

1. ABOUT YOUR ORGANISATION

TYPE OF ORGANISATION

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

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?)
Please circle YES or NO

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

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 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 or helping to organise physical activities with the group. Please list all 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/she should be involved in the completion of this application form and he/she should sign the end of the application.

2. GRANTS

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

See page 6 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

- *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.*

☐ 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.

Describe activity or equipment

Number of older people who will take part

Number of weeks activity taking place / equipment being used

Outline costs (ie. equipment, tutor, transport, hall hire)

Total Grant applied for

€

*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. 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	PHYSICAL ACTIVITY LEADER (PAL)
Signed:	
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 5.00 p.m. on Friday 27 September 2013.

**The National Grant Scheme for Sport and Physical Activity for Older People
Go for Life Programme
Age & Opportunity
St Patricks 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.

4. EVALUATION FORM

Note: This applies only if you received a grant in 2012

All applicants that were successful under the National Grant Scheme in 2012 must complete this Evaluation Form and enclose it with the completed Application Form.

N.B. If you have not spent grant monies from 2012 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 2013.

1. How much money did your group receive in 2012? _____
2. Did your group subsidise the grant it received in 2012? Y N

If yes, did the group subsidise the grant by greater than the amount received? Y N
3. How did you spend the grant received in 2012? (Please give an approximate estimate of what percentage of the total grant was spent on each of the activities below)

Go for Life equipment (including Go for Life games equipment)	%	Bowling equipment	%
Sports equipment	%	Swim/Aqua Aerobics	%
Aerobics / Keep fit	%	Tai Chi Programme	%
Yoga Programme	%	Pilates Programme	%
Pitch & Putt	%	Dance Class	%
Facility Hire(Hall/Pool)	%	Sportsfest/Sports Event	%
Other (please give details) %			

4. How many members of the group took part in physical activities enabled by the grant received in 2012? _____

5. Please respond to the following statements. (Circle Y or N)

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
New physical activity available to members after funding spent	Y	N
The grant encouraged new members to join our group	Y	N
The grant encouraged more social interaction through physical activity	Y	N

5. TERMS AND CONDITIONS

BACKGROUND

The Irish Sports Council allocated €600,000 from its 2013 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 2013.

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;
- have not previously received a Go for Life grant;
- 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 should take advantage of PALs training where it is available to them.

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, Go for Life Games kitbag. Please note that, for the 2013 grant scheme, Short Mat Bowling equipment will only be considered for joint applications where it will be shared by two or more groups.

Participation Event

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

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

Non-sporting/physical activities

Audio visual equipment (DVD or CD Players, Televisions etc.)

Exercise machines (treadmills, rowing, bicycle machines etc.)

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 such as the development or refurbishment of facilities.

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.
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 2012 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 Friday 27 September 2013.**

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

GO FOR LIFE

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MAYO

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Grant allocations will be announced in November 2013