

Ref:

C2609

Dundee Partnership **Community Regeneration Fund**

Grant Application **2026/27**

Applicant Information	
Name of Applicant Group	Community Empowerment Team
Activity Title	Men's Group
Grant Requested (£)	£339.56

- 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

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)		CET on behalf of the Men's Group	
Did you receive a Dundee Partnership grant during 2025-26? (If yes, list all grants below)			YES
Title of project funded	Amount granted	When	Was it fully spent?
Mens Group	1785.77	October 2026	Yes

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

CET facilitate a drop-in Men's Group which runs every Friday 10-11:30am. The group was set up as direct result of a consultation which stated men in Coldside felt lonely, isolated, struggled with low mental health, struggled with current substance use, or are in recovery. The group supports the men by providing a safe and welcoming space with activities, hot breakfast, teas/coffees, monthly free health checks and sharing information on local events

We are applying for funding to cover the costs of the hot breakfast and refreshments for the remaining 23 weeks of this financial year.

We are purposely not applying for funding for trips etc as most members lead chaotic lives and cannot commit to attending trips out.

We are asking for this funding to give the group time to come up with a plan to find a sustainable way to fund the group. Due to the nature of the group – this is not straight forward.

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

We need to respond to the cost of living crisis

We need to improve life chances for children and families

We need to provide local support for people in recovery and their families

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

This is an open group for men in the Coldside area aged 16+

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

The Men's Group was established in 2023 following community consultation which identified a lack of social opportunities for men beyond traditional venues such as pubs. Many participants were in recovery from alcohol dependency and had become socially isolated from friends and family, resulting in experiences of loneliness, poor mental health, and reduced confidence. The group was developed in response to a growing need within Coldsides for accessible support for men affected by poverty, addiction, recovery, mental health challenges, and social isolation. This still holds true for the group in 2026, members are still experiencing these barriers with almost all stating this group gives them a reason to get up and go out. Attending the group is for some the only time they eat hot food and have a conversation all week.

The group provides a safe, welcoming, and informal drop-in environment where men can attend free of charge and participate at their own pace. Using a trauma-informed approach, the group creates opportunities for peer support, social connection, and confidence building. While discussions around mental health arise naturally and sensitively, members have recently demonstrated increased openness by openly discussing their own health and mental health, making this a less taboo topic.

In addition to social support, participants can engage in recreational activities such as pool and table tennis, helping to strengthen relationships and reduce isolation. The group also benefits from monthly visits from the Health Inclusion Nursing Team, providing members with valuable access to health support and advice. For some participants, this may be their only regular point of contact with healthcare services, making the group an important gateway to wider support and wellbeing services.

This group is needed as members are struggling living on benefits, they have low mental health, some have suicidal thoughts, they have little or no contact with their family members and for most their friends do not have a positive impact on their lives. This group is a lifeline to most of the members and gives them something to look forward to and a reason to get up and come out every Friday. They can be themselves at the group without judgement, relax join in with the activities. Most members do not cook for themselves as they either live alone, do not have cooking facilities or run out of electric/gas. Therefore the hot breakfast is important.

What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

During a recent session I asked the group members for feedback on the group and what it meant to them, almost every member said the same thing, this included:

“this group gives me something to look forward to each week”

“it gives me a reason to get up and go out”

“this group give me the chance to speak to people otherwise I would be stuck at home on my own”

“I get to chat to people about everyday things”

“I have fun, I had never played pool before coming to this group”

“it helps reduce my anxiety”

“it gives me hope”

“I get fed, I don’t cook for myself, I don’t have hot food”

“We get to sit around the table together like a family, eat and have proper conversations, I don’t get to experience this anymore as I live alone”

“I get regular health checks and can speak about my situation”

When asked what would be the impact if there was no group, most member shared:

“My mental health would decline”

“My anxiety would spiral”

“I would have no reason to go out of my house”

“I would have no one to talk to”

“I won’t get my health checks”

“Where would I go for support, no other place is like this. I often feel judged elsewhere”

“disappointed”

“gutted”

“depressed”

The Men’s group were very keen for the group to keep going.

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?)

It was discussed at lengths in a Men's Group session and they wanted to apply for funding to allow the group to continue, additionally a member of the Men's group is also member of the Local Management Group. This coming year we are going to explore the possibility of the Men's Group coming under the Management Group.

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

- Through the provision of a hot cooked breakfast and refreshments.
- Monthly free health checks and support from NHS community nurse
- Signposting & Referrals to other services such as Unite the Uniform, Welfare connect, foodbanks, HCC food larder and Coldside community wardrobe
- Offering volunteer opportunities to develop transferable skills and possibly as way back into work
- Increasing confidence and positive mental well being
- Improving outlook on life

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)

I have contacted Asda community Champions, they donated enough food for one session, they do not have the capacity for longer term support.

We have tried to do fund raising within the group but most of the current members lead chaotic lifestyles or have fluctuating poor mental health making this too difficult to navigate.

We have started donation jar – with members donating what they can but most weeks we get £1.00.

I have applied to Dundee Community Grants for £500 but I have not heard back from them.

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 (£)
Bacon 3 pack £4.92 x 23 wks	113.16	
Sausages 1 pack £1.75 x 23weeks	40.25	
Eggs 1 box £2.85 x 23 weeks	65.55	
Bread 1 loaf £1.10 x 23 weeks	25.30	
Rolls pack of 12 £1.95 x 23weeks	44.16	
Teabags £4.75 x 4 boxes	19.00	

Coffee £2.45 x 4 jars	9.80	
Sugar £1.87 x 4bags	4.36	
Cooking Oil £2.25 x 2 bottles	4.50	
Butter £1.50 x 4 tubs	6.00	
Sweeteners £1.87 x 4 tubs	7.48	
Totals	339.56	

- **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)

A copy of an Asda shopping list with costs

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

Throug observations, conversation/verbal feedback and register

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*)

02/10/2026

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

26/03/2027

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.

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

City Plan / Local Community Plan Outcome:	
Purpose of activity / project within this Outcome:	
	Target 2026-27
Outputs	
Provide a weekly safe and welcoming session including hot breakfast, and refreshments to Men's Group Members	Minimum 8 per week x 23 weeks = 184 overall
Outcomes / Indicators:	
Participants in the group have increased confidence	50% overall
Participants in the group have increased health and wellbeing	50% overall