



For official use only:
Ref:F2403

Dundee Partnership Community Regeneration Fund

Grant Application (Ferry / West End) 2024/25

| Applicant Information | |
|-------------------------|-------------------------------------|
| Name of Applicant Group | Ali Henderson, Yoga Stuff |
| Activity Title | Outdoor yoga classes in Dawson Park |
| Grant Requested (£) | £1,170 |

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.

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| TICK THE WARD WHERE YOUR PROJECT WILL OPERATE | |
| The Ferry | <input checked="" type="checkbox"/> |
| West End | <input type="checkbox"/> |

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:

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| Read the guidance sections of the form | <input type="checkbox"/> |
| Fully completed the information on the front of the form | <input type="checkbox"/> |
| Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant) | <input type="checkbox"/> |
| Checked that your budget adds up properly? | <input type="checkbox"/> |
| 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? | <input type="checkbox"/> |
| Included appropriate, measurable outputs & outcomes? | <input type="checkbox"/> |
| Provided your groups accounts, or other appropriate financial information? | <input type="checkbox"/> |
| 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) | <input type="checkbox"/> |
| Checked that the bank details or financial code are correct / complete? | <input type="checkbox"/> |
| Signed the form, given accurate contact details and ticked the GDPR box? | <input type="checkbox"/> |

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| Who is the grant for? (Name of Applicant Group / Department) | Ali Henderson, Yoga Stuff (Yoga Teacher) | | |
| Did you receive a Dundee Partnership grant during 2023-24? (If yes, list all grants below) | | | YES |
| Title of project funded | Amount granted | When | Was it fully spent? |
| Outdoor yoga classes in Dawson Park | £210 | 15/02/24 | YES |
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Please give a description of what you want this grant for - (please limit your answer to 500 words or less)

ABOUT ME:

I am a yoga and Pilates teacher who runs numerous classes, also teaching various free classes for organisations who can pay me to do so due to funding. Unfortunately, for some of these classes funding was no longer available from autumn 2023, meaning that several tuition sessions that ran regularly for years had to stop. One of these was the yoga session at Dawson Park, Duntrune Community Gardens, Mondays, 1.30-2.15pm. I secured a grant from Dundee City Council's Common Good Fund to continue teaching throughout November until the end of January then was lucky enough to secure a further CRF grant enabling me to continue with classes until March 2024. These are well attended sessions that offer free tuition to those in the area, with no need to book or commit to anything other than showing up on the day. They are usually held outdoors. If the weather is bad, the Chrysalis project at Duntrune, run by SAMH, allow us to use their activities room.



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HOW MUCH DO I WANT?

I'd like to apply for funding of £1,170 to continue providing these classes free until the end of March 2025.

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 is an opportunity for people to come together and engage in community life in The Ferry ward. It's a chance to boost health and wellbeing in a wonderful green space without participants spending a penny. It will therefore be a resource for those impacted by the cost-of-living crisis in the Ferry ward where it has been recognised that there are data zones that show a particular inequality when compared to the rest of the ward. Google *Yoga classes in Broughty Ferry* and you won't find another free class in this area, I can guarantee, or one that's not fairly costly (£11 per session is average).

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How many people will benefit from this project?

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

An average of 10 people, sometimes more, have attended the group weekly, throughout summer and winter months. At least 40 people per month have benefitted throughout the winter months and, with further exposure on social media, there is a definite opportunity to extend this and grow the reach of the group. Those who currently benefit are a huge range of different ages, nationalities and socio-economic groups. We have a 30 something single mum whose daughter is constantly unwell; the class gives her a much-needed stress reduction outlet where she meets other people. There's a student whose whole family are in Gaza; her father encourages her to come along to relieve her constant anxiety. There are several home workers who attend in their lunch hour; the social side of the class helps limit their isolation while working from home. Friendships are made; some members go swimming together at the beach after class in the summer.

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

WHY IS IT IMPORTANT FOR THE CLASSES TO CONTINUE?

Approximately 40 people per month have attended this free class with me throughout the winter months. These classes are crucial in reducing inequalities of health, education and income in the Ferry ward in that they encourage those who might never set foot in a yoga or Pilates class to dip their toe in and enjoy it! Pilates and yoga can be posh pursuits for the privileged and my aim is to make them less intimidating and open to all. The classes are an ideal opportunity for the whole community to be involved in learning and partake of social and physical activities without being constrained by the cost-of-living crisis.

Benefits of free classes:

- 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

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What local consultation has taken place regarding this application? None
(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?)

TESTIMONIALS

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

“Having yoga in the garden every week has been a great addition to what we have on offer at Duntrune. Everything that we do within the garden is to encourage and enable people to look after and improve their wellbeing both physically and mentally. A lot of people who come along to our projects struggle in enclosed spaces and find it difficult to attend indoor venues, especially busy venues.

“Participants have told us that Ali is really approachable, she enables all those who come along to feel welcome and able to take part whatever their fitness or physical abilities are. The group is really well-attended every week and meets throughout the year. It would be really sad to see the yoga stop as we see first-hand the many benefits to those who attend. There is something quite special about doing yoga outside in beautiful natural surroundings, in a space that naturally puts people at ease.”

Most Recent Student Reviews

“I have found the yoga class extremely helpful with controlling my asthma. I have attended regularly and found that I seldom need to use my quick acting reliever inhaler. My asthma is much better controlled. This direct health benefit is felt

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throughout the week when I go about my daily life. It keeps me coming back week after week.”

“The yoga class outdoor at the gardens is really inclusive and welcoming. It sets me up for the week. I find that it makes me feel less isolated with working from home. I discovered the classes at just the right stage of life; empty nesting. I have found it so difficult with my children leaving school for college and needing me less directly in their day-to-day life. This class has helped me bridge this stage as it gives me something new to do that is just for my own benefit.”

“I am absolutely devoted to Monday’s yoga class. Attending Monday’s yoga sets me up to face the week ahead. I feel like I have taken care of myself.”

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

(Refer to Section 1 of the Guidance Notes)

Due to the cost-of-living crisis, many people can no longer afford gym or studio memberships. Yoga classes can cost £11 or more per session — they are sadly out of reach for those experiencing deprivation, (the people who often need them the most). These are often the people most at risk of social isolation and depression, often feeling isolated from the very community that we are aiming for them to engage with.

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)

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)

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| Source of Funding (detail if this funding is for more than 1 year, if applicable) | £ |
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| <p>I received a Common Good Fund grant in November 2023 for this and several free Pilates and yoga classes at Boomerang, Kemback St, which expired at the end of January 2024.</p> | £1000 |
| <p>I received a CRF grant in Feb 2024 which enabled me to continue classes until Mar 25 2024.</p> | £210 |

| <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> | | |
|--|----------------|------------|
| Cost Heading | Full Costs (£) | DP Aid (£) |
| 39 classes running on Monday lunchtimes from May 2024-March 2025, my tuition fee being £30 per session. | £1170 | |
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| 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

What other documents are you attaching to evidence the budget costs for this application? (e.g. quotes, estimates, projected income and expenditure)

I submitted an expense spreadsheet with my previous (secured Feb 2024) grant application. I am attaching the transactions list from my business account that I recently opened in November 2023 to keep funded class finances separate from the others I teach. I have also attached a Copy of my most recent tax return. Please advise if there is anything else I can provide as I am new to the business of grant application and a relative novice at getting the correct info together.

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| <p>How do you intend to monitor the project Outputs and Outcomes?</p> <p>Outputs and outcomes will be recorded by filing attendance figures and asking participants for feedback.</p> |
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| <p>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 (<i>see section 2 of the guidance notes</i>)</p> | <p>May 20 2024</p> |
| <p>What is the planned end date of the event/activity?</p> | |

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.

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| <p>City Plan / Local Community Plan Outcome: Promoting engagement within community life in the Ferry by boosting health and wellbeing in an existing green space.</p> | |
| <p>Purpose of activity / project within this Outcome:</p> | |
| | <p>Target 2024-25</p> |
| <p>Outputs</p> | |
| <p>Outputs: Plan and advertise (via social media and posters) a year of (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 10 people.</p> | |
| <p>Outcomes / Indicators:</p> | |
| <p>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.</p> | |
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| 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 2024-25 |
| Outputs | |
| Plan and advertise free yoga classes in Dawson park throughout the year 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. | |
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| Outcomes / Indicators: | |
| Record attendance and feedback. | |
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