## APPLICATION FORM

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<th>Organisation Name</th>
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<tr>
<th>Contact Person</th>
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<thead>
<tr>
<th>Position/Job Title (ie. Treasurer, Secretary Physical Activity Leader)</th>
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<th>Phone number</th>
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<th>County</th>
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<tr>
<th>Email Address</th>
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1. ABOUT YOUR ORGANISATION

TYPE OF ORGANISATION (PLEASE TICK)

- □ Older Person’s Group
- □ Community/Residents Group
- □ Sports Club
- □ Travellers Group
- □ Special Needs Group
- □ Continuing Care Centre/Hospital
- □ Voluntary (Non-Statutory) Day Centre for Older Adults
- □ Other (please give details)
- □ Community/Sports Facility

Year of Establishment

Number of Members

Number of Members who are over 50 years of age

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)? Please circle Yes (Y) or No (N)

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
- Public or publicly funded body
- Public/private partnership
- Voluntary/social/charitable organisation
- Other – please give details

Y N

---

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.

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<thead>
<tr>
<th>Bank Name</th>
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<th>Bank Branch</th>
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<tr>
<th>Bank Sort Code</th>
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PUBLIC LIABILITY INSURANCE DETAILS
It is essential to have public liability insurance covering the activities proposed.

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<th>Company (Not Broker)</th>
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GO FOR LIFE

<table>
<thead>
<tr>
<th>Is this the first time your group has applied for this grant?</th>
<th>Y</th>
<th>N</th>
<th>Don’t know</th>
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<tr>
<th>Does your group have any active Physical Activity Leaders (PALs)?</th>
<th>Y</th>
<th>N</th>
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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)

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<th>Name</th>
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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 2012 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.

<table>
<thead>
<tr>
<th>Describe activity or equipment</th>
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<table>
<thead>
<tr>
<th>Number of people who will take part</th>
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<table>
<thead>
<tr>
<th>Number of weeks activity taking place / equipment being used</th>
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<table>
<thead>
<tr>
<th>Outline costs (ie. equipment, tutor, transport, hall hire)</th>
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<table>
<thead>
<tr>
<th>Total Grant applied for</th>
<th>€</th>
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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. 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.

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<th>Signed</th>
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<thead>
<tr>
<th>NAME IN BLOCK CAPITALS</th>
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<tr>
<td>Position within organisation</td>
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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.

<table>
<thead>
<tr>
<th>Signed by PAL</th>
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<table>
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<tr>
<th>Date</th>
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<tr>
<th>NAME IN BLOCK CAPITALS</th>
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</table>

Completed and signed application forms must reach the address below before 5.00 p.m. on Friday 28 September 2012.

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
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 2011

All applicants that were successful under the National Grant Scheme in 2011 must complete this Evaluation Form and enclose it with the completed Application Form. N.B. If you have not spent grant monies from 2011 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 2012.

1. How much money did your group receive in 2011? ______________

2. Did your group subsidise the grant it received in 2011? 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 2011? (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 | % |
   | 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 2011? ______________

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 €680,000 from its 2012 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 should take advantage of PALs training where it is 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 2012 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 (treadmills, rowing, bicycle machines etc.)

**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**

**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 2011 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 2011 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 28 September 2012. Late applications will not be considered.

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.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**  
▲Martha Jane Duggan  
(059) 913 6207  
●Olive Fanning  
(059) 9143630

**CAVAN**  
●Colm Casey  
(049) 437 3110  
▲Nadine McCormilla  
(049) 437 8582

**CLARE**  
●Geri Quinn  
(065) 686 5837  
▲Olive Fanning  
(059) 9143630

**CORK**  
●Sheelagh Broderick  
(028) 40 488  
▲Michael Crowley  
(021) 466 5080

**DONEGAL**  
●Geraldine Delorey  
(071) 985 2000  
▲Myles Sweeney  
(074) 911 6078 / 79

**DUBLIN**

- **Dublin City**  
  ▲Aideen O’Connor  
  (01) 222 7599  
  ●Alis Brosnan  
  (01) 882 3402

- **Dublin North**  
  ●Eamonn Henry  
  (071) 9650498

- **Dublin South East**  
  ●Jim Gorman  
  (01) 274 4200  
  ●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) 536 459

- **Galway County**  
  ▲Michael Curley  
  (091) 476 509

**KERRY**

- Cora Carrigg  
  (066) 718 4776

- ▲Anne Culloty  
  (064) 70 767

**KILDARE**

- Syl Merrins  
  (045) 980 547

- ▲Meabh McGuinness  
  (056) 776 1400

**KILKENNY**

- Nicola Keeshan  
  (056) 772 0870

- ▲Meabh McGuinness  
  (056) 776 1400

**LAOIS**

- ▲Clodagh Armitage  
  (057) 935 7824

- ▲Caroline Myers  
  (057) 867 1248

**LEITRIM**

- Geraldine Delorey  
  (071) 913 5061

- ▲Declan Boyle  
  (071) 9650498

**LIMERICK**

- Anne Costello  
  (069) 61 430

- ▲Elaine Barry  
  (061) 333 600

**Limerick County**

- Phelim Macken  
  (061) 496 428 /463

**LONGFORD**

- ▲Clodagh Armitage  
  (057) 935 7824

- ▲Siobhan McQuinn  
  (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**

- ▲Clodagh Armitage  
  (057) 935 7824

- ▲Michelle Murphy  
  (042) 975 5126

**OFFALY**

- ▲Clodagh Armitage  
  (057) 935 7824

- ▲Eamonn Henry  
  (057) 935 7462

**ROSSCOMMON**

- ▲Noel Feeley  
  (090) 663 0853

- ▲Paul Gillen  
  (091) 548 323

**TIPPERARY**

- ▲Elaine Cullinan  
  (067) 43 604

- ▲Fionnuala Kenny  
  (067) 46 675

- ▲Valerie Connolly  
  (062) 64 737

**WATERFORD**

- ▲Peter Jones  
  (058) 21 191

- ▲Susan Scully  
  (051) 846 714

**WESTMEATH**

- ▲Clodagh Armitage  
  (057) 935 7824

- ▲Sonja Statham  
  (044) 939 0208

**WEXFORD**

- ▲Nuala Harpur  
  (053) 918 5781

- ▲Fionnuala Kenny  
  (064) 70 767

**WICKLOW**

- ▲Clodagh Armitage  
  (057) 935 7824

- ▲Deirdre Lavin  
  (071) 916 1511

**WATERFORD**

- ▲Elaine Barry  
  (061) 333 600

**WEXFORD**

- ▲Phelim Macken  
  (061) 496 428 /463

**WICKLOW**

- ▲Elaine Barry  
  (061) 333 600

Grant allocations will be announced in November 2012.
PALs can get your group going

Would your group be interested in doing some fun physical activities that will keep you feeling great? We can show people in your group how to become Physical Activity Leaders (PALs). PALs can lead their groups in activities like short exercise routines, simple dances, fun games and sports, such as skittles and horseshoe toss.

Having PALs in your group brings great benefits. Groups with PALs tend to be healthier and happier, and have more energy. They create opportunities to meet other groups and take part in activities with them. Activities led by PALs can encourage potential members to join.

You don’t need a sports background to be a PAL; you just need enthusiasm. We’ll train a few of your members to become PALs, so someone is always ready to lead a session.

PAL workshops are run in partnership with the HSE and Local Sports Partnerships. The workshops blend theory, practical work and fun. Go for Life activities are broad and varied so that every member of your group will find an activity they enjoy. PAL workshops cover: basic principles, sit fit activities, better balance, going strong, rolling and bowling, pitching and tossing, whirling and twirling, stepping and strolling, and PALs skills.

PALs are part of a national network of over 1,500 people who form the PALs Network. Go for Life, and their partners, run events where PALs can meet to share ideas and experiences.

To find out if there are workshops near you, just get in touch with your Local Sports Partnership or HSE contact, as listed.

Go for Life is an Age & Opportunity initiative funded by the Irish Sports Council
In June, we held our pilot Go for Life Games. The Games brought together 84 people in seven teams from Dublin, Kildare, Meath and Wicklow. Go for Life's Programme Director Mary Harkin hailed the Games as “a celebration of physical activity and sport”.

The games are based on some of the activities played by Go for Life groups around the country. This year’s events were ‘Lobbers’ (based on petanque and boules), ‘Disc Toss’ (based on boccia and horseshoe pitching), and ‘Scidils’ (an adaptation of ten pin bowling with one skittle).

The counties ran heats, which had a strong turnout of both established Go for Lifers and new people attracted by the competition. Some Local Sports Partnerships reported more men getting involved. In fact, the team that won ‘Best Overall County’, Dublin South, was mostly men. The Games ran with a lot of volunteer support. There were over 35 volunteers from local partners, including people from the HSE, Local Sports Partnerships, Go for Life PALs and Age & Opportunity.

The Games will be extended to more counties next year, with more provincial qualifiers. The aim is to create a national Go for Life Games, with every county in Ireland represented, from thousands of people who take part in Go for Life every week.

**Get Ireland Active**

Get Ireland Active (getirelandactive.ie) is a website that encourages people to get active by telling them what activities are available in their area. It also has 'top ten tips' to motivate people.

There are lots of Go for Life groups already posting their meetings up on Get Ireland Active and you can too. To submit your group’s event, click the ‘Submit Event’ button at the top of the website.

**FitLine in Cork**

FitLine, our physical activity support line, has now extended to Cork. This brings to five the counties where FitLine is available. FitLine is a free service that encourages people who are not a member of a group or club to get more physical activity into their lives.

Thanks to all of our FitLine volunteers. Your work is making a big difference in motivating people to get active.

For more details about FitLine, call 1800 303 545.