

1. ABOUT YOUR ORGANISATION

TYPE OF ORGANISATION (PLEASE TICK)

<input type="checkbox"/> Older Person's Group	<input type="checkbox"/> Community/Residents Group
<input type="checkbox"/> Sports Club	<input type="checkbox"/> Travellers Group
<input type="checkbox"/> Special Needs Group	<input type="checkbox"/> Continuing Care Centre/Hospital
<input type="checkbox"/> Voluntary (Non-Statutory) Day Centre for Older Adults ¹	<input type="checkbox"/> Other (please give details)
<input type="checkbox"/> Community/Sports Facility	

Year of Establishment	
Number of Members	
Number of Members who are over 50 years of age ²	
Number of Members who are Female	
Number of Members who are Male	
Is your organisation located in a designated disadvantaged area (RAPID 1, RAPID 2, or CLÁR)? <i>Please circle Yes (Y) or No (N)</i>	Y N

LEGAL STATUS

What is the legal structure of your organisation? Please circle Y or N.
(Commercial, statutory or umbrella bodies are not eligible to apply for grants)

Private company limited by guarantee	Y N
Public or publicly funded body	Y N
Public/private partnership	Y N
Voluntary/social/charitable organisation	Y N
Other – please give details	

¹ For the purpose of this grant scheme a day centre that is completely funded and directed by a statutory body such as the Health Service Executive is not eligible for funding.

² 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 will not be allocated to Sports Clubs unless the proposal specifically relates to older people.

BANKING DETAILS

Please note that it is essential to supply bank account details

Bank Name	
Bank Branch	
Bank Sort Code	
Account Name	
Bank Account Number	

PUBLIC LIABILITY INSURANCE DETAILS

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

Company (Not Broker)	
Policy Number	

GO FOR LIFE

Does your group have any active Physical Activity Leaders (PALs)? ³	Y	N	
Is this the first time your group has applied for this grant?	Y	N	Don't know

³ 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. If there is an active PAL in your group, he/she should be involved in the completion of this application form and he/she should sign the end of the application. *These grants are designed to support the work of PALs. In future the scheme may be restructured to apply only to groups that have an active PAL or that are first time applicants.*

2. GRANTS

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

See page 7 for further details about actions that are/are not eligible for funding.

Physical Activity Programme (please outline duration & participant numbers below)

Purchase of equipment / resource materials

(Please note that under the 2011 Grant Scheme, Short Mat Bowling equipment will only be considered for joint applications, where it will be shared by two or more groups. Audio visual equipment or exercise machines of any kind will not be considered.)

Participation Event

Please describe your proposal to increase participation in sport or physical activity among members of your group with a complete breakdown of costs.

Proposal	Detailed Costs
<p><i>Please include the numbers of people who will participate or use equipment and give the duration of the activity ie. 20 people doing Tai-chi for eight weeks/20 people using kurling equipment once a month.</i></p>	<p><i>ie. Equipment/ tutor/transport /hall hire</i></p>
<p>Total grant applied for</p>	<p>€</p>

Note: Grant allocations will be between €300 and €700. (Joint Applications or applications from Community Development Programmes (CDP's), Local Sports Partnerships (LSP's) etc. who provide wider access to community groups may be allocated funding outside of these limits.)

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 organisation	

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

I am an active PAL regularly leading activities with this 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 by PAL	
Date	
NAME IN BLOCK CAPITALS	

Completed and signed application forms must reach the address below before 5.00 p.m. on Thursday 29 September 2011.

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

E-mail: gfl.grants@ageandopportunity.ie

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 (see above address, date and time).



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

5. TERMS AND CONDITIONS

BACKGROUND

The Irish Sports Council allocated **€680,000** from its 2011 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.

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. 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. 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. Day centres completely funded and directed by statutory bodies such as the HSE are not eligible. Funding for sports clubs will not be considered unless the application specifically relates to older people.

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 and which can be replicated by other clubs/organisations in the future;
- have the potential to develop into a sustainable, longer-term programme;
- are applying for this grant for the first time;
- 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);
- are making a joint application with other groups in their geographical community.

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. *These grants are designed to support the work of PALs. In future the scheme may be restructured to apply only to groups that have an active PAL or that are first time applicants.*

Grants will be between **€300** and **€700** and may be allocated towards the cost of the following initiatives outlined below: [Joint Applications or applications from Community Development Programmes (CDP's), Local Sports Partnerships (LSP's) etc. who provide wider access to community groups may be allocated funding outside of these limits.]

Physical Activity Programme

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, facility hire or qualified instructor might form part of the overall cost.

Purchase of Equipment / Resource Materials

For example, pitch and putt set, physical activity kitbag, play parachute, badminton rackets, skittles kit. Please note that for the 2011 grant scheme Short Mat Bowling equipment will only be considered for joint applications where it will be shared by two or more groups. Grants will not be allocated towards the cost of audio visual equipment (DVD or CD Players, Televisions etc.) or exercise machines.

Participation Event

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

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

Competitions

Capital Costs

such as the development or refurbishment of facilities.

EVALUATION

Applications for grants from successful applicants under the 2010 National Grant Scheme will only be considered if the Evaluation Section of the Application Form is fully completed. 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. Applicant clubs/organisations must have in place public liability insurance covering the activities they wish to promote.
2. Applicant clubs/organisations must provide details of current banking facilities.
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. 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. Applications for grants from successful applicants under the 2010 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 the Irish Sports Council 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.

CLOSING DATE

Completed Application Forms should reach the Go for Life office before **5.00 p.m. on Thursday 29 September 2011**. Late applications will not be considered.

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
Tel: 01-8057733
E-mail: gfl.grants@ageandopportunity.ie

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 then let you know of upcoming Go for Life or other activities that may be of interest to your group.

GO FOR LIFE

Mary Harkin
Sue Guildea
Richard Farrell
(01) 8057733

CARLOW

▲Caradh O'Donovan
(059) 913 6207

●Olive Fanning
(059)9143630

CAVAN

●Colm Casey
(049) 436 0401
▲Nadine McCormilla
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CLARE

●Geri Quinn
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▲John Sweeney
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CORK

●Sheelagh Broderick
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●Geraldine Delorey
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▲Myles Sweeney
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Dublin City

▲Aideen O'Connor
(01) 222 7599

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●Ailis Brosnan
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●Jim Gorman
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Dublin South

●Caroline Peppard
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▲Shane McArdle
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▲Thomas McDermott
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GALWAY

●Paul Gillen
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KILDARE

▲Syl Merrins
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LAOIS

●Clodagh Armitage
(057) 935 7824
▲Caroline Myers
(057) 867 1248

LEITRIM

●Geraldine Delorey
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▲Declan Boyle
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LIMERICK

●Anne Costello
(069) 61 430
Limerick City
▲Elaine Barry
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Limerick County

▲Phelim Macken
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LONGFORD

●Clodagh Armitage
(057) 935 7824
▲Siobhan
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LOUTH

▲Mary Browne
(042) 932 4356
●Yvonne Gilsenan
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MAYO

●Paul Gillen
(091) 548 323
▲Charlie Lambert
(094) 904 7256

MEATH

●Yvonne Gilsenan
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▲Mary Murphy
(046) 906 7337

MONAGHAN

●Colm Casey
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▲Michelle Murphy
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OFFALY

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SLIGO

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TIPPERARY

Tipperary North

▲Elaine Cullinan
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●Clodagh Armitage
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WICKLOW

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Grant allocations will be announced in November 2011.