



**Preston Seton Gosford
Area Partnership Funding Project Proposal**
Please return to the psg-ap@eastlothian.gov.uk



Summary Page

Organisation Name:	Port Seton Centre Management Committee		
Type of Organisation:	Charity SCIO		
Project Name:	Food and Fitness		
Area Plan Priority:	Fair Outcome 2.2		
Funding Requested:	£1925		
Total Project cost:	£2275		
Project Proposal:	Start Date:	01.06.2024	End Date: 01.03.2025

Please use this link to view the area plan [here](#)

1. What do you want to do? Summarise your project. (Max 200 words)

Give young people access to fitness sessions, healthy snack along with healthy eating and lifestyle advice through the use of a Wellness instructor. We aim to provide regular fitness sessions either at the gym or through exercise classes requested by young people. During each session there would be a variety of healthy snack options, healthy eating advice given with how to do it affordably. The project would secondary school aged young people although would be accessible to younger people if there was an interest and capacity.

2. What difference do you want to make? E.g. (example)(Max 200 words)

This would improve the physical and mental health of young people, improve the perception of young people and the relationship with the public due to being seen in a more positive role within society not just hanging around the streets. Young people will be empowered to make healthier choices in life.

3. Why are you the right organisation to deliver this project proposal? (Max 100 words)

Port Seton Centre Management Committee have an interest in the wellbeing of the young people of the area and ensuring there are facilities & activities for young people to attend. We also have the facilities to provide a variety of activities for young people. We also have experience of working with and facilitating groups for young people.

4. Why is the project proposal needed? Please provide evidence i.e. (Max 100 Words)

When speaking to many of the young people in the area they have asked for more chance to exercise. Youth workers have also said the young people are looking for more structured exercise and more activities to do.

5. Who do you want to help?

e.g. Please provide separate numbers for children, young people, working age adults, and elderly people. How will you ensure that this project proposal reaches those in your community who need it most?

(Max 200 Words)

Directly 30 young people and in turn indirectly the families or care givers of the young people and wider community would benefit from the positive effect on the young people. We would let youth groups, youth organisations and PL School know about the project and use social media to spread the word.

6. How many volunteers will be involved in the project proposal?

1-2

7. How will you show that your project proposal has made a difference? i.e. (Max 100 Words)

Photos, case studies (where appropriate), quotes and feedback from those attending.

8. How will this project proposal be supported beyond the Area Partnership funding, if applicable?
(Max 100 Words)

Young people attending will be asked to pay a small fee if they are able. The income generated by Port Seton Centre Management Committee will support the future of the project.

9. Please provide a breakdown of project proposal costs.

Items to be purchased or activity to be supported with workings i.e. 10 pots of paint £2 x 10	Supplier	Cost
Wellness instructor 35 sessions x 1.5hr sessions @ £45per Session	Suzanne Maynard Wellness	£1575
Food for session 35 sessions x £20	Local providers	£700
		£
		£
		£
		£
		£
		£
Total Cost of project Proposal:		£ 2275

10. Finance
Can you please confirm if you have applied for or received any other funding to undertake this project proposal.

Funder	Amount	Confirmed/Pending - decision date
	£	
	£	
	£	
	£	
	£	
	£	
Total	£	

Declaration

- ❖ I/we confirm that the information set out in this Funding Project Proposal Form, any appendices and any enclosed accompanying documents are correct.
- ❖ I/we confirm if there are any changes to the project proposal including any new funding awarded, Area Partnership (psg-ap@eastlothian.gov.uk) should be informed immediately.

Signed by Applicant or on behalf of the organisation requesting funding

Sign: Sandra Bell Print Name: SANDRA BELL
 Designation: Chairperson Date: 25.04.2024

Connected Communities Manager

Signed:

Print Name:

Date:

Revised on 27 February 2024.