Age & Opportunity Active National Grant Scheme 2026 for Sport & Physical Activity for Older People

Incorporating **Age & Opportunity active**, The National Sport and Physical Activity Programme for Older People

All relevant sections of this application form MUST BE COMPLETED in full and in CAPITAL LETTERS.
We reserve the right not to consider incomplete applications.
Late Applications Will Not Be Considered Under Any Circumstances

*Please read attached terms and conditions carefully. If you require assistance in completing this form, contact **Age & Opportunity's Active team**.*

You can also contact your local Health Service Executive Coordinator, Local Sports Partnership (see page 7-8) or in the case of a sports club, your national governing body https://www.sportireland.ie/national-governing-bodies

GRANT APPLICATION FORM	
ORGANISATION NAME	
GRANTEE NUMBER (Not applicable to new applicants)	*(For those who previously applied see grantee list here - https://ageandopportunity.ie/active/age-and-opportunity-active-national-grant-scheme/)*
CONTACT PERSON	
POSITION/JOB TITLE	*(i.e. Treasurer, Secretary, Physical Activity Leader, Nursing Home Manager, LSP / NGB Coordinator etc.)*
PHONE NUMBER	
ADDRESS LINE 1	
ADDRESS LINE 2	
ADDRESS LINE 3	
COUNTY	
EIRCODE	
EMAIL ADDRESS	

The purpose of this grant is to aid and encourage older people to participate in sport and physical activity, whether they are members of a community group, older person's group e.g. Active Retirement, in a care setting or want to get involved in a particular sport.

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

About your organisation

TYPE OF ORGANISATION

◯ Active Retirement ◯ ICA Group ◯ Men/Women's Shed ◯ Day Care Setting
◯ Family Resource Centre ◯ Nursing Home ◯ Sports Club
◯ Other (please specify _____)

Total number of members (or residents) _____

% members under age 50 years: _____aged 50-69: _____ aged 70 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/Credit Union account details. **Please attach proof of bank details e.g. Copy of the head of your bank statement confirming bank details**
(Note: post office accounts are no longer acceptable)

NAME OF BANK / CREDIT UNION	
BRANCH	
ACCOUNT NAME	*Account must be in name of the group / organisation not an individual.*
BIC *(Full 8 characters required)*	
IBAN *(Full 22 characters required)*	

PUBLIC LIABILITY INSURANCE DETAILS

It is essential to have public liability insurance covering the activities proposed.
Please confirm if you have the required public liability insurance in place: Yes ◯ No ◯

If neither Yes or No is ticked it will be assumed there is no insurance in place.

These grants are designed to support the work of the Active programme, including the network of Physical Activity Leaders (PALs), CarePALs, the development of the Go for Life Games and other initiatives.

An active PAL is a group member who has taken part in Active PALs workshops and is regularly leading or helping to organise physical activities with the group.

A CarePAL is someone who has taken part in our CarePALs training and is leading physical activity in a care setting:

Is there a PAL in your group? Yes ◯ No ◯

Is there a CarePAL in your group/care setting? Yes ◯ No ◯

- If yes, year completed PALs/CarePALs training _____
- A member of our group/staff would be:

  Interested in PALs Training ◯ Interested in CarePALs Training ◯

2. Grants

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

- □ Participation Event e.g. Go for Life Games/sports day.
- □ Physical Activity Programme for your group, club or care setting (please outline duration & participant numbers below)
- □ Purchase of equipment / resource materials
- □ Other

Audio-visual equipment, exercise machines, clothing or footwear will not be considered.
See accompanying Terms & Conditions document to see what will/will not be funded.

Describe in detail the type of activity and/or equipment:
Number of people who will take part/benefit
Outline costs in detail **(e.g. cost of equipment, tutor, sessions etc)**
Total Grant applied for

Additional Funding

Has your group/organisation applied for or received any other funding for 2026 for this project or other activities aimed at older adults?

◯ Yes ◯ No
If Yes, please provide details below:
• Name of funding organisation(s): _____
• Amount applied for or received: _____

Purpose of funding

3. Inclusion and Reach

Does your group aim to engage any of the following people in your activities?

◯ living alone ◯ with disabilities ◯ living in rural areas ◯ living in urban areas ◯ from minority ethnic groups ◯ other (please specify) _____

4. 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 Active National Grant Scheme for Sport and Physical Activity for Older People.

(Signature required if submitting application via post. If applying online only contact name required)

CONTACT PERSON	
Signed (please provide signature if applying via post)	
Name:	Date:

*Completed application forms must be submitted online through a link provided on our website or received via post (address below) by **12 noon** on **Friday 27th February 2026***

Active National Grant Scheme for Sport and Physical Activity for Older People,
Age & Opportunity,
St Patrick's Hall,
Marino Institute of Education,
Griffith Avenue, Dublin 9, D09 K4P6
Website: www.ageandopportunity.ie

N.B. Late applications will not be considered. It is the responsibility of grant applicants to ensure that grant forms are received on time with all details completed. Note that due to the volume of applications we cannot acknowledge receipt of postal applications.

4. Feedback Form

Note: This section applies only if you received a grant in 2025.

- How much did your group receive in 2025? _____

- Did your group spend the full amount granted before December 2025? Y N

- Did your group subsidise the grant with other money? Y N
  If so, by how much? ___

- How did you spend the grant received in 2025?

o PALs equipment	o Dance	o Swimming/Aqua activities
o Go for Life Games equipment	o Facility Hire (Hall/Pool)	o Tai Chi
o Pickleball	o Walking Football	o Walking Programme
o Aerobics	o Pilates	o Yoga
o Bowling	o Pitch & Putt/Golf	o Other Activities
o Cycling	o Sportsfest/Sports Event	o Go for Life Games event

o Online activity. If so what type of activity?

_____

- How many members of your group took part in physical activities enabled by the 2025 grants?
  _____

  What % of your group are:
  Under the age 50 years _____ 50–69 years _____ age 70 or over _____

  What % of your group are male? _____

- Did the grant encourage new members to join your group? If yes, how many?
  If no, please put '0'.

- Do you think the grant made the group feel?

On a scale of 1 – 5 (1 meaning strongly disagree and 5 meaning strongly agree)

More active	1	2	3	4	5
More likely to engage in physical activity again	1	2	3	4	5
More connected to other people	1	2	3	4	5
More visible in our community	1	2	3	4	5
More confident	1	2	3	4	5

- Apart from activities funded by the grant does your group take part in regular physical activity together? Y N

- If yes, is this regular physical activity led by a member of your group? Y N N/A

- If yes, how often does your group take part in regular physical activity together?

  o Once a week

  o More than once a week

  o Once a month

  o More than once a month

- Did your grant/initiative target people with disabilities? Y N

- Is there anything else you would like to share about the grant?

Age & Opportunity Active is funded by Sport Ireland and the HSE.

5. Key contacts

If you require assistance completing this form, contact the Active Programme team:

- **Sue Guildea,** Active Programme Manager
- **Nicole Evans,** Active Programme Assistant Manager
- **Philip Duffy,** Active Programme Administrator
- **T:** (01) 913 3943 / **Website:** www.ageandopportunity.ie

You can also contact your local ●Health Service Executive Coordinator or your ▲Local Sports Partnership:

CARLOW
●Olive Fanning
(059) 914 3630
▲Deborah Foley
(059) 913 6241

CAVAN
▲Lorraine O'Rourke
086 108 4591

CLARE
●Geri Quinn
(065) 686 5837
▲James Murrihy
087 962 7696

CORK
●Sharon McGillycuddy
087 760 1103
▲Tim Burke
086 145 1381

DONEGAL
●Lynda McGuinness
(074) 910 9114
▲Karen Guthrie
(074) 911 6079

DUBLIN
Dublin City
▲Catherine Flood
087 944 9601

Dublin North
● Paul Gallier
087 228 4892

Dublin South East
●Michelle Hardie Murphy
(01) 268 3143

Dublin South
●Denise Croke
087 757 4805
▲Helen Dwyer
086 198 6021

Dun Laoghaire-Rathdown
●Michelle Hardie Murphy
(01) 268 3143
▲Kevina Malone
087 758 6600

Fingal
▲Caitriona Geraghty
087 996 2083

South County Dublin
●Denise Croke
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▲Thomas McDermott
(01) 414 9000 ext. 3361

GALWAY
▲Jason Craughwell
087 9817549
▲Ellie Loftus
087 751 1141

KERRY
●Anne Culloty
(064) 667 0767
▲Maeve Ryan
087 627 2761

KILDARE
●Denise Croke
087 757 4805
▲Syl Merrins
(045) 980 547

KILKENNY
▲Brian Mulhare
086 838 3666

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

LEITRIM
▲Enda Lyons
086 825 3804

LIMERICK
●Bedelia Collins
(061) 483 444
▲Tracy Mahedy
(061) 333 600

LONGFORD
●Clodagh Armitage
(057) 935 7824
▲Donal Mulligan
(043) 334 3496

LOUTH
●Carmel Halpin
(046) 907 6400
▲Odhran Doherty
(042) 932 4318

MAYO
●Paul Gillen
(091) 737 261
▲Ray McNamara
(094) 906 4362

MEATH
●Carmel Halpin
(046) 907 6400
▲Paula Cunningham
(046) 906 7887

MONAGHAN
▲Aisling McDermott
(042) 975 5126

OFFALY
●Clodagh Armitage
(057) 935 7824
▲Olivia Murphy
(057) 935 7462

ROSCOMMON
●Paul Gillen
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▲Noel Feeley
(090) 663 0853

SLIGO
●Colm Casey
087 681 1197
▲Shane Hayes
(071) 916 1511

TIPPERARY
●Aoife Dunphy
087 181 9538
▲Marie Maher
(052) 616 6227

WATERFORD
▲Jordan Kelly
086 167 5642

WESTMEATH
●Clodagh Armitage
(057) 935 7824
▲Tony Wheat
(044) 933 8922

WEXFORD
●Elaine Banville
087 188 0033
▲Mary T Keogh
087 693 7764

WICKLOW
West Wicklow
●Denise Croke
087 757 4805

Rest of Wicklow
●Michelle Hardie Murphy
(01) 268 3143
▲Denise O'Shea
087 966 9634

PLEASE REFER TO THE TERMS AND CONDITIONS DOCUMENT ACCOMPANYING THIS APPLICATION FORM.

TERMS AND CONDITIONS ARE ALSO AVAILABLE ON WWW.AGEANDOPPORTUNITY.IE