impact on their lives.</p> <p>HMP Bella Centre is a partly open prison where some of the women go out to work in Dundee. We would hope that by providing this weekly class it helps them to become productive and engaged members of their communities.</p>

What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

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 feedback forms from the program delivered earlier this year at The Bella Centre by the participants. All were positive and with the hope of a regular class from the women. We also have permission to pass on the contact details of one of the prison officers who works at The Bella Centre and has attended the classes.

Many of the feedback forms stated a reduction in stress and improvement in physical and mental well being.

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

The opportunity to attend a monthly class which can greatly improve strength, mobility and help with balance can have a great effect on a persons mood releasing endorphins from physical movement.
Learning tools of relaxation which is perhaps they have not experienced before.
Also many people report of sleeping better the night of the class which promotes huge benefits to health and well-being.

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 Safety Dundee Council - Pending	£500

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 (£)
Teaching fee for monthly workshop for 9 months	£990	

Totals	£990	

- **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

Reserves held are less than 3 months operating expenses (we are still a fairly new CIC) Accounts were done in March by Accountant, this will be attached.

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?

We will use feedback forms for the women attending to assess their stress levels and well being. We will do this every 3 months, the nature of it being in a prison the people who attend the class at the beginning may have been released by the end of the 9 months.

We will also gain feedback from the staff at the prison for them to gauge any change for the women after the classes.

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*)

July 2025 (end of)

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

March 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:	
Purpose of activity / project within this Outcome:	
	Target 2025-26
Outputs	
Hold a monthly yoga and meditation workshop. The capacity The Bella Centre can hold is 16 however numbers can fluctuate and at times be lower than this.	Average 7 each workshop
Outcomes / Indicators:	
Use monthly feedback forms to monitor how the physical activity has made them feel	
Use feedback forms to assess if the classes have helped with stress relief.	

City Plan / Local Community Plan Outcome:	
Purpose of activity / project within this Outcome:	
	Target 2025-26
Outputs	
Outcomes / Indicators:	
