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## **Dundee Partnership** **Community Regeneration Fund** **Grant Application** **2023/24**

Applicant Information	
Name of Applicant Group	North East Connecting Carers Cafe
Activity Title	Support Group
Grant Requested (£)	633.30

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

PLEASE INDICATE WHICH TYPE OF GRANT YOU ARE APPLYING FOR	
Small Grant	<input checked="" type="checkbox"/>
Physical & Environmental Improvement	<input type="checkbox"/>
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 checked="checked" type="checkbox"/> |
| Fully completed the information on the front of the form  | <input checked="checked" type="checkbox"/> |
| Provided a response to all sections of the application form<br>(including indicating a section as 'N/A' where relevant)   | <input checked="checked" type="checkbox"/> |
| Checked that your budget adds up properly?  | <input checked="checked" type="checkbox"/> |
| Checked that your start date is after the date at which funds could be available,<br>(see page 6) and that your end date is within the financial year?          | <input checked="checked" type="checkbox"/> |
| Included appropriate, measurable outputs & outcomes?  | <input checked="checked" type="checkbox"/> |
| Provided your groups accounts, or other appropriate financial information?  | <input checked="checked" type="checkbox"/> |
| Sourced and attached all relevant quotes?<br>(multiple quotes are required where >£5,000 is being applied for to ensure value<br>for money is being considered) | <input type="checkbox"/>                   |
| Checked that the bank details or financial code are correct / complete?   | <input checked="checked" type="checkbox"/> |
| Signed the form and given accurate contact details?   | <input checked="checked" type="checkbox"/> |

## DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION

<b>Who is the grant for?</b> (Name of Applicant Group / Department)	Dundee Carers Centre		
<b>Did you receive a Dundee Partnership grant during 2022-23?</b> (If yes, list all grants below)			<b>NO</b>
<b>Title of project funded</b>	<b>Amount granted</b>	<b>When</b>	<b>Was it fully spent?</b>

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

The grant is requested to enable a Connecting Carers Café to run in the Finmill Centre for unpaid carers in the North East locality.

Carers often experience isolation due to their caring role whilst looking after a loved one. Many carers believe that the responsibility to look after their family is theirs and in doing so, often neglect themselves, focusing all their attention on the person they care for. Often carers feel guilt at taking time for themselves and as a result this can have a negative impact on their own physical and mental well-being. The Carers Centre provides support to carers to help them understand that looking after themselves can enable them to recharge their energy helping them to be mentally and emotionally more able to provide care for their loved one.

This group is to help carers in the North East locality to connect with one another to reduce isolation, be able to integrate more into their community and reduce anxiety. It also allows carers to build their confidence and resilience.

This group has been running since September 2022 with great success. It was a pilot working in partnership with, and accommodation arranged by the community empowerment team. This request for funding is to enable the group to continue from March 2024 by ensuring venue hire costs are covered, refreshments can be provided and potentially pay for arts/craft materials.

## DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION

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

- Improve mental health and wellbeing
- Increase empowerment of local people

**How many people will benefit from this project?**

Will any specific groups benefit from this project? (male, female, age range or protected characteristic)

Unpaid carers from the age of 18 years, male and female. The space available would allow for at least 20 people at any one time to attend and benefit.

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

The objectives of this group are to:

- Help to reduce isolation
- Help carers integrate more into the community
- Help carers access peer support
- Help carers learn new skills
- Help carers to reduce social anxiety

The strategy is for carers in the North East to have a space which is open to them every last Tuesday morning of the month for two hours.

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

(Please attach evidence summarising the results of any consultation)

Currently there is a membership of around 23 people who have accessed the group with a core group of 6-8 which is growing each week, and more carers are still making enquiries about the group.

## DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION

All aspects of this funding application has been discussed with the group who are fully supportive on it being submitted.

Members are very keen on the peer support element that the group offers because they are able to share and hear what other carers are doing and learn how to adapt the knowledge into their own caring roles.

According to the carers, the opportunity the group provides for them helps them to have something in the month to look forward to and not mentally occupied with caring.

### **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?)

What carers have said about the group:

"I cannot speak highly enough of this group. What a relief to have everyone around supporting and lifting each other."

"The carers group is a really good way for me to access peer support. I think this is a really important part of this group's dynamic, along with learning about our rights as carers and taking time for ourselves. Long may it continue."

"I would just like to say that this group is very essential as we learn so much from each other. I hope we can keep this group going for as long as possible."

"Excellent meeting, discussed a wide range of issues, staff and carers very friendly."

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

(Refer to Section 1 of the Guidance Notes)

By having funding to cover the costs of the hall rental and refreshments, there is no cost to the participants. Often as a result of their caring role, carers have had to give up work or reduce their working hours which has a financial impact.

**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)

## DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION

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

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

**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)

**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)	£
Application submitted to the Rotary Club for broad activities	600

**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 (£)
Venue Hire @£12.90 per hour x2 for 11 months	283.30	
Teas, coffees & snacks for 8-10 for 12 months	250.00	
Arts/craft materials	100.00	
<b>Totals</b>	<b>633.30</b>	

- **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)

## DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION

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

There will be monthly monitoring of numbers attending the group and monthly evaluation recordings to collect information on carers views and thoughts on any activities and/or topics covered.

### 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)

26<sup>th</sup> March 2024

(group does not run in July, August or December)

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

29<sup>th</sup> April 2025

## 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 2023-24
Outputs	
Hold weekly groups for unpaid carers over 11 months.	11 group sessions
Provide 2 hours support for at least 10 unpaid carers per month for 11 months	22 hours of support
Outcomes / Indicators:	
Number of carers reporting an increased benefit to their mental health and wellbeing	100%
Number of carers feeling more empowered about their rights as unpaid carers	95%

City Plan / Local Community Plan Outcome:	
Purpose of activity / project within this Outcome:	
	Target 2023-24
Outputs	

**DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION**

Outcomes / Indicators:	



**DUNDEE PARTNERSHIP FUND CRF GRANT APPLICATION**