



**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:	SCIO registered charity		
Project Name:	Walking football		
Area Plan Priority:	PSG 2. Community Minded Outcome 2.1 & 3. Fair Outcome 3.2		
Funding Requested:	£3976		
Total Project cost:	£3,976		
Project Proposal:	Start Date:	1/7/24	End Date: 1/7/25
Please use this link to view the area plan here			
1. What do you want to do? Summarise your project. (Max 200 words)			
<p>We currently have an established men’s walking football group at Port Seton Centre which has been a major success and supported numerous men to take part in sports and community activity. Through this they have highlighted the importance this activity plays on their own wellbeing and ability to connect with their peers. The group meet up for games/ training each week followed by lunch in the café to socialise. The group is composed of primarily men over the age of 50 who have/ are experiencing social isolation and or mental health issues. The group is designed to support them to meet other people and reduce isolation in their community.</p> <p>Earlier this year we have numerous requests for a similar group to be set up to support women in the community to engage with football and wellbeing. This has been trialled with support from a local football coach volunteering their time to set up and establish. We now have over 10 regular attendees each week for this group, and they are keen to develop more and engage with other women’s walking football groups across the Lothians to increase their fitness.</p> <p>We are applying for money to cover the football coach costs for the year allowing us to work with both the men’s and women’s group developing their fitness, reducing isolation and supporting their wellbeing.</p>			
2. What difference do you want to make? E.g. (example)(Max 200 words)			
<p>The community has expressed significant interest in being more involved in planned sports such as walking football. We are seeing a need for gender specific groups to encourage participation and development of their own skills and wellbeing. With a funding coach we can set out a longer-term plan for continuing this support and working with their needs of the community. We feel it will directly support their wellbeing, get the individual more involved in community provision and help identify need or allow us to signpost people to additional support which might be needed. Over the year we hope to continue developing their health/fitness while increasing confidence to take part in sports with their peers of similar ability.</p>			

<p>3. Why are you the right organisation to deliver this project proposal? (Max 100 words)</p> <p>We have successfully run a men's walking football session at the centre for years which has been well received and supported locally by the community. With local people currently involved with the development of the women's groups we are working closely with community council members and Port Seton management committee to ensure the success of the group.</p> <p>Port Seton Management Committee has supported the start-up of the group by providing resources such as appropriate balls, goals and gloves. We also will continue to support the development of this group due to the physical and mental health benefits of those attending, reduced social isolation and the benefit to the community. Supporting this group also meets the constitutional purpose of Port Seton Centre Management Committee.</p>
<p>4. Why is the project proposal needed? Please provide evidence i.e. (Max 100 Words)</p> <p>The women's walking football is a direct request from more than women in the community who felt there was not the same opportunities for sports that men have locally. To ensure the development of the provision we need a consistent coach to work with the men's and women's groups to both develop the but allow continuity for longer term support for other issues that may arise or support to be directed.</p> <p>The clothing would allow the group to be accessible to all and not discriminate against those who don't have appropriate clothing and can't afford it. It also makes the walking football accessible for those with health conditions that are affected by playing indoors.</p>
<p>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)</p> <p>20 men – walking football group 15 women – walking football group</p> <p>Feedback from users: Has the group improved your physical and/or mental health? 'yes, great for my confidence', yes, good to make new friends and good banter.' 'yes, I'm playing twice a week and find my fitness has greatly improved. Yes, also for mental health, meeting new people to chat to', 'yes, I look forward to coming along and it gives me something to do, also getting new people to talk to, making friends I really enjoy it. I go to a mental health group already in the centre and this helps a lot with that as well'. 'yes, to both has encouraged me to be active. The social aspect is just as important, and the banter is wonderful for my mental health.' 'yes, I get to meet with my peers and the relationships are good. 'yes, physical fitness improves. Mentally I feel an improvement due to good company and love of football'. 'yes, it is good to meet ne people and have good discussions about various topics.'</p>
<p>6. How many volunteers will be involved in the project proposal?</p> <p>1</p>
<p>7. How will you show that your project proposal has made a difference? i.e. (Max 100 Words)</p> <p>We will do termly evaluation of the input to the group and get regular feedback of their fitness, skills level and record engagement week to week.</p>

8. How will this project proposal be supported beyond the Area Partnership funding, if applicable?

(Max 100 Words)

We are applying to other funders to continue the provision longer term .

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
Football coach £24.36 per hour 3 hours per week =1.5 men's group 1.5 women's group 3x 50 weeks	ELC coach	£3,651
Walking football Scotland T-Shirts £15 x 10	RJM Sports	£150
Walking football Scotland all weather Jacket £14 x 10	RJM Sports	£140
Area Partnership sponsor signage on clothing	RJM Sports	£35
		£
		£
		£
		£
		£
Total Cost of project Proposal:		£ 3976

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
Merchants funder	£1,825.50	Pending
	£	
	£	
	£	
	£	
	£	
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: 22.04.2024

Connected Communities Manager

Signed:

Print Name:

Date:

Revised on 27 February 2024.