



NATIONAL GRANT SCHEME FOR SPORT AND PHYSICAL ACTIVITY FOR OLDER PEOPLE 2005



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 Services Executive Coordinator or your Local Sports Partnership. See contact details at the end of this form.



Name of Applicant Club/Group/Organisation

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.....

Name of Contact Person.....

Position of Contact Person

(ie. Physical Activity Leader (PAL), Chairperson, Secretary, Treasurer).....

Address.....

.....
.....

County.....

Telephone (please include area code).....

E-mail (if any).....

1. Your club/group/organisation

Type of club/group/organisation	Tick
Bowling/Bowls club.....	<input type="checkbox"/> Year of Establishment.....
Care centre/hospital.....	<input type="checkbox"/> Number of Members.....
Community/residents group.....	<input type="checkbox"/> Number of Members who are:
Day Centre for Older Adults.....	<input type="checkbox"/> Female.....
Community/Sport facility.....	<input type="checkbox"/> Male.....
Older person's group.....	<input type="checkbox"/> Over 50 years of age.....
Travellers group.....	<input type="checkbox"/>
Special Needs Group.....	<input type="checkbox"/>
Sports Club.....	<input type="checkbox"/>
Women's group.....	<input type="checkbox"/>
Other.....	<input type="checkbox"/>

Purpose for which the club/group/organisation was established

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Type of activities offered to members (if any)

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

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Public Liability Insurance Details

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

Company.....

Policy No.....

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 have current banking facilities.

Account Name:

Bank & Branch:

Go for Life

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 Go for Life Presentation?

Yes No

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 2003 December 2004

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 page 12 for a list of Local Sports Partnerships)

Yes No

Are there any special considerations that should be taken into account when considering your application? *(Please provide details)*

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2. Grants

*Grants are available to all local clubs, groups and organisations that promote **increased participation in sport or physical activity for older people** as a main element of their activities.*

Please indicate the purpose for which you are applying for this grant. Funding will be allocated only under one of the following headings.

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

2. Purchase of equipment / resource materials

For example, bowling mat, pitch and putt set, exercise video, physical activity kitbag, play parachute, badminton rackets, skittles kit.

3. Participation Events

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

4. 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).*

5. Other purpose to promote physical activity for older people

Please describe your proposal with an outline of costs

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Total Grant Required €.....

*Note: Grant allocations will be **between €500 and €2,500**. 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.

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Are there any comments you would like to add?

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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 Committee.

Signed: Date:

NAME IN BLOCK CAPITALS.....

Position within
club/group/ organisation.....

Name of
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 sport and physical activity.

Signed: Date:

NAME IN BLOCK CAPITALS.....

*Please note that applications are not acceptable by email or fax.
Completed application forms should reach the address below
before 5.00 p.m. on Tuesday 18 October.*

**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**

EVALUATION FORM

All applicants that were successful under the National Grant Scheme in 2004 must complete this Evaluation Form and enclose it with the completed Application Form. If you have not spent grant monies from 2004 you will not be eligible for funding in 2005.

Name of club/organisation

Name/position of contact person

Date grant was received

Date grant was spent.....

Please provide details of how the Grant was spent and attach receipts where possible.

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Please provide details of the benefits derived from the Grant by ticking the appropriate box(es).

- Members of group learned a new activity or skill
- Increased participation in bowling
- Increased participation in other sports and physical activities
- Additional exercise programmes now available to members
- Additional facilities for participation in sports now available to group
- New members have joined our group
- Other benefits (please specify)

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.....
.....

Has your Club/organisation undergone any Physical Activity Leader (PALs) training under the Go for Life Programme?

Yes

No

Has your group received a Go for Life Presentation?

Yes

No

Are there any comments you would like to add?

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

Declaration

I declare that the above information is true and accurate.

Signed: Date:

TERMS AND CONDITIONS

BACKGROUND

The Irish Sports Council allocated **€635,000** from its 2005 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 **€320,000** 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 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 are therefore eligible to apply.

KEY CRITERIA

Applicant local club/organisations must have a democratically elected executive and current banking facilities.

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 two 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 **€2,500** 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, exercise video, 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:

Ongoing Commitments

e.g. 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

Applications for grants from successful applicants under previous National Grant Schemes will only be considered if the Evaluation Section of the Application Form is fully completed.

Applicant clubs/organisations that are registered for tax shall provide a Tax Clearance Certificate.

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

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.

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.

The decision of the National Grant Scheme Committee in all matters relating to grant allocations is final.

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.

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 Tuesday 18 October.

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
Tel: 01-8057733

Please note that applications are not acceptable by email or fax.

KEY CONTACTS

If you require assistance in completing this form please contact Go for Life or your local Health Services Executive Coordinator or your Local Sports Partnership. If you have not already done so, you should register your group with the Physical Activity Coordinator in your local Health Services Executive and with your Local Sports Partnership. They will then be able to let you know of upcoming Go for Life or other activities that may be of interest to your group.

Go for Life

c/o Age & Opportunity
Marino Institute of Education
Griffith Avenue
Dublin 9
(01) 8057733
gfl@mie.ie
www.olderinireland.ie

HEALTH SERVICES EXECUTIVES

HSE Northern Area

(Dublin North, North West and North Central)
Niamh Martin
(01) 882 3404
niamh.martin1@mailc.hse.ie

HSE South Western Area

(South Inner City Dublin, South County Dublin, Co. Kildare and West Wicklow)
Caroline Peppard
Senior Health Promotion Officer for Physical Activity
(01) 463 2813
caroline.peppard@mailm.hse.ie

HSE East Coast Area

(South East of Dublin City, East Coast of Wicklow to the borders of West Wicklow)
Martina O'Hanlon
Community Health Promotion Officer
(01) 201 4296
martinaohanlon@eircom.net

HSE North Western Area

Geraldine Delorey
Assistant Health Promotion Officer
(071) 985 2000
geraldine.delorey@mailb.hse.ie

HSE North Eastern Area

(Meath/Cavan)
Eimear Foley
Physical Activity Coordinator
(046) 907 6400
eimear.foley@maile.hse.ie

HSE North Eastern Area

(Louth/Monaghan)
Yvonne Gilsenan
Physical Activity Coordinator
(042) 938 9946 ext 216
yvonne.gilsenan@maile.hse.ie

HSE Southern Area

Ann Cahalane
Health Promotion Officer for Older People
(028) 40488
ann.cahalane@mailp.hse.ie

HSE Midland Area

Barry Lambe
Physical Activity Coordinator
(0506) 57812/(086) 380 1100
barry.lambe@mailq.hse.ie

HSE South Eastern Area

Meabh McGuinness
Health Promotion Officer
(056) 776 1400
meabh.mcguinness@maila.hse.ie

HSE Mid Western Area

Bedelia Collins
Health Promotion Officer
(061) 483 444
bedelia.collins@mailh.hse.ie

HSE Western Area

Paul Gillen
Health Promotion Officer
(091) 548323
paul.gillen@mailn.hse.ie

LOCAL SPORTS PARTNERSHIPS

Clare Sports Partnership

Tom Crowe
(065) 686 5434
info@claresportpartnership.ie
www.claresportpartnership.ie

County Cork Sports Partnership

Michael Crowley
(021) 480 0960
info@cclsp.com
www.cclsp.com

Donegal Sports Partnership

Michael McGeehin
(074) 918 6713/918 6714
info@donegalsportpartnership.com
www.donegalsportpartnership.com

Fingal Sports Partnership

Pauline Gilsenan (Administrator)
(01) 890 6256
pauline.gilsenan@fingalcoco.ie
www.fingalsportpartnership.ie

Kerry Local Sports Partnership

Ursula Barrett
(066) 718 3680
ubarrett@kerrycoco.ie
www.kerryisp.ie

Kildare Sports Partnership

Richard Farrell
(045) 434097
ksp@o2.ie
www.kildaresp.ie

Kilkenny Sports Partnership

Miriam Cleary
(056) 772 0870
krsp@eircom.net

Laois Sports Partnership

Thomas Mac Dermott
(0502) 71248
info@laoissports.ie
www.laoissports.ie

Limerick City Sports Partnership

Elaine O'Connor
(061) 468 542
info@limerickcitysports.ie
www.limerickcitysports.ie

Mayo Sports Partnership

Charlie Lambert
(094) 904 7543
clambert@mayococo.ie

Meath Local Sports Partnership

Mary Murphy
(046) 906 7337
mlsp@meathcoco.ie
www.meathlocalsportpartnership.ie

North Tipperary Sports Partnership

Elaine Cullinane
(067) 43604
info@ntsp.ie
www.ntsp.ie

Roscommon Sports Partnership Ltd.

John Sweeney
(090) 663 0853
info@rosactive.org
www.rosactive.org

Sligo Sports Partnership

Deirdre Lavin
(071) 916 1511
info@sligosportandrecreation.ie
www.sligosportandrecreation.ie

Waterford Sports Partnership

Rosarie Kealy
(058) 21190/1
rkealy@waterfordsportpartnership.ie
www.waterfordsportpartnership.ie

Westmeath Sports Partnership

Sonja Statham
(044) 48389
westmeathsportpartnership@westmeathvec.ie