



## National Grant Scheme for Sport and Physical Activity for Older People 2016

Please read the attached terms and conditions carefully before completing this application form. If you require assistance in completing this form, please contact Go for Life, your local Health Service Executive Coordinator or Local Sports Partnership listed on Page 8.

### APPLICATION FORM

Please use BLOCK CAPITALS

Organisation Name	
Contact Person	
Position/Job Title <i>(i.e. Treasurer, Secretary Physical Activity Leader)</i>	
Phone number	
Address Line 1	
Address Line 2	
Address Line 3	
County	
Email Address	
<input type="checkbox"/> Please tick this box if you wish to subscribe to Age & Opportunity's free e-newsletter EngAGE	

Go for Life is an **Age & Opportunity** initiative funded by **Sport Ireland**

# 1. ABOUT YOUR ORGANISATION

## TYPE OF ORGANISATION

e.g. Older people's group, voluntary (non-statutory) day care centre, sports club

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Number of members \_\_\_\_\_ Number of members aged 50 or over \_\_\_\_\_

Is your organisation located in a designated disadvantaged area (RAPID 1, RAPID 2 or Clár)?

YES

NO

DON'T KNOW

## BANKING DETAILS

*It is essential to supply Bank/Building Society/Credit Union/Post Office account details*

Name of Bank/Building Society/ Credit Union/Post Office	
Branch	
Account Name	<i>Account must be in name of group not an individual</i>
BIC/SWIFT <i>(printed on bank statement)</i>	<i>Not required for Credit Union/Post Office accounts</i>
IBAN <i>(printed on bank statement)</i>	<i>Not required for Credit Union/Post Office accounts</i>

## PUBLIC LIABILITY INSURANCE DETAILS

*It is essential to have public liability insurance covering the activities proposed*

Company (Not Broker)	
Policy Number	

## GO FOR LIFE INVOLVEMENT

Has your group previously received a Go for Life Grant? YES NO DON'T KNOW

***These grants are designed to support the work of Go for Life, including the network of Physical Activity Leaders (PALs), the development of the Go for Life Games and other initiatives. An active PAL is a group member who has taken part in Go for Life workshops and is regularly leading or helping to organise physical activities with the group. Please list all of the Go for Life PALs in your organisation so that we can make sure they are included in any further activities. (Please use BLOCK CAPITALS)***

Name	Name
Name	Name

*If there is an active PAL in your group, he or she should be involved in the completion of this application form and he or she should sign the end of the application.*

## 2. GRANTS

**Please indicate the purpose for which you are applying for this grant**

- Participation Event
- Physical Activity Programme (please outline duration & participant numbers below)
- Purchase of equipment / resource materials / Go for Life Games equipment  
*Short Mat Bowling equipment will only be considered for joint applications, where it will be shared by two or more groups. A separate application form must be completed by each group involved in a joint application. Audio-visual equipment or exercise machines of any kind will not be considered.*

**See Page 6 for further details about actions that are or are not eligible for funding**

**Describe activity or equipment**

**Number of older people who will take part**

**Number of weeks activity will take place / equipment will be used**

**Outline costs (i.e. equipment, tutor, transport, hall hire)**

**Total Grant applied for**

**€**

*Note: Grant allocations will be between **€250 and €700**. Joint applications or applications from Community Development Programmes (CDPs), Local Sports Partnerships (LSPs) etc. that provide wider access to community groups may be allocated funding outside of these limits.*

### 3. SIGNATORIES

I declare that the information given in this form is true and accurate and I accept the conditions relating to grant-aid provided by the National Grant Scheme.

CONTACT PERSON	GO FOR LIFE PAL (if applicable)
Signed:	Signed:
Date:	Date:

*In the case of a joint application for bowling equipment, please list below the other group(s) involved in the application. **Each group must complete a separate application form.***

GROUP NAME	
GROUP NAME	
GROUP NAME	

*Completed and signed application forms must reach the address below before **12 noon on Friday, 30 September 2016.***

**The National Grant Scheme for Sport and Physical Activity for Older People  
Go for Life Programme  
Age & Opportunity  
St Patrick's Hall  
Marino Institute of Education  
Griffith Avenue  
Dublin 9**

Email your application to: [gfl.grants@ageandopportunity.ie](mailto:gfl.grants@ageandopportunity.ie)

*If you are emailing your application, please send a scanned copy of this signed page.*

***N.B. Late applications will not be considered. It is the responsibility of grant applicants to ensure that grant forms are received by Go for Life on time.***

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Opportunity**  
Life is for  
Living.

Go for Life is an **Age & Opportunity** initiative funded by **Sport Ireland**

## 4. EVALUATION FORM

**Note: This section applies only if you received a grant in 2015**

All applicants that were successful under the National Grant Scheme in 2015 must complete this Evaluation Form and enclose it with the completed Application Form.

*N.B. If you have not spent grant monies from 2015 or if you have spent grant monies on equipment or activities other than that for which the grant was approved you will not be eligible for funding in 2016.*

1. How much money did your group receive in 2015? \_\_\_\_\_

2. Did your group subsidise the grant it received in 2015?                      YES                      NO

3. If yes, did the group subsidise the grant by greater than the amount received?                      YES                      NO

4. How did you spend the grant received in 2015? (Please give an approximate estimate of what percentage of the total grant was spent on each of the activities below)

Go for Life Equipment	%	Bowling Equipment	%
Sports Equipment	%	Swim / Aqua Aerobics	%
Aerobics / Keep Fit	%	Tai Chi Programme	%
Yoga Programme	%	Pilates Programme	%
Pitch & Putt	%	Dance Class	%
Walking	%	Sportsfest/Sports Event	%
Facility Hire (Hall / Pool)	%		
Other ( <i>please give details</i> )			

5. How many members of the group took part in physical activities enabled by the grant received in 2015? \_\_\_\_\_

6. Please respond to the following statements

The grant enabled members of the group to be more physically active	Y	N
Most of the group has a lifetime background in sport / physical activity	Y	N
Most of the group members are regular participants in physical activity outside of the group	Y	N
Did the grant lead to new organised physical activity for group members?	Y	N
The grant encouraged new members to join our group	Y	N
The grant encouraged more social interaction through physical activity	Y	N
Some members of the group have taken part in other Age & Opportunity projects e.g. The Bealtaine Festival, Ageing with Confidence, Get Engaged, Creative Exchanges	Y	N

## 5. TERMS AND CONDITIONS

### BACKGROUND

Sport Ireland allocated €600,000 from its 2016 budget to the Go for Life Programme to help increase the participation of older people in recreational sport and physical activity. This National Grant Scheme for Sport and Physical Activity for Older People (hereafter referred to as the National Grant Scheme) is one element of the extensive Go for Life Programme which has resulted from this allocation. A total of **€300,000** will be available in grants in 2016.

### OVERALL AIM

The National Grant Scheme aims to assist in the implementation of locally-developed, well-planned initiatives designed to increase participation in recreational sport and physical activity by older people. In particular, the scheme is aimed at:

- supporting the work of Go for Life including the network of PALs (Physical Activity Leaders) and the development of Go for Life Games and other initiatives;
- assisting local clubs/organisations to enhance existing opportunities for their members in recreational sport and physical activity;
- assisting local clubs/organisations to start new initiatives geared at involving older people in recreational sport and physical activity.

### WHO CAN APPLY

Grants are available to all eligible local clubs, groups and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. **Commercial, statutory or umbrella bodies, or their agents, are not eligible for funding under this grant scheme.** An exception to this are Local Sports Partnerships who are eligible to apply. **Day centres completely funded and directed by statutory bodies, such as the HSE, are not eligible.** For the 2016 scheme only, centres that have participated in the Go for Life CarePALs programme since 2014, may apply for a grant to cover the cost of a CarePALs kitbag. Grants are made available for sport or physical activity for **older people** and the overall membership of applicants must be such that older people will be the beneficiaries of the grant monies. Funding for sports clubs will not be considered unless the application specifically relates to older people. Only one application per group will be considered.

### KEY CRITERIA

Applications are encouraged from clubs/organisations that:

- have the potential to increase levels and frequency of participation in recreational sport and physical activity among older people in the local area;
- can act as showcases or successful demonstration projects that can be replicated by other clubs/organisations in the future;
- have the potential to develop into a sustainable, longer-term programme;
- have not previously received a Go for Life grant;
- are developing initiatives in designated disadvantaged areas;
- are developing initiatives for minority older populations or older groups with special needs;
- have one or more active Go for Life Physical Activity Leaders (PALs);
- are making a joint application with other groups in their geographical community.

Applicants who have had previous successful applications processed should take advantage of PALs training where it is available to them.

Grants will be between **€250** and **€700\*** and may be allocated towards the cost of the eligible initiatives outlined overleaf:

*\*Joint applications or applications from Community Development Programmes (CDPs), Local Sports Partnerships (LSPs) etc. that provide wider access to community groups may be allocated funding outside of these limits.*

## WHAT WILL BE FUNDED?

### Physical Activity Programme

For example, (1) a five-week programme to introduce older people to an activity such as aerobics, aquafit, Tai Chi or tennis - the costs of hall hire and a qualified instructor might form part of the overall cost; or (2) an initiative by a sports club to involve more older people – the purchase of special equipment, facility hire or a qualified independent instructor might form part of the overall cost.

### Purchase of Equipment / Resource Materials

For example, Go for Life Games equipment, pitch and putt set, physical activity kitbag, play parachute, badminton rackets. Please note that, for the 2016 National Grant Scheme, Short Mat Bowling equipment will only be considered for joint applications where it will be shared by two or more groups.

### Participation Events

For example, organising a *Sportsfest* aimed at introducing older adults to a range of recreational sports or a Go for Life Games league between groups.

## WHAT WILL NOT BE FUNDED?

**Non-sporting or non-physical activities** – e.g. day trips

**Audio-visual equipment** – e.g. DVD or CD players, televisions

**Exercise machines** – e.g. treadmills, rowing machines, stationary bicycles

**Ongoing Commitments** – e.g. membership fees for gyms or sports clubs, rental of facilities or employment of professional instructors on an ongoing basis

**Club Insurance / Taxes or Rates**

**Foreign Travel / Visits**

**Feasibility Studies**

**Competitions** (or costs associated with competing)

**Capital Costs** – e.g. the development or refurbishment of facilities

## CONDITIONS

1. Applicant clubs/organisations must have public liability insurance in place covering the activities they wish to promote.
2. Applicant clubs/organisations must provide details of current banking facilities. Failure to supply a full, accurate BIC/SWIFT and IBAN number in the case of bank or building society accounts may delay payment.
3. Applicant local club/organisations must have a democratically elected executive.
4. Applicant clubs/organisations shall provide the National Grant Scheme Committee with sufficient information about the club/organisation to assess its suitability for funding.
5. The National Grant Scheme Committee may use the name of the applicant club/organisation and details of the usage and outcomes of the grant in its own publicity and successful applicants shall co-operate, if requested, in efforts to publicise the grant scheme.
6. The decision of the National Grant Scheme Committee in all matters relating to grant allocations is final.
7. Successful applicants can only use the grant for the purposes specified on their application form.
8. Applications for grants from successful applicants under the 2015 National Grant Scheme will only be considered if the Evaluation Section of the Application Form is fully completed.
9. Successful applicants should acknowledge Go for Life and Sport Ireland in any promotion or publicity materials generated in relation to activities funded by this grant.

## DISCLAIMER

Neither the National Grant Scheme Committee nor any bodies represented thereon will accept liability for damage or injury which might arise in the use of any funds made available. The consequences of any incorrectly supplied information are the responsibility of the club or organisation applying.

## CLOSING DATE

Completed Application Forms should reach Go for Life before **12 noon Friday, 30 September 2016.**

**Grant allocations will be announced in November 2016**

**LATE APPLICATIONS WILL NOT BE CONSIDERED**

## 6. KEY CONTACTS

If you require assistance in completing this form, please contact **Go for Life**, your local ●Health Service Executive Coordinator or your ▲Local Sports Partnership.

*If you have not already done so, you should register your group with your local contacts. They will let you know of upcoming Go for Life or other activities that may be of interest to your group.*

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