



NATIONAL GRANT SCHEME FOR SPORT AND PHYSICAL ACTIVITY FOR OLDER PEOPLE 2007



APPLICATION FORM

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 or your local Health Service Executive Coordinator or your Local Sports Partnership. See contact details accompanying this form.



Name of Applicant Club/Group/Organisation

Name of Contact Person _____

Position of Contact Person _____
(i.e. Physical Activity Leader (PAL), Chairperson, Secretary, Treasurer)

Address _____

County _____

Telephone (please include area code) _____

E-mail _____

Office Use	
<input type="checkbox"/> B	_____
<input type="checkbox"/> P	_____
<input type="checkbox"/> F	_____
<input type="checkbox"/> S	_____
<input type="checkbox"/> D	_____
<input type="checkbox"/> T	_____

1. Your club/group/organisation

Type of club/group/organisation (please tick)

- Older Person’s Group
- Community/Residents Group
- Sports Club
- Women’s Group
- Special Needs Group
- Travellers Group
- Day Centre for Older Adults
- Care Centre/Hospital
- Community/Sports Facility
- Other

Year of Establishment _____ Number of Members _____

Number of Members who are: female _____ male _____ over 50 years of age _____

Purpose for which the club/group/organisation was established

Type of activities offered to members (if any)

Name and type of premises used by your club/group/organisation to participate in physical activity and/or to store equipment

Is your club/group/organisation located in a designated disadvantaged area (RAPID 1, RAPID 2, or CLAR)
(If you are unsure, we suggest you check locally – see list of key contacts at the end of this form.)

- Yes
- No

Public Liability Insurance Details

*Applicant clubs/groups/organisations **must** have in place public liability insurance covering the activities they wish to promote.*

Company _____

Policy Number (Not Broker) _____

Legal Status of Club/Group/Organisation

Please note that commercial, statutory or umbrella bodies are not eligible to apply for this grant.

Voluntary Body Limited Company

Other _____

(Please specify)

Tax Status

Is your group/club/organisation registered for tax?

Yes No

If so, please provide a current Tax Clearance Certificate.

Banking Details

Applicant clubs/groups/organisations must provide details of current banking facilities. The grant will be transferred directly into your bank account. Without all the details requested below we will not be able to process payment.

Account Name: _____

Account Address: _____

Bank Name and Address: _____

Bank Sort Code: - -

Bank Account Number:

Go for Life

Has your club/group/organisation received a Go for Life Presentation? Yes No

Does your group have one or more active Physical Activity Leaders (PALs)? An active PAL is a member of the group who has taken part in Go for Life workshops and is regularly leading physical activities with the group.

Yes No

(Please note that if there is an active PAL in your group, they should be involved in the completion of this application form and they should sign the end of the application.)

Has your club/group/organisation received a grant from Go for Life in any or all of the previous allocations?

March 2002 December 2002 December 2005
 December 2003 December 2004 December 2006

Is this the first time your club/group/organisation has applied for this grant?

Yes No

Has your club/group/organisation established a link with the Local Sports Partnership if there is one in your area? (see attached page for a list of Local Sports Partnerships)

Yes No

2. Grants

*Local clubs, groups and organisations that promote **increased participation in sport or physical activity for older people** as a main element of their activities are eligible to apply for this grant. Umbrella, commercial and statutory are not eligible.*

Please indicate the purpose for which you are applying for this grant. Funding will be allocated only under one of the following headings. Please see page 11 for further details about actions that are/are not eligible for funding.

- Physical Activity Programme
- Purchase of equipment / resource materials
- Participation Event
- Training Opportunities/Information Seminars/Workshops
- Other action to promote physical activity for older people

Please describe your proposal with an outline of costs

Total grant applied for € _____

*Note: Grant allocations will be **between €500 and €3,000**
Grant applications outside these amounts will only be considered in exceptional circumstances.*

Benefits of Grant

Please describe what will be the benefits of the grant to your club/group/organisation and the local community.

Are there any comments you would like to add?

3. Declaration

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.

Signed: _____ Date: _____

NAME IN BLOCK CAPITALS _____

Position within
Club/group/ organisation _____

Where there is an active PAL in the group the following declaration should also be signed.

I am an active PAL regularly leading activities with this club/group/organisation. I have been involved in this application process and I believe that this grant will enhance our ability to provide more opportunities for older people to participate in recreational sport and physical activity.

Signed: _____ Date: _____

NAME IN BLOCK CAPITALS _____

*Please note that applications are not acceptable by fax. Completed and signed application forms must reach the address below before **5.00 p.m. on Thursday 18 October 2007.***

***The National Grant Scheme for Sport and Physical Activity for Older People
Go for Life Programme
c/o Age & Opportunity
Marino Institute of Education
Griffith Avenue
Dublin 9
gfl@mie.ie***

N.B. No applications will be accepted after the closing date and time. It is the responsibility of grant applicants to ensure that grant forms are received by Go for Life on time (see above address, date and time.)



Go for Life is an Age & Opportunity initiative funded by the Irish Sports Council.

EVALUATION FORM

All applicants that were successful under the National Grant Scheme in 2006 must complete this Evaluation Form and enclose it with the completed Application Form. N.B. If you have not spent grant monies from 2006 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 2007.

Name of club/group/organisation _____

1. How did the group first hear about the National Grant Scheme?

2. Please list types of activities generally undertaken by the group (please tick all that apply – they do not have to relate to the subject of this grant application)

Cards
Health Talks
Community Work
Arts and crafts
Walking

Bingo
Keep fit Sessions
Swimming
Bowling
Travel/outings

Other (please give details) _____

3. Age range of members Youngest Oldest

4. How many men/women in the group Men Women

5. What is the average length of a group session or meeting?

6. What % of average session time of the group is spent on physical activities?

(Please tick one)

-10% 10-20% 21-50% 51-75% 75%+

7. What % of group members usually take part in physical activities?

(Please tick one)

-10% 10-20% 21-50% 51-75% 75%+

8. How many Go for Life PALs does the group have, if any?

9. Do these PALs carry out any of the following activities on a regular basis?

(Please tick all that apply)

- Lead physical activities for group members
- Organise physical activities for group members
- Suggest physical activities for group members
- Promote the benefits of physical activity within the group
- Apply for the Go for Life grant
- None of the above

10. How did you spend the grant received in 2006? (tick all that apply)

- | | | | |
|-----------------------------|--------------------------|------------------------------|--------------------------|
| Go for Life equipment | <input type="checkbox"/> | Bowling equipment | <input type="checkbox"/> |
| Sports equipment | <input type="checkbox"/> | Swim/Aqua Aerobics Programme | <input type="checkbox"/> |
| Keep fit Programme | <input type="checkbox"/> | Tai Chi Programme | <input type="checkbox"/> |
| Yoga Programme | <input type="checkbox"/> | Pilates Programme | <input type="checkbox"/> |
| Pitch & Putt | <input type="checkbox"/> | Dance Class | <input type="checkbox"/> |
| Facility Hire (Hall/Pool) | <input type="checkbox"/> | Sportsfest/Sports Event | <input type="checkbox"/> |
| Other (please give details) | | | |

11. How many members of the group took part in physical activities enabled by the grant received in 2006?

12. Please respond to the following statements (Tick \checkmark where appropriate)

	Agree	Don't know	Disagree
The majority of the group have <u>NO OTHER</u> outlet for physical activity			
Physical activity is a key part of the group's activities			
Most of the group has a lifetime background in sport/physical activity			
Most of the group members are regular participants in physical activity outside of the group			
The grant enabled members of the group to be more physically active			

13. Please provide details of the benefits derived from the grant.

Members of group learned a new activity or skill *(please give details)*

Increased participation in bowling *(please give details)*

Increased participation in other sports and physical activities *(please give details)*

Additional exercise programmes now available to members *(please give details)*

Additional facilities or equipment for physical activities now available to group *(please give details)*

New members have joined our group *(please give details)*

Other benefits *(please specify)*

TERMS AND CONDITIONS

BACKGROUND

The Irish Sports Council allocated **€700,000** from its 2007 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 **€350,000** will be available in grants.

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:

- assisting local clubs/organisations to enhance existing opportunities for their members in recreational sport and physical activity;
- assisting local clubs/organisations to initiate new initiatives geared at involving older people in recreational sport and physical activity.

WHO CAN APPLY

Grants are available to all 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 are not eligible to apply for this grant. For the purposes of this Grant Scheme Local Sports Partnerships are not included in these categories and are therefore eligible to apply.

KEY CRITERIA

Applications will be considered favourably from clubs/organisations that:

- are applying for this grant for the first time;
- have the promotion of recreational sport and activities as a central element of their overall focus;
- are developing initiatives in designated disadvantaged areas;
- are developing initiatives for minority populations or groups with special needs;
- have one or more active Go for Life Physical Activity Leaders (PALs);

Preference will be given to initiatives 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 show cases or successful demonstration projects and which can be replicated by other clubs/organisations in the future;
- have the potential to develop into a sustainable, longer-term programme.

Applicants who have had previous successful applications processed will be expected to have taken advantage of PALs training where it has been available to them.

Grants will not exceed **€3,000** and may be allocated towards the cost of the following initiatives:

Physical Activity Programmes

For example, (1) a 5-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, facilities hire or qualified instructor might form part of the overall cost.

Purchase of Equipment / Resource Materials

For example, bowling mat, pitch and putt set, physical activity kitbag, play parachute, badminton rackets, skittles kit (*Please note that for safety considerations, grant aid will not be given for certain items of equipment unless a member or members of the applicant group/organisation have completed some Physical Activity Leader training with Go for Life*).

Participation Events

For example, organisation of a *Sportsfest* aimed at introducing older adults to a range of recreational sports.

Training Opportunities/Information Seminars/Workshops

For example, (1) initiatives geared at attracting and supporting voluntary leadership amongst older adults or (2) the costs associated with the organisation of a series of presentations on the benefits of, and guidelines for, physical activity in older age (*please note that Go for Life workshops and presentations are delivered free of charge so funding will not be allocated towards these activities*).

Other purposes designed to promote physical activity for older people

Grants will **not** be allocated towards the cost of:

Non-sporting/physical activities

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

Once-Off Events

unless it is a participation event (see above) or part of a wider programme, e.g. presentation of certificates as part of a 5-week activity challenge;

Competitions

unless it is a new initiative and is focused on maximum numbers participating; costs relating only to the organisation of such initiatives will be funded. Prizes or awards will not be funded;

Capital Costs

such as the development or refurbishment of facilities.

EVALUATION

As part of the application process clubs/organisations are asked to suggest how the grant will benefit them and/or the local community. As part of an overall evaluation of the National Grant Scheme, a random sample of successful applicants may be contacted within 4-6 months to assess the impact of the grant.

CONDITIONS

1. Applications for grants from successful applicants under the 2006 National Grant Scheme will only be considered if the Evaluation Section of the Application Form is fully completed.
2. Applicant clubs/organisations that are registered for tax shall provide a Tax Clearance Certificate.
3. Applicant clubs/organisations must have in place public liability insurance covering the activities they wish to promote.
4. Applicant clubs/organisations shall provide the National Grant Scheme Committee with sufficient information about the club/organisation to assess its suitability for funding. Supplementary information may be requested from the applicant club/organisation to assist in the decision making process.
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. The National Grant Scheme Committee reserves the right to carry out spot checks/audits on successful applicant clubs/organisations to verify details provided on application forms.
8. Applicant local club/organisations must have a democratically elected executive and must provide details of current banking facilities.

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.

CLOSING DATE

Completed Application Forms should reach the address below before **5.00 p.m. on Thursday 18 October 2007. Please note that applications are not acceptable by fax.**

The National Grant Scheme for Sport and Physical Activity for Older People
Go for Life Programme
Age & Opportunity
Marino Institute of Education
Griffith Avenue
Dublin 9
Tel: 01-8057733
E-mail: gfl@mie.ie