



## 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"/> Women's Group
<input type="checkbox"/> Special Needs Group	<input type="checkbox"/> Travellers Group
<input type="checkbox"/> Voluntary (Non-Statutory) Day Centre for Older Adults <sup>1</sup>	<input type="checkbox"/> Continuing Care Centre/Hospital
<input type="checkbox"/> Community/Sports Facility	<input type="checkbox"/> Other

Year of Establishment	
Number of Members	
Number of Members who are Female	
Number of Members who are Male	
Number of Members who are over 50 years of age <sup>2</sup>	
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)

Company limited by guarantee:	Y                  N
Trust:	Y                  N
Other (please describe):	

### TAX STATUS

Is your organisation registered for tax?	Y                  N
--	----------------------

If yes, please provide a copy of a current Tax Clearance Certificate.

<sup>1</sup> 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.

<sup>2</sup> 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

Has your group received a Go for Life Presentation?	Y	N	Don't know
Does your group have any active Physical Activity Leaders (PALs)? <sup>3</sup>	Y	N	Don't know
Is this the first time your group has applied for this grant?	Y	N	Don't know
Did your group receive a grant from Go for Life in 2006	Y	N	Don't know
Did your group receive a grant from Go for Life in 2007	Y	N	Don't know
Did your group receive a grant from Go for Life in 2008	Y	N	Don't know

<sup>3</sup> 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, they should be involved in the completion of this application form and they should sign the end of the application.

## 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

Purchase of equipment / resource materials

*(Please note that under the 2009 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

Other action to promote physical activity for older people

Please describe your proposal to increase participation in sport or physical activity among members of your group with an outline of costs.

Proposal	Costs
<b>Total grant applied for</b>	<b>€</b>

*Note: Grant allocations will be **between €300 and €2,500**. Grant applications outside these amounts will only be considered in exceptional circumstances*

### 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	

*Please note that applications are not acceptable by fax or email. Completed and signed application forms must reach the address below before **5.00 p.m. on Wednesday 30 September 2009.***

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

*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.**

## 4. EVALUATION FORM

*All applicants that were successful under the National Grant Scheme in 2008 must complete this Evaluation Form and enclose it with the completed Application Form. N.B. If you have not spent grant monies from 2008 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 2009.*

1. How did you spend the grant received in 2008? (Please give an approximate estimate of what percentage of the total grant was spent on each of the activities below)

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

2. How many members of the group took part in physical activities enabled by the grant received in 2008?

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

Physical activity is a key part of the groups activities	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
The grant enabled members of the group to be more physically active	Y	N
Activities funded by grant continued once funding was spent	Y	N
New physical activity available to members after funding spent	Y	N
Additional facilities/equipment for physical activities available to group	Y	N
The grant encouraged new members to join our group	Y	N
The grant encouraged more social interaction through physical activity	Y	N
Other benefits ( <i>Please give details</i> )	Y	N

## 5. TERMS AND CONDITIONS

### BACKGROUND

The Irish Sports Council allocated **€700,000** from its 2009 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. 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 will be considered favourably from clubs/organisations that:

- 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.

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 **€2,500** and may be allocated towards the cost of the following initiatives:

### **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.

### **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 2009 grant scheme Short Mat Bowling equipment will only be considered for joint applications where it will be shared by two or more groups. This is because a significant amount of money has been granted under this scheme for Short Mat Bowling equipment in previous years and the average grant to an individual group is insufficient to purchase a bowling mat or roller.)*

### **Participation Event**

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

### **Other action 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

Under the “Benefits of Grant” section of the application form, 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 2008 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 Wednesday 30 September 2009. Applications are not acceptable by fax or e-mail.**

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@ageandopportunity.ie](mailto:gfl@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  
(01) 8057733

### CARLOW

▲ Martha Jane  
Duggan  
(059) 9172451

### CAVAN

● Colm Casey  
(049) 436 0401  
▲ Nadine Crotty  
(049) 437 8582

### CLARE

● Geri Quinn  
(065) 686 5837  
▲ John Sweeney  
(065) 686 5434

### CORK

● Sheelagh Broderick  
(028) 40 488  
**Cork County**  
▲ Michael Crowley  
(021) 466 5081  
**Cork City**  
▲ Eithne Lydon  
(021) 492 4245

### DONEGAL

● Geraldine Delorey  
(071) 985 2000  
▲ Myles Sweeney  
(074) 911 6078

### DUBLIN

**Dublin City**  
▲ Aideen O'Connor  
(01) 222 2098  
**Dublin North**  
● Ailis Brosnan  
(01) 882 3402  
**Dublin South East**  
● Martina O'Hanlon  
(01) 274 4200  
**Dublin South**  
● Caroline Peppard  
(01) 463 2813  
**Dun Laoghaire-  
Rathdown**  
▲ Shane McArdle  
(01) 271 9507

### Fingal

▲ Marion Browne  
(01) 890 6256  
**South County Dublin**  
▲ Thomas McDermott  
(01) 414 9000

### GALWAY

● Paul Gillen  
(091) 548 323  
**Galway City**  
▲ Jason Craughwell  
(091) 536 854  
**Galway County**  
▲ Michael Curley  
(091) 746 860

### KERRY

▲ Cora Carrig  
(066) 718 4776  
● Anne Culloty  
(064) 70 767

### KILDARE

▲ Richard Farrell  
(045) 450 609  
● Caroline Peppard  
(01) 463 2813

### KILKENNY

▲ Nicola Keeshan  
(056) 772 0870  
● Catherine O'Loughlin  
(052) 617 7930

### LAOIS

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

### LEITRIM

● Geraldine Delorey  
(071) 985 2000  
▲ Nollaig Whyte  
(071) 965 0498

### LIMERICK

● Anne Costello  
(069) 61 430  
**Limerick City**  
▲ Elaine Barry  
(061) 468 542  
**Limerick County**  
▲ Phelim Macken  
(061) 496 428

### LONGFORD

● Clodagh Armitage  
(057) 935 7824  
▲ Siobhan  
McGuinness  
(043) 334 3307

### LOUTH

▲ Mary Browne  
(042) 932 4356  
● Yvonne Gilsenan  
(046) 907 6400

### MAYO

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

### MEATH

● Yvonne Gilsenan  
(046) 907 6400  
▲ Mary Murphy  
(046) 906 7337

### MONAGHAN

● Colm Casey  
(049) 436 0401  
▲ Michelle Murphy  
(042) 975 5126

### OFFALY

● Clodagh Armitage  
(057) 935 7824  
▲ Eamonn Henry  
(057) 934 6829

### ROSCOMMON

▲ Noel Feeley  
(090) 663 0853  
● Paul Gillen  
(091) 548 323

### SLIGO

● Geraldine Delorey  
(071) 985 2000  
▲ Deirdre Lavin  
(071) 916 1511

### TIPPERARY

**Tipperary North**  
▲ Elaine Cullinan  
(067) 43 604  
● Siobhan Hourigan  
(0505) 25 187  
**▲ Tipperary South**  
Ciaran O'hIarnain  
(062) 64 737  
● Catherine O'Loughlin  
(052) 617 7930

### WATERFORD

▲ Peter Jones  
(058) 21 191  
● Catherine O'Loughlin  
(052) 617 7930

### WESTMEATH

● Clodagh Armitage  
(057) 935 7824  
▲ David Scally  
(044) 939 0208

### WEXFORD

● Catherine O'Loughlin  
(052) 617 7930  
▲ Fran Ronan  
(053) 917 6688

### WICKLOW

▲ Tracy Bunyan  
(01) 287 8184  
**West Wicklow**  
● Caroline Peppard  
(01) 463 2813  
**Rest of Wicklow**  
● Martina O'Hanlon  
(01) 274 4200

Grant allocations will be announced in November 2009. In the meantime why not take the Go for Life Active Points Challenge with your group. You can photocopy the Diary at the back of the form for each member of your group and Go for Life will issue a certificate to all who complete the five week Challenge.