

1. Group/Organisation Information

Group/Organisation name: Calton Community Association

Person Responsible: Karen McPhilemy

Address: Flat 2/2 175 Tobago Street, Calton, Glasgow, G40 2RS

Phone: 07941 369 839

Email: caltoncommunityassociation@outlook.com

Is your group/organisation constituted? **YES**

If so, please give further information, ie. Charity Number etc: Constitution attached with application

If another organisation is supporting your proposal please give information below.

Organisation name: Thenue Communities (Calton Heritage & Learning Centre)

Address: 423 London Road, Calton, Glasgow, G40 1AG

Email: Rosemary.Robertson@thenuecommunities.co.uk

Phone number: 0141 550 9573

Contact person: Rosemary Robertson

Charity Number: SCO 44028

2. About your proposal (please feel free to add extra sheets if necessary)

Proposal title: Calton Kids without limits

Tell us about your proposal - What will be done, who will do it, where will it take place, how long will it run for, how do you know that it is needed?

Calton Community Association is a local group based in Calton and we are working towards providing more opportunities in our area. It is our aim to create safe spaces for children and young people to play and to have opportunities to develop, grow and prosper, enhancing their life chances and informing future choices. We do this by involving local children and young people in the decision-making processes and ensuring they have the chance to influence change through participation and consultation.

We are applying for funding to provide a 5 week project for children and young people in our community to engage with fun and educational activities throughout the summer holidays, 3 days per week. The programme will focus on the health and wellbeing of children and families in the local area, with an emphasis on accessing community green spaces, local community based facilities and resources and reducing food inequality. The programme will run for 5 weeks from 8/7/2019 – 8/8/2019, 3 days per week and will include the following activities:

- Children and young people will access community based green spaces, including Elcho Gardens, and will work alongside The Green Volunteers Group, a project within Calton Heritage and Learning Centre, to participate in educational growing and creative making activities. Participants will have the opportunities to learn how to plant and grow fruit and vegetables, take part in hands on gardening activities including; creating a wall garden with trellis and plant pots to grow herbs and flowers, cleaning and weeding the area to maintain the environment and create a wall tree mural with handprint leaves. Each session will include a healthy lunch that will be made by the children and young people using the gardens indoor workshop space, with instruction from the community gardener, lunches could include fruit kebabs, salad bowls and sandwiches.
- Outdoor adventure play/activities will provide the children and young people with opportunities to experiences and activities they may not have access to. This will support them to take healthy risks and gain a greater appreciation for the outdoors, encouraging confidence and developing new skills. Participants will be involved with the following activities: cycle trips to local venues including Cuningar Loop and the Transport Museum, BMX activities in Elcho Gardens, outdoor based games, den building, outdoor cooking and tent building. These activities will be provided by 2 local organisations, Urban Fox and Operation Play Outdoors who will provide all equipment and fully trained and qualified staff to carry out these activities. Participants will be provided with a healthy lunch and snacks at each session, one of which will be prepared by the participants with instruction from facilitator.
- Community Lunches will provide children and young people with educational activities, exploring healthy eating and preparing food with tuition from a fully qualified nutritionist and community chef. Participants will be involved in healthy eating workshops and will help to create a menu for a community lunch as well as support the community chef to prepare the food for the lunch. Members from the community will then be invited to attend Calton Heritage and Learning Centre to access a free lunch that local children and young people have been a part of.

Date	Activity (week 1)	Organisations involved
8/7/2019	Elcho Gardens (11am – 2pm) <ul style="list-style-type: none"> - introduction to garden and using the space - introduction to kids gardening tools - planting fruit and vegetables - lunch - maintaining and cleaning the space 	Green Volunteers Group Calton Community Association
9/7/2019	Cycling trip to Cuningar Loop (11am – 3pm) <ul style="list-style-type: none"> - exploring the park - outdoor play using existing park equipment - Lunch 	Urban Fox Calton Community Association
11/7/2019	Community Lunch (10am – 3pm) <ul style="list-style-type: none"> - Nutrition workshop - Menu preparation - Meal preparation - Lunch with members of the community 	Nicola Becci (Freelance Community Chef and Nutrition Tutor) Calton Community Association
Date	Activity (week 2)	Organisations involved
15/7/2019	Elcho Gardens (11am – 2pm)	Green Volunteers Group

	<ul style="list-style-type: none"> - Create a wall garden - Plant flowers and herbs for wall garden - Lunch - Community litter pick 	Calton Community Association
16/7/2019	BMX activities and outdoor games (Elcho Gardens 11am – 3pm) <ul style="list-style-type: none"> - BMX cycle ramps - Outdoor games - Lunch - Tent building 	Urban Fox Calton Community Association
18/7/2019	Community Lunch (10am – 3pm) <ul style="list-style-type: none"> - Nutrition workshop - Menu preparation - Meal preparation - Lunch with members of the community 	Nicola Becci (Freelance Community Chef and Nutrition Tutor) Calton Community Association
Date	Activity (week 3)	Organisations involved
22/7/2019	Elcho Gardens (11am – 2pm) <ul style="list-style-type: none"> - Maintain fruit and vegetable/ growing - Continuing the wall garden - lunch - tree mural 	Green Volunteers Group Calton Community Association
23/7/2019	Cycling trip to Transport Museum (11am – 3pm) <ul style="list-style-type: none"> - Explore the transport museum - Lunch 	Urban Fox Calton Community Association
25/7/2019	Community Lunch (10am – 3pm) <ul style="list-style-type: none"> - Nutrition workshop - Menu preparation - Meal preparation - Lunch with members of the community 	Nicola Becci (Freelance Community Chef and Nutrition Tutor) Calton Community Association
Date	Activity (week 4)	Organisations involved
29/7/2019	Elcho Gardens (11am – 2pm) <ul style="list-style-type: none"> - Continue with tree mural - Maintain the wall garden and planted fruit and vegetables - Lunch - Community litter pick 	Green Volunteers Group Calton Community Association
30/7/2019	Cycling trip to 7 lochs (11am – 3pm) <ul style="list-style-type: none"> - Exploring natural public spaces - Lunch 	Urban Fox Calton Community Association
1/8/2019	Community Lunch (10am – 3pm) <ul style="list-style-type: none"> - Nutrition workshop - Menu preparation - Meal preparation - Lunch with members of the community 	Nicola Becci (Freelance Community Chef and Nutrition Tutor) Calton Community Association
Date	Activity (week 5)	Organisations involved
5/8/2019	Elcho Gardens (11am – 2pm) <ul style="list-style-type: none"> - Complete Tree mural - Celebration of achievements with parents - Certificates of participation 	Green Volunteers Group Calton Community Association
6/8/2019	Outdoor adventure at Cuningar Loop/ Auchenshugal forest park	Operation Play Outdoors

	<ul style="list-style-type: none"> - Den building - Fire pit building - Lunch - Outdoor play (climbing wall - Treasure hunt 	Calton Community Association
8/8/2019	Community Lunch (10am – 3pm) <ul style="list-style-type: none"> - Nutrition workshop - Menu preparation - Meal preparation - Lunch with members of the community and celebration of achievement 	Nicola Becci (Freelance Community Chef and Nutrition Tutor Calton Community Association

Who in Calton Ward will benefit, and how?

Since we have been established in July 2017 we have worked with over 200 children, young people and families who live in Calton.

Our Community Association works with people who live in our local area to help improve and create local opportunities in partnership with other organisations. These opportunities provide children and young people with chance to get involved in different activities and helps to engaged those who are furthest away from being able to participate. These activities and projects enable local people to be a part of a wider agenda which is helping to shape the future of our community and the future choices of the children and young people who live here, for the better. Calton ranks in the highest 15% in the Scottish index of multiple deprivation. This means that people who live in this area often experience various barriers to participation and access to opportunities.

These barriers include:

- Low levels of education attainment
- Drug and Alcohol dependency
- Mental Health Issues
- Social Isolation
- Poor Housing
- Poverty
- Financial exclusion

Calton Community Association aims to address these barriers and in particular provide children and young people with the opportunities to access better services that will improve their life chances and help them to make better, more informed choices about their future

The summer programme will encourage children, young people and their families to take more ownership and responsibility for public spaces, promoting accessibility for the whole community to enjoy and will provide access to activities that they may not have had previously

This program will benefit the whole area of Calton throughout the Summer Holidays and ensuring parents/careers are not being out of pocket each week or day for unnecessary events.

Start date: 08/07/2019 End date: 08/08/2019

3. About your proposal costs

Please split your costs into:

- a) Capital (ie. Building costs, equipment)
- b) Operating/revenue (ie staff costs, running costs)

Please note that capital costs cannot be more than £62, 500 and operating/revenue costs cannot be more than £10, 000.

	Item	Cost
Capital costs	Hall Hire CHLC	£1080
	Trellis for wall garden x 4 pieces	£112
	Hanging plant pots for wall garden x 32	£128
	Masonry paint (wall mural)	£150
	Herb seeds pack of 4 x 4	£12
	Flower and compost seeds x 2 containers	£16
	Children's outdoor play equipment (skipping ropes, bats, balls etc.)	£300
	Kids gardening hand tools set x 12	£145
	Gardening gloves x 10	£75
	Children's gardening aprons x 30	£30
	Food for lunches: Total for project	£2325
	- Gardening sessions £750 (£150 per week, £5 per child, approx. 30 kids per session)	
	- Community Lunch sessions £1575 (£315, £7 per head, approx. 45 people attending)	
Operating costs	Urban Fox x 4 half day sessions (11am – 3pm - Staff)	£1400
	- £350 per session including : Staff, lunch, activities and equipment	
	Operation Play Outdoors (Staff)	£400
	- 1 full day session including: staff, transport, activities, lunch and equipment	
	Nicola Becci Community Chef and nutrition tutor x 5 community lunch sessions (10am – 3pm – staff)	£750
	- £150 per session including: healthy food workshop, preparing community lunch and cooking community lunch)	
TOTAL BUDGET		£6923

Have you secured, or applied for, any other funding to deliver the proposed project? **NO**

Please let us know more about other funding you have, are applying for, or are expecting to have?

.....
.....
.....

4. Does your organisation or group have a bank account with a least 2 unrelated signatories?

Yes we have 2 signatories who are unrelated.

5. Are the staff and any volunteers who will be involved in delivering this proposal (if it was chosen through the public vote to be funded) registered with the Protecting Vulnerable Groups Scheme

Yes all staff and volunteers involved with delivery aspects of the proposal are registered with the PVG scheme

6. Do you have adequate insurance cover for this proposal?

Yes, all insurances are in place with the relevant partner organisations responsible for the delivery of the project.

7. Your Declaration

If this proposal is funded, I will take full responsibility for the payment made on behalf of all those involved.

Signature: K McPhilemy

Date: 25/02/2019.

Please return all completed forms to: Rllett@cpagscotland.org.uk (note the R and I are capital letters, the rest is lower case)

or by mail to: Rosie Ilett, Child Poverty Action Group in Scotland, Unit 9 Ladywell Business Centre,
94 Duke Street, Glasgow G4 0UW

If you need any help – please phone Rosie on 0141 406 5050 or 0141 552 3303 – leave message if needed.

