

Build Back a Better Borders Recovery Fund - Assessment Form

For the purpose of assessment, projects have been ranked high, medium or low to reflect how strongly the application meets the criteria of the Build Back a Better Borders Recovery Fund.

High – a strong demonstration of how the project will assist recovery from the pandemic

Medium – provides acceptable examples of how the project will assist recovery from the pandemic

Low – lacks detail of how the project will assist recovery from the pandemic

1. Applicant Details:

| | | | | | |
|------------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|
| Organisation name | Yoga Frog | | | | |
| Organisation structure | Limited Company | | | | |
| Application reference | BBBB-EIL-05 | | | | |
| Theme of application | Sport | Arts & Culture | Environment | Community Capacity | Community resilience |
| | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Project start date | September 21 | Project end date | | | Jan 22 |

2. Organisation's finances:

| | |
|--|---|
| End of year balance | £2,000 |
| Current bank balance | £3,000 |
| Total cash/Unrestricted reserves available & purpose | £ |
| Total restricted /committed funds & purpose | £3,000 This money is allocated to other expenditures that are forthcoming such as equipment, travel and venue hire for upcoming retreats that are planned. Money is also kept for reserve purposes and any unexpected spend. |

Project:

Outline of what the group plan to do to help people recover from the pandemic. Projects will be ranked higher if the application strongly demonstrates that they are meeting an identified need in the community. (e.g. area of deprivation, protected characteristics, tackling wellbeing and isolation, tackling climate change)

High

Medium

Low

Comment:

Yoga Frog are looking to run 12 Circle Gathering sessions that will be free to those that attend. These sessions will take place at the Yoga Mill in Galashiels

A circle gathering is a space for self-reflection and the aim of these sessions is to allow individuals to find peace and be free of judgement.

Yoga Frog would like to offer Circle Gatherings to members of the public, for anyone over the age of 18. Circles look to build a community through sharing, storytelling, singing, dancing, drumming, yoga and various practices that support each individual in their life and in their recovery process. There are currently no other circle gatherings in the Eildon area. Therefore all participants will be new.

Circles are one of the oldest ways that humans have gathered (300,000+ years ago). In a circle we reclaim our way of being together, remembering an ancient way of connecting, coming together and being in community. Circles create space for people to connect and for them to be part of a community.

Yoga Frog are seeking funding to cover tutor costs as well as room hire and equipment. This would allow sessions to be free for 12 weeks.

Evidence of individuals, groups or communities likely to benefit from the new initiative and how they have been affected by the pandemic:

High

Medium

Low

Comment:

Circle Gatherings are for men and women from 18 years old and above. Circle gatherings are intended to reduce isolation and help people focus on their own wellbeing.

The group will look to advertise the free sessions via social media channels and also via word of mouth. The group currently have over 1,000 followers on social media currently and have regular yoga and circle gathering sessions, which are currently held virtually but it is the intention to meet in person when restrictions allow.

The group are looking to expand the reach and awareness of these activities and reach out to those that would not normally attend. The group aim to do this via Facebook advertising, posters in key locations throughout Eildon, talking with groups and word of mouth.

The group would like a variety of people to attend, some who have been to circles before and definitely others who have no circle gathering experience.

Expected impact of the new initiative and how will it help those most in need recover from the pandemic

High

Medium

Low

Comment:

In offering a space where people can come together in circle on a regular basis the group aim to create an opportunity for deeper connection, a remedy for isolation and loneliness.

Circles are a place where people can come together, where they have an opportunity to speak, to be seen and heard without judgment. The various activities and tools that Yoga Frog offer will also help them to work through personal struggles, bringing clarity to what is happening in their lives increasing the chance of recovery from the time of isolation required during the pandemic.

An evaluation would be conducted after session 9 with the intention to understand demand and also challenges around attendance.

In offering free sessions this would be an opportunity for those individuals who would not normally attend sessions to access and try.

Project Expenditure:

| | |
|-------------------------------|-----------|
| Total Project Cost | £2,441.00 |
| 10% organisation contribution | £244.10 |
| Request to BBBB | £2,196.90 |

| Item of expenditure | Cost |
|---------------------------|--------|
| Room Hire | £300 |
| Teachers and Guest Tutors | £1,740 |
| Instruments | £401 |

| | |
|--|---|
| | £ |
| | £ |

Match/other funding sought:

| Funder | Funding Requested | Status |
|--------|-------------------|--------|
| | £ | |
| | £ | |
| | £ | |

Grants received from Scottish Borders Council or any other funder within the last three years

| Date | Project Title | Amount |
|------|---------------|--------|
| | | £ |
| | | |
| | | |
| | | |

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|---|---|
| SBC OFFICER ASSESSMENT | The application meets the criteria of the BBBB fund |
| Comments | <p>The application scores medium/low.</p> <p>The application would allow individuals to access a new activity. This would be the first Circle Gathering to take place in Eildon and circle gatherings have shown to be positive to individuals wellbeing.</p> <p>In offering free sessions it would make this activity accessible for all and remove a barrier to participation.</p> <p>While the sessions will be advertised the application would have benefited from targeting key groups or individuals to attend these sessions.</p> |
| Additional terms and conditions required | <ul style="list-style-type: none"> • The applicant must follow Scottish Government Covid-19 guidance • equipment is available for use by other groups • All staff costs must meet the National Living Wage <p>Recommendations to evaluate impact: If successful, we recommend the applicant include in their funding evaluation:</p> <ul style="list-style-type: none"> • Number of free sessions provided • Number of attendees at these sessions |

| | |
|--|--|
| | <ul style="list-style-type: none">• Progression routes available after free sessions end |
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