

WARD 6 COMMUNITY CHOICES

FUNDING PROPOSAL FORM

AUGUST 2019

INTRODUCTION

Ward 6 is one of four areas receiving £200,000 of funding for local community work through Community Budgeting projects funded by Glasgow City Council over 2018 and 2019.

The funding is being distributed through Ward 6 Community Choices to benefit the Ward 6 community.

Please read the guidance before filling in this application form. If you don't have a copy of this, you can find it here: [Ward 6 Community Choices Website](#).

The guidance explains which types of organisation can receive funding, what we can provide funding for and other important information you must know before filling in the form below.

Please complete and return this form along with a copy of your organisation's constitution to Ward6CC@crer.org.uk.

Closing date: 12.00 midnight, Thursday 26th September 2019

Applications received after this time will not be considered, regardless of the reason. Please ensure that you leave plenty of time to send your application in.

If you have any questions, please contact Carol Young at CRER

– Ward6CC@crer.org.uk, 0141 4186530 (you may have to wait for a call back).

We can provide support to understand the application form and process. In the interests of fairness to other applicants, we can't complete your application for you or give detailed advice on how to succeed with your application.

SECTION 1: ABOUT YOUR ORGANISATION

Please tell us about the lead organisation responsible for making this application. If you are awarded funding, this organisation will be responsible for holding the money and making sure the project is delivered.

The lead organisation must have a written constitution and an organisational bank account. They must be a community group, charity or social enterprise. They must be based in Ward 6.

Other types of organisation (including public sector organisations) can't be the lead organisation, but can be partners. Individuals can also be partners.

Name of lead organisation:

Stepup Scotland

Address of lead organisation (including postcode):

50 Hamilton Street, Glasgow, Lanarkshire, Scotland, G42 0PL

Which neighbourhoods does your organisation work in?

Pollokshields

What does your organisation do?

We organise a range of activities:

Hiking

Cycling

Kayaking/Canoeing

Indoor Sports/Activities

Community Building &

Social events

Environmental Awareness

Which groups of people does your organisation work with?

Our focus is BAME communities but we are open to everyone

What was your organisation's income in the financial year 2018/19?

We only been incorporated as Community Interest Company since February 2019 and out income to date £1405.00

If you are making more than one application, please tell us what level of priority you would give this application (First priority, second priority etc.):

Just one application

SECTION 2: PARTNERS

If other individuals or organisations are partners in this application, please give their details here. If there are more than two partners, please contact us to discuss.

Each partner must have officially agreed to be involved. The lead organisation is fully responsible for delivering the work, no matter which partners are involved.

PARTNER 1

Name of organisation / individual:

Scottish Youth Forum

Type of partner (Please state - individual, voluntary/community organisation, social enterprise, public sector):

Community Organisation

Please tell us what the partner will do:

Scottish Youth Forum has been activity involved in the Ward 6 since 2012. They have been organising Community Clean-ups and over the past 7 year they have signed up more than 100 street captains who are looking after their streets.

Since they have wealth of knowledge and experience in environmental issues, we would like them to educate Stepup Scotland team and our participants about environmental issues and their impact. They will train our volunteers to report environmental issues such as fly tipping, dog fouling,

bulk waste collection and litter in public place. This will help to address environmental issues within Pollokshields.

This will help in increasing the number of street captains and will also help in addressing issues such as fly tipping, dog fouling, bulk waste collection and litter in public place.

PARTNER 2

Name of organisation / individual:

Type of partner (Please state - individual, voluntary/community organisation, social enterprise, or public sector):

Please tell us what the partner will do:

SECTION 3: YOUR PROPOSAL

What do you want to do with the funding, and how will you do it?

- We are planning to put a programme of activities together for 12 months and those activities include:
 - Hiking
 - Cycling
 - Kayaking/Canoeing
 - Indoor Sports/Activities
 - Community Building &
 - Social events
 - Environmental Awareness

There are 60 percent of participants are women

Youngest participant 6 years and oldest 80.

The motivation was:

- To get people outdoor and explore Scotland

- To build their confidence in a challenging outdoor environment.
- To build a cohesive group where people have a belonging.
- To help individuals build their self-confidence and gaining skills
- To improve cardiovascular fitness through low impact exercise.
- To helping improve the environment by reducing an individual's carbon footprint.

To develop team building by rhythmic paddling and directional skills
The team carries out research and selects an activity based on the feedback from participants.

We will advertise the above activities on Facebook and WhatsApp with a link to the booking form. The participants reserve their place and make the payment. Once a payment is received they receive a message confirming their place and seat number in the coach. On the day of activity, all the participants meet up in Glasgow Central Car park. Once registration is complete, the participants sit in the coach on their allocated seat.

While coach is on its way to the activity venue, the Stepup team members go through the health and safety briefing and risk assessment.

The Stepup also briefs them about take care of environment, animals and also to keep their litter on them and dispose in the bins provided.

During the hiking or any other activities, the Stepup team takes environment very seriously. For example during a hike, each Stepup team member will have 10 to 12 participants to look after. One participants stays right in the back and make sure if anyone dropped litter or anything else he/she picks up and dispose it properly.

Once activity is complete, the headcount takes place and certificates are distributed to the participants.

After the event a link to feedback survey is sent to the participants. The survey allows them to provide feedback, what went well, what needs improvement and what type of activities they would like to participate in future.

How do you know there is a need for this in Ward 6 / your neighbourhood?

Heart Attack, Diabetes and Stroke rate is much higher within BME communities compare to the other communities. This is due to type of food they have and also due to lack of exercise.

There is a great need for exercise within BME communities, unfortunately gym membership is too expensive and most of them can't afford it.

Ward 6 survey shows that more local services to support mental health and well-being (including tackling stigma around these issues)

More addiction support in the area, both drugs and alcohol focussed services
Potential for a mobile health centre to be set up, which would be accessible for those with limited mobility to help with access to fresh food, health advice etc.

Potential to increase the number of Community Connectors working within health services as a positive way to help address the wider issues that impact health

Potential for late opening of health services and pharmacies to assist workers to access these

Our activities will get residents into exercising and also being out door will help them with their mental health and wellbeing.

Where will you do this (neighbourhoods within Ward 6 – we cannot fund work that covers other areas)?

The activities will be organised for the residents of Ward 6

What do you hope will happen as a result of this?

Hiking

Building their confidence in a challenging outdoor environment.
Building a cohesive group where people have a belonging. Helping individuals build their self-confidence and gaining skills

Cycling

Improving cardiovascular fitness through low impact exercise.

Helping improve the environment by reducing an individual's carbon footprint.

Introducing a cost effective and greener mode of transport.

Kayaking/Canoeing

Having greater respect and awareness of Scotland's two thousand plus Lochs.

Team building by rhythmic paddling and directional skills.

Kayaking and canoeing can be peaceful and meditative helping individuals to de stress.

Indoor Sports/Activities

The social interactions of playing Badminton or Squash result in positive feelings.

Badminton and Squash include running, lunging, diving and ball hitting, which all provide a great CV workout.

Indoor activities are a great way for the community to keep active in the cold winter months.

Community Building & Social events

Being subjected to new sights, sounds and experiences is important for everyone's health, especially for elders who may lack the correct support and access to the outdoors.

Fresh air, change of scenery and interacting with others can make a huge positive difference in people's mental wellbeing.

Environmental Awareness

We aim to introduce the necessity and responsibility of humans to respect, protect, and preserve the natural world through education and awareness.

The aforementioned activities are the easiest and cheapest ways of exercising, and an effective way of managing weight. Regular brisk walking will improve performance of the heart, lungs and circulation, as well as lower blood pressure.

Regular exercise has shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers

These activities are more powerful than we realise and they play a vital role in Mental health and wellbeing. They helps us cope at work by helping de-

stress amongst nature; it 'heals' our brains, helps us concentrate, makes us more creative and can help treat depression.

How will you know you've achieved the results you wanted?

We will know we have achieved the desired results through continuous feedback from participants. We will take this feedback orally and through written forms, which we will collate and analyse to better our activities in the future.

We will carry out a survey about their health and well-being at the start of the project and also at the end of the project. As a part of their survey we will also measure how these activities have changed their life style and what impact they had on their health.

When will the work start and finish (must be no longer than one year)?

1st December 2019 – 30th November 2020

Please tell us how you will reflect the two Ward 6 Community Choices themes of tackling poverty and inequality, and equality for BME people.

How will this support people experiencing poverty and inequality? (for example, you could tell us how your idea helps to tackle poverty and inequality, or about efforts will you make to ensure people experiencing this can get involved)

The area where our work is primarily focused is a largely BME area and it is an area riddled with poverty and socio-economic inequality. This will support people suffering from poverty and socio-economic inequality by allowing them to partake in activities that may have only been available to their more affluent peers. We will be inviting schoolchildren from inside the

impoverished area to join us through liaising with schools and building on our already great relations with educational institutions in our area.

There are individuals and families who used to come and participate in our activities but they don't come a regular basis due to the cost as they have limited income and they are unable to afford it. With the funding from Ward 6 will help us to reduce the cost and make it affordable for everyone. This funding will help people from low income to participate in our activities on a regular basis. This will improve their fitness level and improve their health.

We have large number of elderly people from BME communities who live on their own and they don't get to spend time with the loved ones, through High Tea they managed to spend time with their loved one, this helps bonding with two or three generations.

Through our activities, people got to know each other and they became good friends and they invite each other to family functions.

How will this will support local people from BME communities? (for example, you could tell us if this project is aimed at local people from BME communities, or about efforts you will make to ensure local people from BME communities can get involved)

It will support local people from the BME community by giving them an opportunity to do activities that they are perhaps unable to do because of lack of funds. It is also imperative to us that young children from BME communities get involved because we aim to give them a sense of belonging and allow them to interact with the wider community from an early age.

We already have achieved a great deal of success, the company provides us sandwiches is moved from plastic (PETE) to paper bags.

We provided reusable plastic bottles to all our participants to reduce plastic

One of the best thing I have seen is people share food with each other and also created friendships and go out with the people they never met before.

This group also connected families together, normally they don't have time to sit together and have a chat but during these journeys they spend a lot of time together.

This group also takes our elderly people free of charge, High Tea was specifically arranged for elderly people.

The health and wellbeing benefits of the outdoors activities are numerous. As well as the physical benefits, there are many mental health and social benefits. The benefits include:

The aforementioned activities are the easiest and cheapest ways of exercising, and an effective way of managing weight. Regular brisk walking will improve performance of the heart, lungs and circulation, as well as lower blood pressure.

Regular exercise has shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers Find out more about walking for health.

These activities are more powerful than we realise and they play a vital role in mental health and wellbeing. They helps us cope at work by helping de-stress amongst nature; it 'heals' our brains, helps us concentrate, makes us more creative and can help treat depression.

We also issue certificates at the end of the event to all the participants. I have attached copy of the certificate too.

Please find the links below for our Facebook page and also links to pages with videos:

Facebook Page

<https://www.facebook.com/StepUpScotland/>

Videos

<https://www.facebook.com/pg/StepUpScotland/videos/>

Photos

<https://www.facebook.com/pg/StepUpScotland/photos/>

SECTION 4: YOUR FUNDING REQUEST

Which level of funding are you applying for? (please mark the box with an x.)

Small grants: £500 - £2,000	
Main grants: over £2,000 - £20,000	X

This form and the questions below cover both of these levels. We will expect more detailed answers from organisations applying for the main grants than from those applying for the small grants.

Total amount of funding requested:

Please give us a break down of what you will spend the money on:

What:	Cost:
Bus hire for 10 Activities, total cost is £6000 but we will pay £3000 and we need	£6000.00
Climbing Rope	£60.00
2 x Safety Harness	£130.00
Scrambling Pack	£299.00
Climbing Pully	£77.00
2 x Navigation Tools (Garmin GPSMAP 64s Handheld Navigator)	£488.00
Mountain Leader Training for 3 people (£330 each)	£990.00
	£8044.00
Total	

We need £5044.00 from Ward 6 funding and we will contribute £3000 from our savings and income from the next 12 months.

If there is anything you want to note or clarify about the breakdown or total amount requested, please tell us here:

SECTION 5: CONTACT DETAILS

Please provide details of the person your organisation has agreed is responsible for this funding application. This is the person we will contact to let you know how your application is progressing. We prefer to have one specific contact per funding proposal, to reduce the risk of communication problems.

We will normally contact you by email so that we (and you) have a record of what's been said. If this is not possible, please contact Carol Young on 0141 418 6530 to discuss alternatives.

Name of contact person:

Tahir Mohammed

Position in organisation (give your position and mark paid or unpaid with an x):

Director	Paid		Unpaid	X
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Email address:

Tahir.mohammed@gmail.com

Telephone number (working hours):

07412 469 957

Data protection: Please confirm you are happy for us to keep and share the information on this form with others in order to process your application and so that our funding process is transparent.

Yes, I agree that the information on this form can be kept and shared (type/write your name):

Tahir Mohammed

Please confirm that the information on this form is accurate and that you have been authorised by your organisation to make this application (type/write your name):

Tahir Mohammed

NEXT STEPS

Your application will go through a shortlisting stage. Further details of how this works are included in the guidance.

If your application is successful at the shortlisting stage, it will go through to the final stage, which is a public vote.

The vote will take place at a decision event where Ward 6 community members will decide which of the proposals receives funding. Online voting will be available for people who can't make it to the event.

All organisations taking part will be expected to share publicity materials / social media posts (if they have social media) about the event and online vote to the people they work with and the wider public. The more people attending, the more votes organisations can receive, so it's important that everyone makes an effort to share this widely. Please only share official materials and messages from Ward 6 Community Choices about this, to avoid any potential confusion.

Your organisation will need to send at least one person to the decision event to explain your proposal and how it will benefit the Ward 6 community. If you have more than one application, each one that makes it to the decision event will need to be explained separately.

We will give full information on what you need to do at the decision event, the date, time and venue once shortlisting is completed. We need to know how many proposals are going forward before planning this, so there is enough time and space for all of the proposals to be heard.

We will make sure that the decision event is easy to take part in, fair and enjoyable for everyone.