

# Terms and Conditions

## Active National Grant Scheme for Sport and Physical Activity for Older People 2024

### BACKGROUND

Since 2001 Sport Ireland has provided funding to Age & Opportunity for our Active programme to help increase the participation of older people in recreational sport and physical activity. This Active National Grant Scheme for Sport and Physical Activity for Older People is one element of the extensive Active programme which has resulted from this funding.

### OVERALL AIM

The Active 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:

- supporting the work of Age & Opportunity's Active Programme including the network of PALs (Physical Activity Leaders) and CarePALs, and the development of Go for Life Games and other initiatives;
- assisting local clubs/organisations/care settings to enhance existing opportunities for their members in recreational sport and physical activity;
- assisting local clubs/organisations/care settings to start new initiatives geared at involving older people in recreational sport and physical activity;
- encouraging all sports clubs to provide new initiatives within their clubs aimed at getting older people back to their sport;
- assisting those working in care settings (both nursing homes and day care settings) to introduce more initiatives to increase physical activity levels of those in their care.

### WHO CAN APPLY

Grants are available to all eligible local clubs, groups, care settings and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. **Umbrella bodies, or their agents, are not eligible for funding under this grant scheme.** An exception to this is Local Sports Partnerships who are eligible to apply.

Funding for sports clubs will only be considered if the application specifically relates to older people (aged 50+ years).

Grants are made available for sport or physical activity for **older people** and the overall club membership of applicants must be such that older people will be the beneficiaries of the grant monies.

#### KEY CRITERIA

Applications are encouraged from clubs/organisations/care settings that:

- have the potential to increase levels and frequency of participation in recreational sport and physical activity among older people in their setting or local area;
- can act as showcases or successful demonstration projects that can be replicated by other clubs/organisations/care settings in the future;
- have the potential to develop into a sustainable, longer-term programme;
- are developing initiatives in designated disadvantaged areas;
- are developing initiatives for minority older populations or older groups with special needs;
- have one or more active Physical Activity Leaders (PALs);
- have a CarePAL in their setting;
- are focussed on an outdoor sport or physical activity initiative;
- are developing an online sport or physical activity initiative;
- 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 workshops. These are a series of workshops teaching older people how to lead their peers in sport and physical activity. **Contact the Active programme team or your local contacts listed on pages 7-8 of the grant application form for further information.**

Funds permitting:

Grants will be between **€250** and **€700\*** and may be allocated towards the cost of the eligible initiatives outlined below.

*\*Joint applications or applications from Community Development Programmes (CDPs), Local Sports Partnerships (LSPs) etc. that provide wider access to community groups may be allocated funding outside of these limits. Any applicants who receive an allocation of more than €1,000 must provide a tax clearance number/tax exemption form.*

#### WHAT WILL BE FUNDED?

##### Physical Activity Programme

For example:

- (1) A five-week programme to introduce older people to an activity such as Go for Life Games, aerobics, aquafit, tai chi etc. The costs of hall hire and a qualified instructor might form part of the overall cost;
- (2) An initiative by a sports club to involve more older people – the purchase of specialised equipment, facility hire or a qualified independent instructor might form part of the overall cost;

- (3) An initiative by a sports club that reaches out to older peoples' groups within the community like Active Retirement, ICA groups or Men's/Women's Sheds etc.
- (4) A series of yoga or dance classes delivered online to older people;
- (5) An outdoor activity like a cycling/walking programme;
- (6) Any initiative that involves more marginalised groups within the community e.g. Migrant or Traveller populations;
- (7) Any initiative within a care setting or nursing home that encourages residents to be more physically active.

### **Purchase of Equipment / Resource Materials**

For example: Go for Life Games equipment, pitch and putt set, physical activity kitbag, badminton racquets. Please note that, Short Mat Bowling equipment will only be considered for joint applications where it will be shared by two or more groups.

### **Participation Events**

For example: organising regular Go for Life Games or a Sportsfest aimed at introducing older people to a range of recreational sports.

### **WHAT WILL NOT BE FUNDED?**

**Non-sporting or non-physical activities** – e.g. day trips

**Audio-visual equipment** – e.g. DVD or CD players, televisions

**Exercise machines** – e.g. treadmills, rowing machines, stationary bicycles

**Clothing or Footwear** – of any kind

**Ongoing Commitments** – e.g. membership fees for gyms or sports clubs, cost of hire 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** – e.g. building materials, lighting, the development or refurbishment of facilities.

### **CONDITIONS**

- Applicant clubs/organisations/care settings must have public liability insurance in place covering the activities they wish to promote.
- Applicant clubs/organisations/care settings must provide details of current banking facilities including full, accurate BIC and IBAN numbers. Note since 2022, post office accounts are no longer acceptable.
- Applicant local clubs must have a democratically elected executive.
- Applicant clubs/organisations/care settings shall ensure that sufficient information about the club/organisation/care setting is provided in the application form to assess its suitability for funding.
- Age & Opportunity may use the name of the applicant club/organisation/care setting 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.

- The decision of the Age & Opportunity Active National Grant Scheme Oversight Committee in all matters relating to grant allocations is final.
- Successful applicants can only use the grant for the purposes specified on their application form.
- Applications for grants from successful applicants under the 2023 Active National Grant Scheme must complete the evaluation section of the application form, if the grant has been spent. If unspent in 2023 this will disqualify from applying in 2024.
- Successful applicants must acknowledge Age & Opportunity and Sport Ireland in any communication, promotion or publicity materials generated in relation to activities funded by this grant.

#### **DISCLAIMER**

Age & Opportunity and Sport Ireland will not accept liability for damage or injury which might arise in the use of any funds made available. The consequences of any incorrectly supplied or inaccurate information are the responsibility of the club or organisation applying.

#### **CLOSING DATE**

Completed Application Forms must be submitted to Age & Opportunity **before 12 noon on Friday 01<sup>st</sup> March 2024. Grant allocations will be announced at the end of April 2024.**

**LATE APPLICATIONS WILL NOT BE CONSIDERED UNDER ANY CIRCUMSTANCES**



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