

OFFICE USE ONLY  
Grantee Number



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

## Age & Opportunity Active National Grant Scheme 2023 for Sport & Physical Activity 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 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	
CONTACT PERSON	
POSITION/JOB TITLE	<i>(i.e. Treasurer, Secretary, Physical Activity Leader, Nursing Home Manager, LSP / NGB Coordinator etc.)</i>
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 **€300 and €700.**

Joint applications or applications from Community Development Programmes (CDPs), Local Sports Partnerships (LSPs), 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’s Shed  
  Day Care Setting  
 Family Resource Centre  
  Nursing Home  
  Sports Club  
  LSP  
 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 (**Note: post office accounts are no longer acceptable**)

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

### 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

**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)
  - Note – this can include Online Activity and Outdoor Activity initiatives
- Purchase of equipment / resource materials
- Other

*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, exercise machines, clothing or footwear will not be considered. See Page 8 for further details about what will and will not be funded.*

<b>Describe activity or equipment</b>
<b>Number of older people who will take part</b>

<b>Outline costs</b> (i.e. cost of equipment, cost of tutor, cost of transport, cost of hall hire)	€
<b>Total Grant applied for</b>	€

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

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

<b>CONTACT PERSON</b>	
Signed (please provide signature if applying via post)	
Name:	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 application forms must be submitted on line through a link provided on our website or received via post (address below) by **12 noon on Friday 24<sup>th</sup> February 2023.***



**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](http://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. Evaluation Form

**Note: This section applies only if you received a grant in 2022.**

- How much did your group receive in 2022? \_\_\_\_\_
- Did your group spend the full amount granted before December 2022?    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 2022?
 

<input type="checkbox"/> PALs equipment	<input type="checkbox"/> Dance	<input type="checkbox"/> Swimming/Aqua activities
<input type="checkbox"/> Go for Life Games equipment	<input type="checkbox"/> Facility Hire (Hall/Pool)	<input type="checkbox"/> Tai Chi
<input type="checkbox"/> Pickleball	<input type="checkbox"/> Walking Football	<input type="checkbox"/> Walking Programme
<input type="checkbox"/> Aerobics	<input type="checkbox"/> Pilates	<input type="checkbox"/> Yoga
<input type="checkbox"/> Bowling	<input type="checkbox"/> Pitch & Putt/Golf	<input type="checkbox"/> Other Activities
<input type="checkbox"/> Cycling	<input type="checkbox"/> Sportsfest/Sports Event	<input type="checkbox"/> Go for Life Games event
<input type="checkbox"/> Online activity. If so what type of activity?		

- How many members of your group took part in physical activities enabled by the 2022 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'
- Did the grant help the group come back together after Covid restrictions eased?    Y    N
- 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                    1        2        3        4        5  
activity again

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'd 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
- **Paul Gallier**, Active Programme Assistant Manager
- **Ciara Dawson**, Active Programme Administrator
- **T: (01) 805 7733 / Website: [www.ageandopportunity.ie](http://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  
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### CAVAN

●Colm Casey  
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### DUBLIN

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### Galway City

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#### **TIPPERARY**

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#### **WICKLOW**

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##### **Rest of Wicklow**

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

**TERMS AND CONDITIONS ARE ALSO AVAILABLE ON  
[WWW.AGEANDOPPORTUNITY.IE](http://WWW.AGEANDOPPORTUNITY.IE)**