



go for life

The National Programme for
Sport and Physical Activity
for Older People

Evaluation of Go For Life National Grant Scheme

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Presented by Gameplan Consultants Ltd.

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Terms of Reference

The principle aim of this research is ascertain whether the scheme is achieving its aim – i.e. to increase the participation of older people in recreational sport and physical activity.

- 1 To examine of the role of PALs in the NGS.
2. To explore the adequacy of the resources provided by the NGS
3. To establish if the funding is being used for the purpose(s) for which it was intended
- 4 To ascertain if the scheme is meeting the needs of people with disabilities

Action to fulfil terms of reference

- a. A review of relevant literature
- b. An analysis of databases compiled by Age and Opportunity profiling the applicants over the four years
- c. A survey of past applicants of the grant (Appendix A)
- d. A telephone interview with key stakeholders in the scheme (steering committee members, scheme administrators and adjudicators, representatives from national organisations) Appendix B
- e. Report completion

Summary of Recommendations

1. Promote through local development agencies, tabloid newsprint, e-mail and text.
2. Write up cases for publication through relevant newsletters, LSPs, ISC, FARA, Senior Times etc.
3. Strengthen the link between the PALs training and eligibility for the grant. Target sports clubs with information about the training opportunity.
4. Pilot an increased developmental role for a small number of LSPs to increase their impact on the scheme.
5. Undertake equality proofing research
6. Develop a framework for ongoing evaluation
7. Consider increasing the days for adjudication of the applications
8. Consider widening the representation on the steering committee.

Executive Summary

The evaluation of the National Grant Scheme was undertaken using three approaches

1. A comparison of the scheme with recommendations for best practice in grant allocation
2. A telephone survey supplemented by e-mailing former applicants resulting in a 261 respondents
3. A telephone interview with six people who are familiar with the scheme from different perspectives

The research considered the following aspects of the scheme

- Operational aspects
- The role of PALs in the scheme
- The adequacy of funding provided by the NGS
- The purpose(s) to which funding is being applied
- The impact of the scheme on people with disabilities

In general the scheme is well administrated and adjudicated. While the principal sum remained constant between 2001 and 2004 the number of applications has risen by 47.8%. Some elements of the promotion of the scheme require further attention in order to enhance equality of access to the funds for more groups. Closer networking with the community development sector is recommended.

In general the involvement of PALs in the group and/or the application procedure significantly influences the outcome of the application for the group. There is considerable scope for improving the coherence between the PALs aspect of the Go for Life programme and the national grant scheme.

Given the development potential of the Go for Life programme generally there is scope for increasing the amount available for grant allocations. At the very least it should keep abreast of inflation. Proposals for encouraging creative and sustainable responses to the challenge of increasing local opportunities for physical activity should be supported and then documented to show evidence of delivering on objectives.

The evidence is that applicants have integrity in terms of how they use the grant. The response to the challenge of creating opportunities is being met in a wide variety of ways. Again it would be essential to document best practice in this respect and promote it through relevant networks.

An increasing number of special needs groups are accessing the funding each year. There is a bias in favor of mobility related disability. There is thus scope for widening the range of disabilities served by the fund. However consideration needs to be given to ensuring that the aged aspect of the programme is not compromised.

1 Background and Introduction

The Go for Life National Grant Scheme has been in existence since 2001 with a total of €1,266,750 being distributed among 1,935 applicants. It is funded by the Irish Sports Council. The individual grant amounts range from €100 to €2,000. The total annual allocations range from €315,000 to €320,000

The aim of the Go for Life programme is to increase physical activity levels amongst older adults in Ireland. The National Grant Scheme funds locally driven initiatives to facilitate this aim, through the empowerment of groups such as Active Retirement Associations, care centres, community groups and others involved in the delivery of recreational opportunities for older adults.

It is recognised that negative attitudes to aging have an influence on reducing activity levels in later years. Challenging these negative perceptions fits with the mandate of Age and Opportunity, hence this is the organisation that has driven the scheme since its inception. The Go for Life programme is overseen by a steering committee. This committee has a role in ratifying the grants allocated.

1.1 Rationale for the Scheme

The grant scheme is an element of the Go for Life programme. Other elements include presentations to older adult groups and Physical Activity Leaders (PALs) training. The rationale for some form of support for enhancing physical activity participation opportunities for older people is two fold;

- The low levels of participation among this sector in Ireland and the resultant poor health dividend return
- Research recommendations in relation to mechanisms for increasing access to physical activity programmes for older adults

These will be briefly discussed below

The benefits of physical activity to the health status of all have been well established and the WHO published a set of guidelines for the promotion of physical activity among older people in 1996. Indeed they asserted that from 50 years onwards the health benefits of physical activity become ever more relevant.

The physical activity levels of older people in Ireland were captured in an ISC sponsored report in last year (Fahey 2004). This survey found that almost half of people over 65 had had no exercise in the previous twelve months, while this level of inactivity dropped to one fifth among those under 50. Older people who engage in health enhancing levels of physical activity was found to be 9% (50-65 years) and 6% (65+). This study also found that there was a difference in the perceived health status between participants and non-participants in both the physical and mental domains, with participants having a better perception of their health status.

Sports development requires that there is a range of elements combining in order to promote opportunities for participation. These are as follows

- Policy
- Promotion
- Leadership
- Programmes and

- Facilities and amenities
(Eady 1993, Torkilsden 1999)

Responsibility for the first of these, **policy**, lies within the remit of the health and sport sectors. The Health Services Executive is involved in developing strategies for the promotion of health through physical activity. Concurrently the Irish Sports Council is involved in leading the 'sustainable development of sport'. However, the implementation of any strategy or policy requires that the other four elements be delivered upon.

Age and Opportunity plays a role in the **promotion** of physical activity to older adults through presentations and workshops in conjunction with the Health Executive. The PALs initiative is central to the provision of **leadership** to enable participation. Building leadership capacity will only enhance opportunities for participation when those with leadership skills are deployed to work with groups and individuals. Hence the delivery of **programmes** is an element that requires local input. The Slán survey (2002) found that only 5% of older people attend a gym or leisure centre. Thus, the delivery of programmes of physical activity has to be targeted to a wider platform. Creating incentives to already existing groups catering to the wider recreational interests of older adults and encouraging the formation of new groups is a strategy that has significant potential to deliver increased opportunities for participation. Lachenmayr and Mackenzie (2004) identified a number of factors that limit access for older people to physical activity and among these were peer leadership, facilities and funding. The grant scheme may thus address the last of these limiting factors by facilitating groups to self-determine what activities they wish to pursue and supporting them in delivering tailored responses to their group's circumstances.

1.2 Grant Administration and Adjudication

Age and Opportunity administers the Go for Life National Grant Scheme and adjudication of applications is done jointly between the Irish Sports Council and Age and Opportunity. While the Age and Opportunity representative has varied over the years, the ISC representative has remained constant. Applicants are required to submit an application form by a given deadline and to comply with some basic conditions (Appendix C)

The grant scheme is advertised through a range of print media and through relevant networks; Local Sports Partnerships (LSPs), Health Executives, Federation for Active Retirement (FARA) etc. Former applicants are also targeted by direct mail. This promotional activity occurs approximately a month in advance of the application date.

In making an assessment of the application the adjudicators give consideration to the following:

Preference will be given to local clubs/organisations that:

- have the promotion of recreational sport and activities as a central element of their overall focus;
- are developing initiatives in disadvantaged areas;
- have established links with Local Sports Partnership (if there is one in the locality);
- are applying for this grant for the first time.
- 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

Grants will not be allocated for any of the following

- Capital costs
- Foreign travel
- Competitions

The types of initiatives that will attract grant funding include;

- training opportunities
- purchase of equipment
- organisation of a local sports fest
- development of a physical activity group/club
- administrative costs associated with organising a physical activity

1.3 Principles of grant administration

In general the provision of grant funds involves the expenditure of public money to facilitate the delivery of good quality and appropriate facilities and services to the community. The concept of subsidising participation in physical activity is well established. However in undertaking responsibility for grant administration a number of principles of good practice need to be adhered to.

The following principles have been identified and will part direct assessment of the Go for Life National Grant scheme. They will be discussed again in the results section when the findings of the survey and interviews are being examined.

- **Value for Money** – ensuring the needs and expectations are met with efficient use of resources.
- **Fairness, Integrity and Transparency** – grants need to be seen to be accessible and fair. The process for grant administration and allocation should be predictable.
- **Cooperation** – expectation need to be clearly spelt out and this needs to happen in conjunction with the main stakeholders and constituents of the community being funded.
- **Recognition of Diversity** –
- **Consistency** – principles of practice need to be consistent with similar schemes being run by the principal agencies.
- **Coordination** – avoiding duplication of effort
- **Accountability**
- **Stability for Client and Communities**- purpose of the grant and conditions of access to funding needs to be clearly articulated to applicants.
- **Monitoring and Evaluation**
- **Probity**

http://www.communitybuilders.nsw.gov.au/finding_funds/gr/grpr.html

2. Methodology

A mix of qualitative and quantitative methodologies were undertaken in order to achieve the following objectives

1. To examine of the role of PALs in the NGS.
2. To explore the adequacy of the resources provided by the NGS
3. To establish if the funding is being used for the purpose(s) for which it was intended
4. To ascertain if the scheme is meeting the needs of people with disabilities

The methodologies utilised were as follows

- A review of relevant literature
- An analysis of databases compiled by Age and Opportunity profiling the applicants over the four years
- A survey of past applicants of the grant (Appendix A)
- A telephone interview with key stakeholders in the scheme (steering committee members, scheme administrators and adjudicators, representatives from national organisations) Appendix B

2.1 Survey

The survey was designed with the research objectives in mind. It allowed for the collection of data to facilitate the formulation of a profile of applicant groups and their activities. It also informed the development of the semi-structured interviews

The survey examined the following elements

- Activities included in groups' programmes
- Age and gender profiles of applicant groups
- Extent of physical activity programming among groups
- Involvement of PALs in application process (where they exist)
- General level of physical activity among group members
- Opinions of the application procedures for the grant
- Purpose(s) to which grants allocated were put
- Recommendations for improvement of the grant

A range of approaches was adopted to optimise the response rate to the survey.

202 applicants were telephoned (including some people who had been e-mailed)
167 applicants were e-mailed – response rate 35%

The telephone survey was used to optimise the quality of responses as it allows for clarification of question where required and also facilitates completeness of responses. The major drawback with telephone interviewing is that it is very time consuming. Telephone interviews also require the respondent to be reasonably spontaneous. The question requiring consideration of ways of improving the scheme may demand greater contemplation. To check whether the telephone approach militated against detailed consideration of the question, e-mails were sent to those sample members who had included this detail in their application. However there was no difference in the rate of response to this question between the two approaches. Large numbers left it unanswered in both groups.

2.2 Sample Selection

Multi stage sampling was used to select subjects for the survey. The applicants were first categorised into the following groups

- Older adults groups
- Women's groups
- Care centres/Hospitals
- Community/residents groups
- Bowling/bowls clubs
- Other sports clubs
- Community/sport facility
- Special needs groups

This was done to ensure that the sample was reflective of the profile of the applicants. The resident/community groups in all cases were made on behalf of an older adults group in the relevant community. These groups were then systematically divided, with every third applicant being included in the sample. Exception to this 'every third rule' was applied where contact details were incomplete i.e. telephone or name missing.

2.3 Telephone Interviews

Telephone interviews were conducted with six individuals deemed to have an informed perspective on the scheme. A list of those who participated is presented in Appendix D . The interviews examined the following themes

- Grant administration and adjudication
- Levels of funding
- Promotion of the scheme
- Future development options

These interviews were conducted after other research methods had been deployed in order to explore in more depth some of the findings of the earlier approaches. Hence these interview were used to supplement survey findings and gather more information in relation to the future development options available to the Go for Life National Grant Scheme.

3 Findings

3.1 Introduction

This chapter will outline the findings of the database analysis, the survey and the telephone interviews and will discuss these with respect to the terms of reference of the study. This chapter will also give consideration to operational aspects of the grant scheme.

The grant scheme is entering its fifth year of operation. It has been administrated by Age and Opportunity from its inception. A trawl of the World Wide Web and questioning of people in interviews revealed no other comparable scheme internationally. Therefore, this approach to promoting physical activity, i.e. delegating resources to local groups to empower them to self-determine their physical recreation opportunities is reasonably unique.

3.2 Profile of respondents

To begin, a general profile of the survey respondents will be outlined. Table 3.1 outlines the categories of respondents in descending order. While there is a category for community/residents groups, it transpired in the course of the telephone survey that these were acting as representatives for local older adult groups.

Category of Group	N	%
Older Person's Group	123	47.1
Women's Group	39	14.9
Care Center/Hospital	33	12.6
Community/Residents Group	14	5.4
Bowling/bowls club	14	5.4
Other Sports club	13	5.0
Community/Sport facility	13	5.0
Special Needs Group	11	4.2
Other	1	.4
Total	258	98.9
Missing	3	1.1
TOTAL	261	100

TABLE 3.1 CATEGORY OF SURVEY RESPONDENTS

Nearly half (47.1%) of the respondents are older adults groups that are community based. When those whose application was made by a community or residents group are added, this increases to 52.5%.

The gender breakdown within the groups is as follows; men 3179 and women 9503. Hence, women outnumber men by almost three to one.

The survey examined the application patterns of groups and found that on average groups had made two applications. The success rates were also examined and table 3.2 outlines the findings. The absolute failure rate in grant application is 12.6%. It was deemed to be important to get a comprehensive view of the grant scheme and hence groups who had never been successful in receiving a grant were included in the sample.

Frequency of success	N	%
Never	33	12.6
Sometimes	72	27.6
Always	156	59.8
Total	261	100

TABLE 3.2 FREQUENCY OF SUCCESS IN APPLYING FOR GRANT

A chi-square test shows that there is a significant difference between the expected and the observed outcomes of the applications $p=.000$.

The analysis then looked at the profile of success according to the category of group. A weighting was applied to each level of success (never = 1, sometimes = 2, always = 3) in order to rank order the categories of applicants according to their success level. Excluding the 'other' category, of which there was only one applicant, the bowling/bowls clubs show the highest rate of success with care centres/hospitals showing the lowest. The relative lack of success of these applicants may be due to their statutory status.

TYPE OF GROUP		Regularity of success in applying for grant			Weighted total
		Never	Sometimes	Always	
	Other			100.0%	
	Bowling/bowls club		35.7%	64.3%	264.3
	Community/Residents Group	7.7%	23.1%	69.2%	261.5
	Women's Group	15.4%	20.5%	64.1%	252.5
	Older Person's Group	9.0%	29.5%	61.5%	248.7
	Special Needs Group	20.0%	20.0%	60.0%	240
	Other Sports club	15.4%	30.8%	53.8%	238.4
	Community/Sport facility	23.1%	23.1%	53.8%	230.7
	Care Center/Hospital	21.2%	33.3%	45.5%	224.3
	TOTAL	12.4%	27.9%	59.7%	

TABLE 3.3 REGULARITY OF SUCCESS PER CATEGORY OF APPLICANT IN RANK ORDER

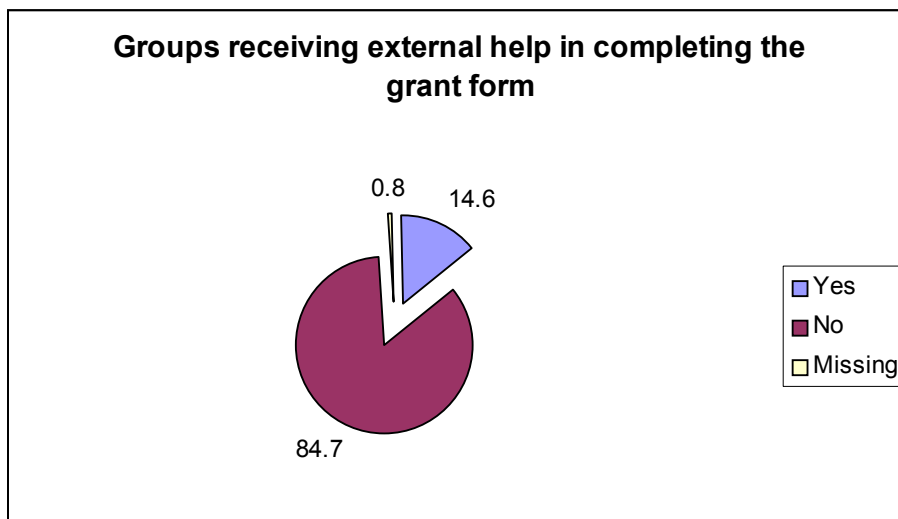
Barke and Nicholas(1990) and Chodzko-Zajko (2000) assert that programming for the older adults should display integrated opportunities for intellectual, physical, spiritual and cultural development. The survey examined the context of the groups who were applying for the grants. The following table outlines the range of activities being pursued by applicant groups in descending order and shows a variety between physical and passive recreational activity.

Activity	%
Exercise sessions	82
Health talks	73.6
Bowling	58.2
Walking	54.8
Community work	51.7
Playing cards	51.3
Bingo	50.6
Swimming/aquatic activities	34.5
Martial arts	15.3

TABLE 3.4 ACTIVITIES PURSUED BY APPLICANTS IN DESCENDING ORDER

Other activities included various forms of dance (22.6%) yoga, rings, arts and crafts, outings, music, pitch and putt, drama, computers and many others. Hence the delivery contexts of the physical activity programmes supported by the National Grant Scheme adhere to the recommendations of the above authors.

The survey considered the level of external assistance groups sought assistance in making their grant applications. Only 14.9% of all respondents stated that they received any help in completing the form. These respondents are in addition to the 5.4% of applicants whose applications were made on their behalf by a community/resident association. Hence just over one fifth of all applicants received some level of assistance with their application



Graph 3.1 Help received in completing grant application

The sources of assistance were as follows

Sources of help	N	%
Other	16	42.1
Health Board Personnel	15	39.5
LSP Personnel	4	10.5
National Organisation	3	7.9

TABLE 3.5 HELP RECEIVED IN COMPLETING GRANT APPLICATION

The 'other' sources of help were

- Community development agencies (11)
- VEC (2)
- Go for Life (2)
- Another club (1)

3.3 National Grant Scheme – Operational aspects

Since 2001 a total of 1,935 grants have been allocated to nearly 1,500 different groups. The table below outlines a summary of the information with respect to mean annual allocations, percentage of all applications that are successful each year and range of allocations. Only one applicant has received the maximum available grant of €2,000 to date.

Info Avail.	2001	2002	2003	2004
Total fund	€316,250	€315,400	€320,025	€315,100
Total applicants	533	670	843	777
Total successful	326	506	526	577
% successful	61.2%	75.5%	62.4%	74.3%
Mean allocation	970.09	€623.32	€608.41	€546.10
Range of allocations	€250-1905	€350-1500	€100-1900	€200-2000 (1)

TABLE 3.6 PATTERN OF GRANT ALLOCATION 2001-2004

It is estimated that the equivalent of about twenty working days is spent in sorting the application forms by administration staff in Go for Life. This task involves filtering forms that fail to meet some of the required conditions. These conditions are as follows

- Late applications or duplicates
- Non supply of banking or insurance details
- Incomplete forms
- Applications in excess of the maximum grant of €2,000

Two days are then allocated to adjudicating on the remaining applications and allocating grants deemed appropriate to meet the stated purpose of the funding

3.3.1 Geographical aspects

Databases provided by Go for Life were analysed to show the geographic spread of applications across the four years. First of all the geographic distribution of numbers of allocations was considered and compared with the geographic distribution of the population over 50 years, as reported in the 2002 census. The table overleaf outlines the findings.

The most striking finding is that relative to its population, Dublin is considerably under represented with more than an 11% difference. At the other end of the scale, Kerry shows an over representation in terms of the number of allocations (+4.3)

	TOTALS	% of total allocations	Population 50+	% of national pop 50+	Diff between % allocations and % 50+
Carlow	27	1.39535	11365	1.114465	0.280884
Cavan	47	2.42894	16263	1.594768	0.834172
Clare	32	1.65375	28775	2.821709	-1.16796
Cork	232	11.9897	118708	11.64064	0.349023
Donegal	63	3.25581	38834	3.808106	-0.55229
Dublin	301	15.5556	273415	26.81139	-11.2558
Galway	106	5.47804	54067	5.301871	0.176165
Kerry	160	8.26873	40856	4.006386	4.262348
Kildare	82	4.23773	32384	3.175612	1.062114
Kilkenny	32	1.65375	21634	2.121455	-0.46771
Laois	62	3.20413	14931	1.464151	1.739984
Leitrim	53	2.73902	8507	0.834206	1.904812
Limerick	59	3.0491	45305	4.44266	-1.39356
Longford	46	2.37726	9277	0.909713	1.467548
Louth	30	1.55039	25234	2.474475	-0.92409
Mayo	69	3.56589	36500	3.579231	-0.01334
Meath	50	2.58398	30321	2.973312	-0.38933
Monaghan	26	1.34367	15729	1.542404	-0.19873
Offaly	52	2.68734	16668	1.634483	1.052855
Roscommon	41	2.11886	17143	1.681062	0.437801
Sligo	76	3.92765	16990	1.666059	2.26159
Tipperary	80	4.13437	40247	3.946667	0.1877
Waterford	49	2.5323	27799	2.726001	-0.1937
Westmeath	51	2.63566	18017	1.766767	0.868891
Wexford	65	3.35917	31859	3.12413	0.235043
Wicklow	44	2.2739	28944	2.838281	-0.56438
Total	1935	100	1019772	100	0

TABLE 3.7 COMPARISON OF NO. OF ALLOCATIONS WITH DEMOGRAPHIC PROFILE

This same method was then applied to the *sums* allocated to each county and the table overleaf outlines the findings. Again Dublin (-10.2%) shows under allocation while Kerry (+3.3%) shows over allocation, although the differences are reduced slightly from the previous analysis.

	2001	2002	2003	2004	TOTAL	% of Total	% total - %population
Carlow	1,400.00	4900	8900	6400	€ 21,600.00	1.705185	0.599635
Cavan	6450	6550	10900	8850	€ 32,750.00	2.585407	0.949899
Clare	6970	5900	2500	6400	€ 21,770.00	1.718605	-1.08951
Cork	31090	30750	42400	37450	€ 141,690.00	11.18554	-0.48839
Donegal	9350	7100	11700	11600	€ 39,750.00	3.138013	-0.72913
Dublin	58445	57900	47625	45200	€ 209,170.00	16.51266	-10.1786
Galway	16305	21700	16050	15750	€ 69,805.00	5.510667	0.19498
Kerry	30975	24000	19300	19250	€ 93,525.00	7.383213	3.315419
Kildare	8685	15850	15300	12100	€ 51,935.00	4.099943	1.165205
Kilkenny	1200	5150	8150	7550	€ 22,050.00	1.740709	-0.37773
Laois	16400	10800	8600	8450	€ 44,250.00	3.49326	2.017842
Leitrim	7655	10600	8050	5450	€ 31,755.00	2.506858	1.640367
Limerick	8040	10750	7800	13500	€ 40,090.00	3.164854	-1.25303
Longford	7550	4700	8350	8500	€ 29,100.00	2.297263	1.378295
Louth	3275	5200	5400	6250	€ 20,125.00	1.588743	-0.87967
Mayo	12520	11100	7450	11000	€ 42,070.00	3.321163	-0.33658
Meath	10985	6800	9000	8800	€ 35,585.00	2.809213	-0.05087
Monaghan	2550	4700	6100	4000	€ 17,350.00	1.369674	-0.21716
Offaly	6350	5800	8650	10250	€ 31,050.00	2.451203	0.808343
Roscommon	11485	9350	3650	3250	€ 27,735.00	2.189504	0.451705
Sligo	14320	12600	11700	9650	€ 48,270.00	3.810614	2.13822
Tipperary	15485	9350	13150	15350	€ 53,335.00	4.210464	0.21809
Waterford	3540	7550	9900	11000	€ 31,990.00	2.52541	-0.2467
Westmeath	8470	6500	8400	10400	€ 33,770.00	2.66593	0.900625
Wexford	12220	9850	13400	11600	€ 47,070.00	3.715882	0.549817
Wicklow	4535	9950	7600	7050	€ 29,135.00	2.300026	-0.48109
Total	316250	315400	320025	315050	€ 1,266,725.00	100	0

TABLE 3.8 COMPARISON OF SUMS OF ALLOCATIONS WITH DEMOGRAPHIC PROFILE

3.3.2 Adherence to principles of best practice

Section 1.3 outlined a number of principles of good practice in the administration of public grants. The first of these relates to **value for money** whereby needs and expectation are met with efficient use of resources. A total of €635,000 is allocated to Age and Opportunity to run the Go for Life programme. As previously mentioned the grant scheme is but one element of this programme. Between the individual grants allocated and the cost of advertising the scheme, approximately 52% of the entire Go for Life budget is dedicated to funding local groups to facilitate the delivery of self-determined programmes.

Interviewees were asked about their expectations of the grant. One stated that a reasonable expectation was that the funding would act like seed funding and that it would have a cumulative effect in an area. This is clearly the case as the number of applications rose by two hundred and forty four between 2001 and 2004, presumably as word spreads of the availability of the funding opportunity.

Another interviewee stated that the grant scheme should ideally support the PALs. The availability of funding to purchase equipment, which forms the basis of many of the physical activity programmes, does this indirectly. There is currently no requirement for clubs to have a PAL in order to be eligible for funding. However the application form does include a question on whether or not there is a PAL in the applicant group.

Finally, the grant scheme is one element of a programme (Go for Life) that very much complements the mandate of Age and Opportunity i.e.

- Challenging negative attitudes to aging and older people
- Promoting participation by older people in society
- Pursuing equality for older people

As reported in chapter one, the adjudication process involves two people, one from Age and Opportunity and one from the Irish Sports Council. There has been one consistent member of the adjudication panel over these four years, that being the ISC representative. In light of the guidelines for best practice in grant administration as outlined by the community builder organisation in Australia, this situation is a good one which promotes **fairness, integrity and transparency**. Furthermore the application dates and allocation dates have remained reasonably consistent each year. This helps to keep as degree of predictability about the scheme, which is desirable.

The grant scheme targets a range of organisation types e.g. older adult groups, women's groups etc. The steering committee has representatives from a variety of stakeholders e.g. Senior Citizens Parliament, the Federation of Active Retirement (FARA), General practitioners and the medical sector. The reasonably representative nature of the steering committee promotes **co-operation** among key constituents.

Another principle of good practice is **consistency**. The requirements for eligibility and the obligation on applicants to produce certain evidence of their entity is consistent with ISC practices in relation to other funding e.g. NGB grants, grants for youth in sport which are distributed by VECs and LSPs on behalf of the ISC.

The fact that the grant is centrally administrated avoids duplication of effort and promotes **co-ordination**. Applicants are required to complete evaluation forms (Appendix D) from previous applications before being entitled to further funding, this requirement for **accountability** is also an important aspect of any fund dispersing public money.

Finally, in relation to the principles of good practice the purpose of the grant is very clearly articulated and the total sum available is included in promotion materials sent to applicants and other through whom the scheme is promoted. This adheres to the principle of **stability** for clients. A final principle is that of **recognition of diversity**. While the application information states that positive consideration will be given to groups in disadvantaged areas, there is nothing articulated in the adjudication process to support this aspiration. However a growing number of special need applicants from two in the sample groups in 2001 to nine in the sample in 2004. Table 3.9 overleaf summarises the adherence to the principles of good practice.

Principle	GFL NGS practices
Value for money	52% of entire budget dedicated to grant scheme - Expectations largely met
Fairness, integrity and transparency	- Consistency in adjudication panel - Application date reasonably consistent 2002-2004 - Steering committee ratify decisions - Clear steps/stages in adjudication process Appendix E
Co operation	Stakeholders on steering committee
Consistency	ISC practices re proof of entity and evaluation requirements
Co-ordination	Centrally allocated
Accountability	Evaluation required on how previous grant was spent
Stability for clients	Information clear and sent with all application forms
Recognition of diversity	Inclusion of people with disabilities

TABLE 3.9 NGS ADHERENCE TO PRINCIPLES OF BEST PRACTICE

3.3.3 Promotion of the scheme

The issue of promotion of the grant scheme was examined and respondents were asked how they first heard about the funding opportunity. The table below outlines the responses in rank order

Sources of information	N	%
Other	56	21.5
Newspapers	49	18.8
Word of mouth	46	17.6
Health Board personnel	44	16.9
National Organisations	31	11.9
Unsure	28	10.7
Local SDO/LSP personnel	7	2.7
TOTAL	261	100

TABLE 3.10 SOURCES OF INFORMATION ABOUT THE NATIONAL GRANT SCHEME

The 'other' sources of information included;

- GFL/Age and Opportunity/PALs (13)
- Community development agencies (9)
- Television/Radio (6)
- Mailshot (8)
- Regional federation (4)

The issue of promotion was also explored in the telephone interviews. While it was acknowledged that a wide range of promotional tools are used to create awareness of the grant scheme some questions remain about the level of uptake among disadvantaged groups. The need to work more closely with the community development sector was advocated. While there is some evidence of this happening it is not a co-ordinated network of support. The point was made that those most in need will require the greatest effort in order to promote engagement with all aspects of the programme, including the

grant scheme. Thus the principle of 'unequal effort for equal opportunity' will need to be applied,

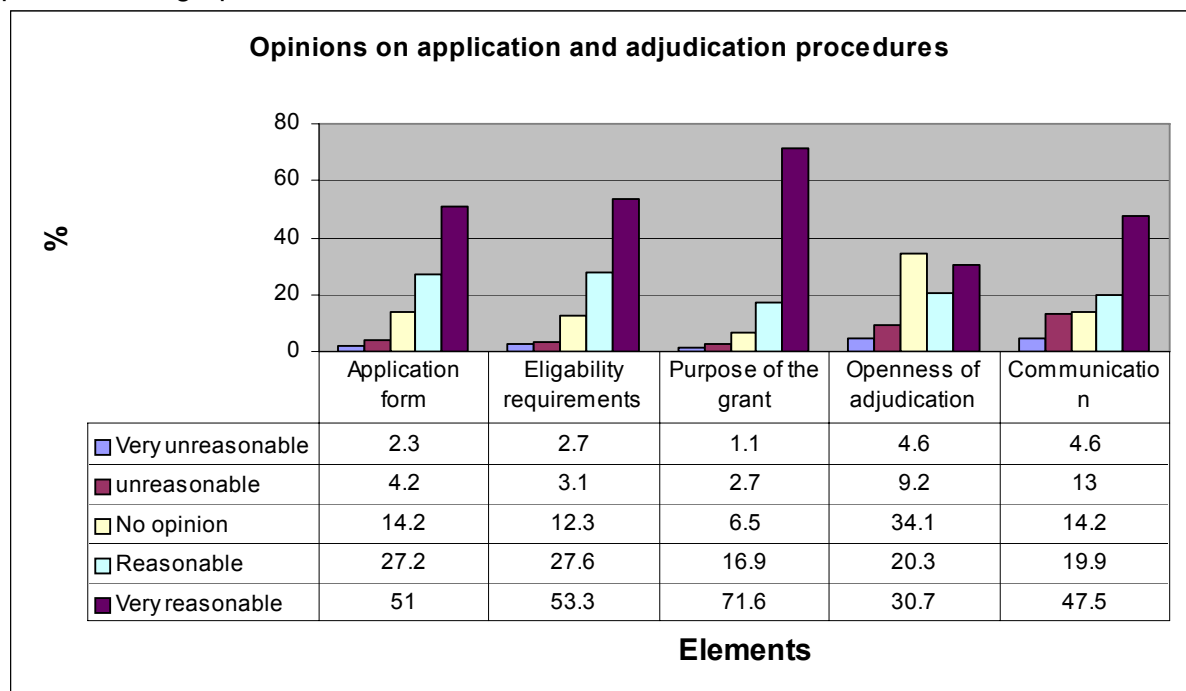
A number of interviewees also see an increased role for the LSPs in promoting the scheme by assisting with applications. While the criteria for eligibility mentions linkages with the LSP, this aspect is not explored in either the application form or the evaluation form. Using the LSPs in a practical way e.g. by encouraging them to run workshops covering the grant scheme but also including demonstrations of the type of equipment that would be worth buying was advocated by one interviewee.

3.3.4 Experiences of applying to the grant

The survey examined the views of respondents in relation to the application procedure. The issues considered were as follows

- The application form
- Requirements for eligibility
- The purpose of the grant
- The openness of the adjudication process
- Communication from Go for Life office

Respondents were asked to score these elements on a scale of 1 to 5. The findings are presented in graph 3.2 below



Graph 3.2 Opinions on application and adjudication procedures

The level of reasonableness of each element was in question. The element that attracted the most positive comment was that relating to the purpose of the grant with 88.5% regarding it as reasonable or very reasonable. Requirements for eligibility and information required on the application form scored 80.8% and 78.2% respectively when reasonable and very reasonable were summed. Communication from the Go for Life office scored 67.4%.

Further analysis showed that there was a significant relationship ($p < .01$) between regularity of success and perceptions of reasonableness in all elements except for the

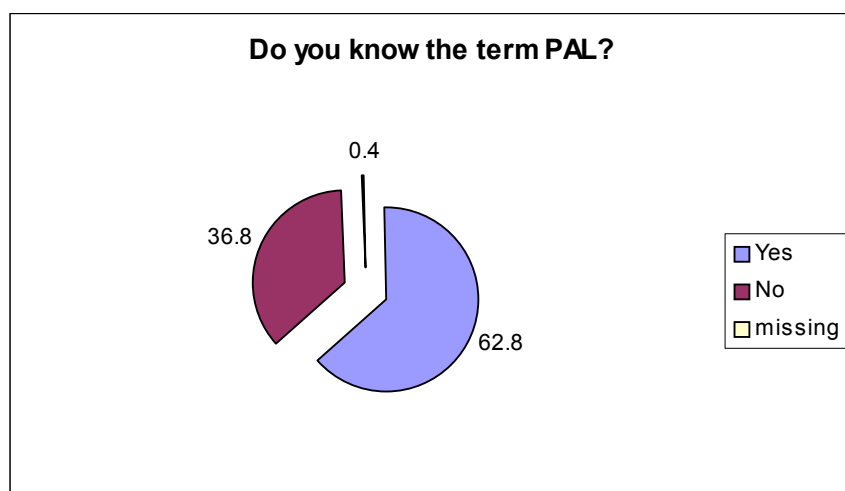
purpose of the grant. Appendix G gives more complete details. This points to the need for clear feedback to unsuccessful applicants to ensure that they are not alienated from the process.

Respondents were also asked to rate the system of payment of the grant on a scale of 1 to 5 where 1 was very poor and 5 was very good. 95.2% of respondents rated this system as good or very good.

3.4 PALs and the National Grant Scheme

The training of Physical Activity Leaders (PALs) is a core element of the Go for Life programme. These people play an essential role in development opportunities for physical activity for older people at local level.

First the survey examined whether or not respondents recognised the term PAL. The pie chart below indicates the pattern of responses. Clearly the majority do indeed recognise the acronym.



Graph 3.3 Levels of recognition of the term PAL

Further analysis shows the level of recognition of the term among the different categories of respondent. The term PAL is very well recognised among the care centres and hospitals (84.4%) and the older adult groups (72.1%). It is less well recognised among the sports clubs - bowling and others sports (35.7% and 30.8% respectively).

		Do you know the term PAL?	
		No	Yes
Type of group	Older Person's Group	27.9%	72.1%
	Women's Group	51.3%	48.7%
	Care Center/Hospital	15.2%	84.8%
	Community/Residents Group	33.3%	66.7%
	Bowling/bowls club	64.3%	35.7%
	Other Sports club	69.2%	30.8%
	Community/Sport facility	61.5%	38.5%
	Special Needs Group	60.0%	40.0%
	Other		100.0%
Total		37.0%	63.0%

TABLE 3.11 DO YOU KNOW THE TERM PAL?

The survey examined the number of PALs in each group. 107 (43.3%) of the respondents had a PAL in the group. The maximum number in any group was thirteen - this was an active retirement group. The average number of PALs was 1.13. The care centers/hospital have the highest levels of PALs (69.7%) followed by the older adults groups (51.7%). Both the bowling and 'other sports' groups have the least coverage at 7.1% and 8.3% respectively. Given the significance of peer leadership within the older adult learning environment this situation is ripe for further development.

In only 22.6% (N=59) of cases was the contact person a PAL. The question was also asked as to whether or not a PAL had an input into the grant application. In 30.3% (N=79) of all 261 cases this did happen. However, in 72% of cases where there was a PAL in the group, this expertise was used in making the grant application. It would be important to give more credibility to the PALs training in the grant application process in order to optimize synergy between the various components of the Go for Life programme.

The analysis also considered if having a PAL in the group made a difference to the level of success of the applications. The table below shows the results of a cross tabulation of the regularity of success and whether or not a PAL is in the group.

		Regularity of success in applying for grant			Total
		Never	Sometimes	Always	
Is there a PAL in the group?	Yes	9.3%	21.5%	69.2%	100.0%
	no	14.9%	32.4%	52.7%	100.0%
Total		12.5%	27.8%	59.6%	100.0%

TABLE 3.12 RELATIONSHIP BETWEEN REGULARITY OF SUCCESS AND A PAL IN THE GROUP

The question of whether the contact person was a PAL was also explored and the level of success among applicants with PALs training and without were compared

		Regularity of success in applying for grant			Total
		Never	Sometimes	Always	
Was the contact person a PAL?	No	14.5%	29.5%	56.0%	100.0%
	Yes	6.8%	22.0%	71.2%	100.0%
Total		12.7%	27.8%	59.5%	100.0%

TABLE 3.13 RELATIONSHIP BETWEEN REGULARITY OF SUCCESS AND A PAL AS THE CONTACT PERSON

Finally the difference between having a PAL make an input and not was compared and table 3.14 reflects the result

		Regularity of success in applying for grant			Total
		Never	Sometimes	Always	
Did the PAL have an input to the grant application?	No	15.6%	31.1%	53.3%	100.0%
	Yes	6.3%	20.3%	73.4%	100.0%
Total		12.7%	27.8%	59.5%	100.0%

TABLE 3.14 RELATIONSHIP BETWEEN REGULARITY OF SUCCESS AND A PAL MAKING AN INPUT TO THE GRANT APPLICATION

The table below details the relationship between levels of success in applying for grants and the roles of PALs using Pearson's chi-square.

	Contact person a PAL	PAL inputting to application	PAL in the group
P value	.09	.008	.03

TABLE 3.15 SIGNIFICANCE TEST OF RELATIONSHIP BETWEEN PALs AND GRANT ALLOCATION SUCCESS

The table above details a significant relationship $p < .05$ in the cases where there is a PAL in the group and where the PAL had an input to the application. There is no statistical relationship between the regularity of success and the contact person being a PAL.

3.5 Resourcing of the National Grant Scheme

The National Grant Scheme is entering its fifth year. As evidenced in table 3.6 the number of applications is rose sharply between 2001 and 2004 (+47.8%), while the total sum available for allocation has remained largely constant. It is evident that as awareness of the availability of the grant has grown, the average allocation has fallen. In determining whether or not the scheme is adequately resourced a range of information types were considered.

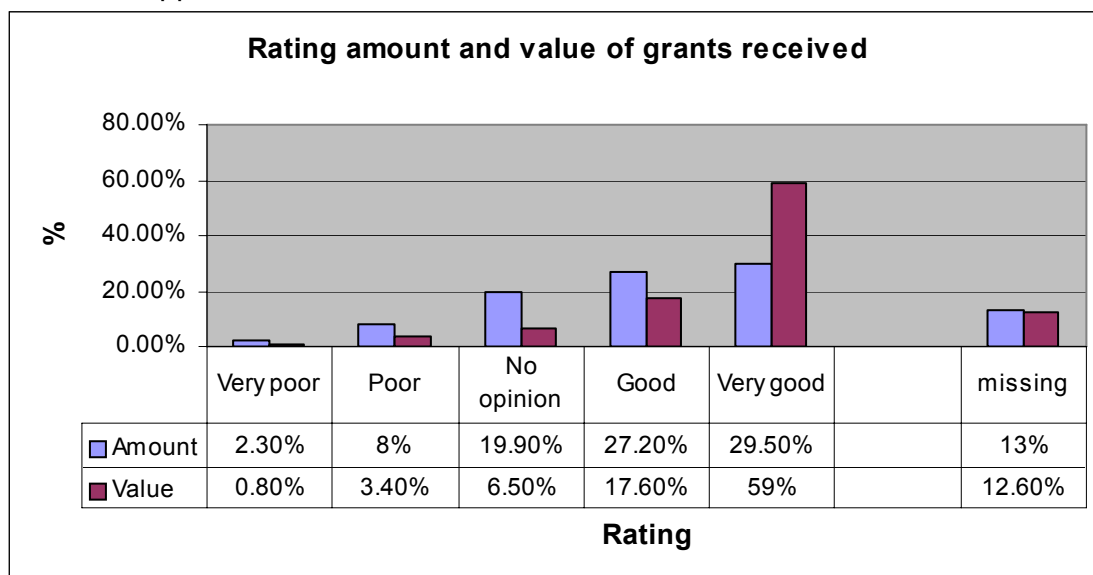
An analysis of the Go for Life databases revealed a change in the pattern of allocations since the first year as evidenced in table 3.15. In 2001 the modal range of allocations was €1301-€1500 with 25% within this range. In the following years the % allocation within this range fell to below 5% in 2003 and to below 1% in 2002 and 2004. The modal range in 2002 was €501-€700 and in 2003 and 2004 the modal range was €100-€500.

	2001		2002		2003		2004	
	No.	%	No.	%	No.	%	No.	%
€100-500	12	3.7	157	31.1	386	73.4	482	83.5
€501-700	86	26	225	44.6	39	7.4	36	6.2
€701-900	75	23	107	21.2	30	5.7	39	6.8
€901-1100	39	12	11	2.2	39	7.4	14	2.4
€1101-1300	23	7	3	0.59	5	0.95	1	0.17
€1301-1500	83	25	2	0.4	26	4.94	4	0.69
€1501-1700	0	0	0	0	0	0	0	0
€17001-2000	8	2.5	0	0	1	0.19	1	0.17
TOTAL	326		505		526		577	

TABLE 3.16

RANGES OF GRANT ALLOCATION 2001-2004

Respondents in the survey were asked to rate the amounts of the grants received and the value of these grants to the activities of the group. The graph below outlines the responses. While 56.7% rated the **amount** of the grant as good or very good, 76.6% rated the **value** of the grant as good or very good. Many of the respondents acknowledged the finite nature of the finances available and stated that while they would love increased funding they appreciated the need to spread the money among a growing number of applicants.



Graph 3.4 Rating amount and value of grants received.

Survey respondents were given the opportunity to comment on ways in which the scheme might be improved. In total 140 suggestions for improvement to the scheme were proffered, forty-three (30.7%) advocated an increase in funding. This represents 16.5% of all respondents. Content analysis was conducted on the suggestions for improvement of the scheme and these are outlined in Appendix G.

Those interviewed as part of the research process were likewise asked about their opinions on the levels of funding. There was agreement that sums of less than €500 were probably of limited benefit to the groups. However it was also asserted that if groups seek smaller sums than €500 it was not possible to give them more than the sum sought.

Getting the correct balance in providing funding is a very difficult task. One interviewee made the point that larger sums will not necessarily get more people to engage. The risk of giving 100% funding for any particular project is that the group will be passive recipients and any inclination for self-help will be stunted. There is not any great wave of

agitation from recipients for a significant increase in the grant size. Only one respondent to the survey stated that seeking the grant was a waste of time as once the club had complied with the insurance requirement in order to be eligible to apply, there was only €50 extra in the grant received.

Overall it is fair to conclude that the grant total is somewhere in the right region. That said, it has not kept abreast of inflation. Taking revenue's table of inflation/indexation multipliers the 2001 allocation of €316,250 should have been increased to €343,763 in 2004 (multiplier 1.087). This would be a difference of €27,513 in total, meaning an extra fifty average allocations or alternatively an increase in the average allocation of €47.68 to €593.78.

3.6 Use of the Grant

The issue of how the grant is being used was explored. Given that the grant's expressed purpose is to

'assist in the implementation of locally-developed, well planned initiative geared at increasing participation in recreational sport and physical activity for older people',

the first aspect considered was the age profile of the groups applying for the grant. Respondents were asked to state the ages of the youngest and the oldest members of their group.

Table 3.17 below outlines the age ranges of the applicant groups. The range is from 2 years to 109 years.

	Minimum	Maximum	Mean
Oldest member age	60	109	83.36
Youngest member	2	82	51.59

TABLE 3.17 AGE PROFILE OF APPLICANTS

Further analysis according to category of applicant was done and the mean youngest and mean oldest age was examined. The table below has the groups ranked in descending order according to the youngest mean. The care centres generally cater to the oldest age category, while the special needs groups cater to the youngest applicants.

Category	Youngest mean	Oldest mean
Care centre/hospital	60.7	93.3
Older adults	59.6	85.2
Community/resident group	51.2	84.1
Women's group	42.9	78.1
Bowling/bowls club	37.4	80.2
Other sports club	36.5	73.5
Community/sports facility	34.1	76.2
Special needs groups	23.9	74.9

TABLE 3.18 AGE PROFILE AS PER CATEGORY OF APPLICANT

Respondents were asked about the % of each session that was allocated to physical activity. The table below summarises the results. The modal allocation of time is 21-50% with nearly 30% of groups dedicating this time to physical activity.

% of session time spent of physical activity		N	%
Valid	-10%	39	14.9
	11-20%	65	24.9
	21-50%	78	29.9
	51-75%	35	13.4
	76-100%	38	14.6
	Total	255	97.7
Missing	System	6	2.3
Total		261	100.0

TABLE 3.19 % OF AVERAGE SESSION TIME DEDICATED TO PHYSICAL ACTIVITY

In order to quantify the levels of activities according to the time spent, a weighting was applied to each band of time e.g. -10%=1; 11-20% =2 etc. Cross tabulating the category of respondents with the time spent at physical activity it emerges, as might be expected, that the sports clubs dedicated the greatest amount of available time to physical activity. The category that devotes the least amount of time to physical activity is the care center/hospital groups. This is most probably explained by the relatively low levels of mobility that clients of these settings would have and the fact that clients attend for duration of five to six hours per session as opposed to the other groups who meet for two to three hours.

		What % of the average session time of the group would be spent on physical activities? Please tick one					Weighted total
		-10%	11-20%	21-50%	51-75%	76-100%	
Type of group (select one)	Older Person's Group	17.5%	25.0%	28.3%	20.8%	8.3%	2.771
	Women's Group	18.4%	36.8%	34.2%	7.9%	2.6%	2.392
	Care Center /Hospital	20.0%	30.0%	43.3%	6.7%		2.367
	Community/ Residents Group	15.4%	15.4%	30.8%	23.1%	15.4%	3.08
	Bowling/bowls club		14.3%			85.7%	4.571
	Other Sports club			23.1%	7.7%	69.2%	4.461
	Community/Sport facility	15.4%	15.4%	46.2%		23.1%	3.003
	Special Needs Group		40.0%	40.0%	10.0%	10.0%	2.9
	Other			100.0%			3
Total		15.1%	25.0%	31.0%	13.9%	15.1%	

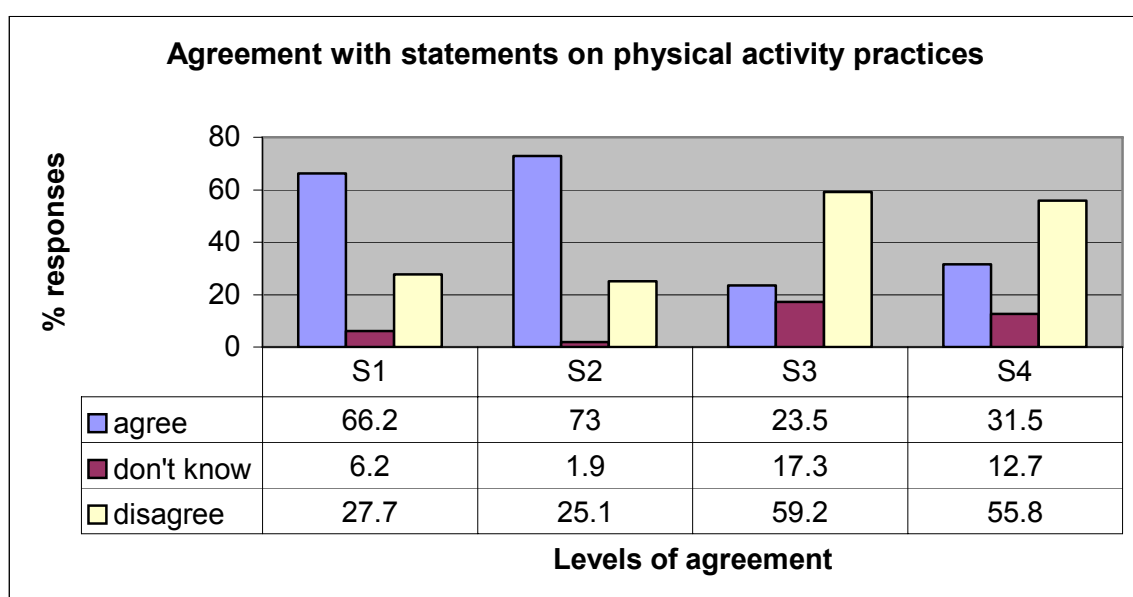
TABLE 3.20 TIME DEDICATED TO PHYSICAL ACTIVITY BY CATEGORY OF GROUP.

It is difficult to establish changes in participation rates where baseline information does not exist. However, it is possible to establish the significance of participation opportunities being offered as a result of the activities of the groups.

The survey asked respondents to 'agree', 'disagree' or state 'don't know' in response to a number of statements. These statements are as follows

1. The majority of the group have no other outlet for physical activity
2. Physical activity is a key part of the groups activities
3. Most of the groups has a lifetime background in physical activity
4. Most of the groups are regular participants in physical activity outside of the groups sessions

The graph below outlines the responses to the statements above. In relation to the first of the statements over two thirds agree that patrons have no other outlet for physical activity. Hence the participation opportunities being offered by the applicants are of significant importance to their members. 73% agree that physical activity is a key part of their programme. The respondents mainly rejected the final two statements. The first of these related to the prior history of the members in relation to physical activity. Some respondents chose to include work related physical activity e.g. farming when disagreeing with the statement. Finally, over half of the respondents are of the opinion that the physical activity on offer in their programme is the only opportunity for participation that their membership has. This elevates the significance of their activities substantially.



Graph 3.5 Agreement levels with statements on physical activity practices

Examining the responses to these statements by category of respondents the following table 3.21 represents the pattern of responses to the first statement i.e. *The majority of the group have NO OTHER outlet for physical activity.*

		The majority of the group have NO OTHER outlet for physical activity		
		Agree	Don't know	Disagree
Type of group (select one)	Older Person's Group	70.2%	7.4%	22.3%
	Women's Group	43.6%	2.6%	53.8%
	Care Centre/Hospital	90.9%	3.0%	6.1%
	Community/Residents Group	61.5%	15.4%	23.1%
	Bowling/bowls club	57.1%		42.9%
	Other Sports club	46.2%		53.8%
	Community/Sport facility	53.8%	15.4%	30.8%
	Special Needs Group	90.0%		10.0%
	Other		100.0%	
Total		66.1%	6.2%	27.6%

TABLE 3.21 RESPONSES TO STATEMENT ONE PER CATEGORY OF RESPONDENT

The activities on offer in the settings surveyed are particularly significant for people who are clients of day care centres and people with special needs, as in 90% of both cases they have no other outlet for physical activity. A number of the respondents from the women's groups mentioned that many of their members would walk as a recreational pursuit. The activity offered by older people's groups also represents significant opportunities for their members.

Respondents were asked if physical activity was a key part of their programme. The table below outlines the responses. Again, as might be expected, the sports clubs agree most strongly with the statement. However in all cases with the exception of the women's groups (43.6%) there are also high levels of agreement with the statement (range 71.1% - 90.6%).

		Physical activity is a key part of the group's activities		
		Agree	Don't know	Disagree
Type of group (select one)	Older Person's Group	71.1%	1.7%	27.3%
	Women's Group	43.6%	2.6%	53.8%
	Care Center /Hospital	90.6%		9.4%
	Community/ Residents Group	84.6%	7.7%	7.7%
	Bowling/bowls club	100.0%		
	Other Sports club	92.3%		7.7%
	Community/ Sport facility	76.9%	7.7%	15.4%
	Special Needs Group	80.0%		20.0%
	Other	100.0%		
Total		73.4%	2.0%	24.6%

TABLE 3.22 RESPONSES TO STATEMENT TWO PER CATEGORY OF RESPONDENT

As already stated the aim of increasing participation is very difficult to measure. However, the survey explored the background of group members to see if, as stated in other reports (Fulcher 2001, Collier Broderick & Associates 2002)), the Go for Life programme and hence the grant scheme, was preaching to the converted. While many of the respondents stated that they felt that people had a background in physical activity by virtue of their working lives e.g. farming, house keeping etc. few agreed that structured physical recreation had been a lifestyle feature for many of their members. Therefore the participation opportunities being provided by the groups surveyed represent new recreation opportunities for the members.

		Most of the group has a lifetime background in sport/physical activity		
		Agree	Don't know	Disagree
Type of group (select one)	Older Person's Group	19.0%	15.7%	65.3%
	Women's Group	28.2%	12.8%	59.0%
	Care Centre/ Hospital	27.3%	18.2%	54.5%
	Community/ Residents Group	23.1%	23.1%	53.8%
	Bowling/bowls club	50.0%	21.4%	28.6%
	Other Sports club	15.4%	23.1%	61.5%
	Community/ Sport facility	30.8%	38.5%	30.8%
	Special Needs Group	10.0%	10.0%	80.0%
	Other			100.0%
Total		23.3%	17.5%	59.1%

TABLE 3.23 RESPONSES TO STATEMENT THREE PER CATEGORY OF RESPONDENT

Finally those surveyed were asked whether or not the members of their groups were regular participants in physical activity outside of the group sessions on offer in their club. Table 3.24 below represents the findings. With the exception of the sports clubs (bowling and other sports) who stated that their members did indeed participate in settings outside the group session, there was general disagreement with this statement. The sessions on offer through the applicant groups are of particular importance in the case of special needs groups and to a lesser extent care centres/hospitals.

		Most of the group are regular participants in physical activity outside of the group sessions		
		Agree	Don't know	Disagree
Type of group (select one)	Older Person's Group	28.1%	9.9%	62.0%
	Women's Group	38.5%	20.5%	41.0%
	Care Center /Hospital	18.2%		81.8%
	Community/ Residents Group	38.5%	7.7%	53.8%
	Bowling/bowls club	78.6%	21.4%	
	Other Sports club	46.2%	23.1%	30.8%
	Community/ Sport facility	30.8%	30.8%	38.5%
	Special Needs Group	10.0%		90.0%
	Other		100.0%	
Total		31.9%	12.5%	55.6%

TABLE 3.24 RESPONSES TO STATEMENT FOUR PER CATEGORY OF RESPONDENT

The final question in the survey examined the ways in which the funding secured was spent. The respondents were given a range of 'yes/no' options in relation to spending possibilities and were invited to add further to the question at the end. The following table outlines the results in rank order

Grant spend	N	%
Bowling equipment^^	101	38.7
Paying instructor(s)	98	37.5
Exercise video/music for exercise	98	37.5
Fitness equipment	84	32.3
Facility hire	81	31
Seminar/workshops**	58	22.2
Go for life kit bag *	54	20.7
Swim/aqua programme	46	17.6
Hosting sport fest	26	10

TABLE 3.25 WAYS OF SPENDING GRANT IN RANK ORDER

^^ Includes short mat bowls, bocca, skittles etc.

* Elements of the kit bag

** Either attendance at a seminar/workshop or hosting a seminar/workshop

Other ways of spending the grant were examined and they are outlined in Appendix H. Analysis the responses to the question, there are nine (3.4%) of the total that may be questionable in terms of the eligibility of the grant e.g. purchase of an amplification system. However the respondent stated that this was deemed essential as the lack of one limited the participation of those with a hearing impairment.

3.7 Disability Considerations

The final term of reference was to examine the extent to which the scheme caters for the need to people with disabilities. Eleven (4.2%) of the sample group represented special needs interests. Eight (72.7%) of these special needs groups were Irish Wheelchair Association centres. One applicant group (.09%) was a Special Olympics club, one (0.9%) caters for people with learning disabilities and one is undefined. The number of special need applicants has risen

The number of applications from the special needs sector in the sample has shown a steady increase year on year as demonstrated in table 3.26

Year	2001	2002	2003	2004
No. of applicants	2	4	6	9

TABLE 3.26 ANNUAL APPLICATIONS FROM SPECIAL NEED GROUPS

Clearly as a proportion of disability agencies the Irish Wheelchair association is over represented while groups such as Rehab Care centres catering for adults with a learning disability are under represented as a group.

The previous section highlighted the importance of the work being done in the applicant centres. 80% agreed with the statement that physical activity is a key part of their programme, while only 10% agreed that their patrons participated in physical activity outside of the groups' sessions. Likewise only 90% agreed that their patrons had no other outlet for physical activity.

When asked how the scheme could be improved a number of respondents (N=3) stated that they would like more training in activities for people with limited mobility. A number also requested more assistance in selecting equipment for people with disabilities/limited mobility.

3.8 Concluding Comments

The analysis shows that there are many positives to take from the evaluation of the Go for Life National Grant Scheme. It is attracting large numbers of applicants each year and there is no doubt that the infrastructure for facilitating physical activity for older people is benefiting significantly from the scheme. The challenge for the future is to build upon the relative successes of the past and ensure that the grant scheme supports high quality, sustainable proposals. Grant administration is a fine balance between stimulating initiatives without creating dependency on one hand and between trusting grant recipients while monitoring the return on investment on the other. The following chapter will make recommendations in light of the findings of the survey for the future development of the scheme, mindful of the Go for Life context within which it is operating.

4. Conclusions and Recommendations

4.1 Conclusions

The Go for Life National Grant Scheme is reasonably unique in international terms as no similar scheme was found through an extensive web search and no interviewee was aware of any similar scheme. While the scheme is in its fifth year and the time is right to undertake a comprehensive review all recommendations for future development will be somewhat speculative as there is no direct role model to follow.

Interviewees were asked to list the strengths and weaknesses of the scheme. The table below outlines a summary of the responses to this task

Strengths	Weaknesses
• Empowering groups of older people • Good geographical spread of funding • Unique opportunity to publicise the activity <i>abilities</i> of older adults • Broader menu of activities than hereto fore • Reduced costs as programmes and equipment subsidised • Increased participation opportunities • Draws attention to rest of GFL programme, • Coherence with rest of GFL programme • A&O available to advise in relation to the scheme • A&O know the target group • Allows small groups get € without bureaucracy	• Lack of older adult focus of some groups e.g. sports clubs, ICA guilds • Standard of applications could be improved • Bad buying, (e.g. parachute too heavy) • € sums small • Has to be administered on an application form, this may exclude some groups • Perhaps has middle class bias as 'people who never worked never retired'

TABLE 3.27 STRENGTHS AND WEAKNESS OF THE NATIONAL GRANT SCHEME

4.1.1 Operational Aspects

Applications for the grant have significantly increased since it was first established. 2004 saw a slight decrease in applications. However it is too soon to say whether or not this is a pattern. The grant is attracting attention from a wide range of types of groups as evidenced by the categories of applicants identified for this study. Likewise the grant has good national coverage and while some issues arise about the under representation of Dublin in terms of number and size of allocations there is reasonably balanced distribution of the funding.

Overall the administration and adjudication of the scheme has integrity. Computer records are kept which can allow for relatively easy collection of data, which in turn will allow for regular mini reviews to be undertaken in-house. Given the sum of money to be distributed and the large number of applicants to be sorted, recorded and adjudicated twenty two-twenty five days is not unreasonable as it is important that the allocation of public money is given due process. The sample groups of applicants were generally

positive about their experiences of applying for funding from the scheme with 78.2% rating the application form as reasonable or very reasonable. Other aspects of the grant application process also received positive ratings from applicants.

A review of documentation outlining the methods used to publicise the grant reveal that the scheme is promoted through a range of networks e.g. LSPs, FARA, Health Boards Council on Ageing and Older People and others. Advertising is placed in the major broadsheets and former applicants are circulated with new grant forms. Some questions are raised about the effectiveness of these mechanisms for reached marginalized members of the older community e.g. travellers, the socio economically disadvantaged etc. Given the increase in the numbers of non-nationals making their home in Ireland over recent years the future will hold even more challenges in terms of addressing diversity.

While the national grant scheme is getting reasonably well established the time to delegate responsibility has not yet arrived. There is no obvious heir to the scheme. While the LSPs are undertaking responsibility for the youth in sport grant at local level this grant differs in some respects. Firstly the youth in sport grant was always a locally administered grant as the VECs administrated it (and still do where an LSP has not yet been established. LSPs do not yet have nationwide coverage. Having a national scheme allows for economy of effort is brought to bear currently. Delegating to a number of different national organisations e.g. FARA, ICA etc. could lead to a fragmentation of approach as different philosophies are exerted. Such a situation would seriously damage the integrity of the scheme.

4.1.2 PALs and the National Grant Scheme

PALs training is a significant element of the Go for Life programme. There is some evidence that the presence of the PAL in a group and the involvement of the PAL in the application process is advantageous for the group in terms of its success rate in attracting grant support. For any programme to have maximum impact it is vital that all elements are interlinked and that they are *seen* to be interlinked. There is some evidence from the survey that the PALs training and networking provides some impetus to the grant application process, as for some of the sample this was the context in which they were first made aware of the scheme. The question as to whether this is a symbiotic relationship (i.e. does the grant scheme provide impetus for PALs training?) is largely unanswered. It would be important that it would, in at least equal measure.

4.1.3 Resourcing the grant

Nearly €1.27m has been distributed over the four years of the scheme to date to promote physical activity among older people. A judgement on the adequacy or otherwise of this funding needs to be made with reference to a number of considerations. As a relatively unique initiative this allocation of money is essentially seed funding to facilitate self-help programming by groups of older people at community level.

Decisions about the scale of future allocations need to be made in light of a number of factors, including

- The use of money allocated to date
- The capacity of groups/clubs/organisations to capitalise on available funding
- The synergy between this scheme and others funded by the ISC

- Increased funding available from the ISC as a result of increased budget allocation to themselves
- The relativity of funding with other groups

Over half of the entire Go for Life budget is allocated in the grant to community groups. The funding is used to purchase equipment and services to promote physical activity opportunities for older people. Indeed a number of respondents in the survey asserted that their group had been established specifically because of this funding. Hence a larger number of groups are getting organised to deliver activity programmes to members. A growing number of PALs also enhances the capacity of this sector to deliver.

The ISC received a 12% increase in their budget for 2005, thus increasing the capacity to enhance support for this and other schemes. Theoretically there is increased funding available for the Go for Life programme and by extension the grant scheme once the case is made that it is a worthy recipient of the increase.

There are a large number of funding schemes promoting physical activity among young people. The GAA alone attracted €1.34m in 2004 to promote their sport to young people in twelve disadvantaged areas. This is in addition to funding to the GAA and the IRFU for similar schemes. Further funding is distributed by the LSPs and VECs to local clubs for the promotion of sport to young people. €750,000 has been ring fenced to promote sport to women. The challenge to Go for Life is to prove the case for ongoing and enhanced funding by focusing on the deliverables of the entire programme.

4.1.4 Use of the grant

The grant is being put to a wide variety of uses as groups fund the purchase of various types of equipment, fund instructors and coaches for short courses, hire facilities e.g. bowling alleys, attend fitness centres and participate in inter club events. Misuse of the grant would appear to be minimal as this generation appreciate the need for fiscal rectitude.

A number of respondents to the survey stated that they would appreciate assistance/guidance in getting best value for the grant when purchasing equipment. Some example of bad buying was cited by one of the interviewees. While there is no evidence that this is wide scale it may be a source of concern for potential applicants and act as an inhibitor to making applications.

4.1.5 Catering for people with disabilities

The Go for Life programme has as its target group older people. Rates of disability increase with age and hence within this sector there will be higher than average rates of disability. In many cases people with disabilities have a capacity for physical activity, the challenge is to sufficiently adapt the activity and or the equipment being used to facilitate activity at an appropriate level.

A growing number of disability groups are accessing the funding each year. However issues arise about the age profile of these groups. In many cases very young people are included in the activities offered in these contexts. While this may be a concern for

fundings, at issue is really the proportion of people within the group who fall into the target age category of the grant scheme. The inclusion in 2004 of a question about the proportion on people over 50 is helpful in discerning the eligibility of applicants in this respect.

Another perspective offered in the telephone interviews is that older people do not live in isolation and that the availability of this grant may give them some leverage in an intergenerational setting to determine recreational spend.

4.2 Recommendations

- The local development sector is not directly targeted as a network for promoting the National Grant Scheme. This sector works most closely with disadvantaged communities and targeting them will increase the likelihood of marginalized groups being more included. One respondent in the telephone interviews suggested that the under representation of Dublin in grant allocations may be explained by the high concentration of working class areas. More close alliance with local development partnerships in the Dublin area may address this in two ways namely
 - Promote the establishment of more clubs for older adults in Dublin city as anecdotal evidence suggests a shortage and a resulting over subscription to existing ones.
 - Enhance the capacity of existing clubs to make successful applications.
- Promotion of the scheme in the print media is through broadsheets. Extending the advertising to tabloid print media on a pilot basis may increase applications from previously underrepresented areas.
- There is a need to strengthen the link between the PALs training and eligibility for the grant. This may be done in one or more ways as follows
 - Require that a qualified PAL 'sign off' on any application where they exist in a club. This will then give them status in the process. In addition, a weighting can be applied to any applications endorsed by a PAL. This weighting can be in the form of a modest extra payment e.g. (€200) for discretionary spend on physical activity programming.
 - Pilot a scheme whereby dedicated funding with an increased maximum is available. to which groups with active PALs can only apply.
 - Place as a condition that repeat funding e.g. after two successful applications will not be awarded unless a PAL is assigned to the group (implications for administration)
 - PALs coverage in sports clubs is low. Working through LSPs and county boards to promote the training is recommended.

- Establish a network with male dominated groups e.g. ex services men's associations to increase the number of men being included in the scheme.
- Pilot an increased developmental role for a small number of LSPs to increase their impact on the scheme. As a locally based entity they could play a range of roles including
 - Running workshop to assist groups making applications and tying this into a demonstration of equipment and activities
 - Encouraging LSPs to use the local Go for Life database to target groups with other LSP programmes
 - Organising an equipment library to familiarise groups with equipment and encourage a policy of 'try before you buy'
 - Linking older adult groups with suitable sports clubs in the community to encourage the establishment of lifelong pathways in local sport (suitability would be on grounds of interest and willingness)
 - Encourage common purchasing packages to allow groups to develop capacity in a set range of activities within an area and in turn promote interclub events.
 - Liase with sample local groups who have received grants to encourage compliance with terms of the scheme
- Undertake further research as follows
 - Equality-proof groups that have been supported to test for inclusion policies and practices
 - Write up some case studies of best practice in use of grant aid and publish these through appropriate media.
- Use mobile numbers and e-mail addresses to send reminders to people about the availability of application form and upcoming closing dates.
- Consider widening the representation on the steering committee. If people with disabilities are to be a focus consider someone from the National Disability Authority.
- Increase days for adjudication to allow more considered judgements. This would be particularly important if a link with PALs is to be given meaning.

- Develop a framework for ongoing evaluation e.g. geographical distribution, proportion of men catered for, etc. and consider working with a product such as SPSS data entry which will make inputting information very easy and will allow for reasonably quick and easy statistical analysis on an annual basis. It can also be saved as an excel file.

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Internet sites

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- Guide to Capital Gains Tax www.revenue.ie Accessed on June 22nd 2005

Appendix A Survey

Go for Life National Grant Scheme Survey

Club name

Contact person's details

1. Please indicate the years in which your group applied for funding and the outcome
(please tick ✓)

Year	Successful	Unsuccessful	Not applicable
2001			
2002			
2003			
2004			

2. Type of group (tick **one** that best describes the group)

- | | |
|-------------------------------|--------------------------|
| (a) Older person's group | ☐ |
| (b) Women's group | ☐ |
| (c) Care centre/Hospital | ☐ |
| (d) Community/Residents group | ☐ |
| (e) Bowling/bowls Club | ☐ |
| (f) Other type of sports club | ☐ |
| (g) Community/sport facility | ☐ |
| (h) Special needs group | ☐ |

(i) Other (details)

3. Please list types of recreational activities undertaken by the group (tick all that apply)

	Yes	No
Cards	☐	☐
Health talks	☐	☐
Community work	☐	☐
Bingo	☐	☐
Bowling	☐	☐
Walking	☐	☐
Exercise sessions	☐	☐
Martial arts	☐	☐
Swimming	☐	☐

Other(s)

4. Age range of members

Youngest ____ Oldest ____

5. What % of average session time of the group would be spent on physical activities?

(Please tick one)

-10% ☐ 10-20% ☐ 21-50% ☐ 51-75% ☐ 75%+ ☐

6. (a) Do you know what a PAL is?

Yes ☐ No ☐

(b) How many trained PALs are in the group?

(c) If 'yes' is the contact person a trained PAL?

Yes ☐ No ☐

(d) If 'yes' did a PAL have an input to the grant application?

Yes ☐ No ☐

7. Did you get support from anyone in completing the form?

Yes ☐ No ☐

If 'yes' from whom?

	Yes	No
Health board personnel	☐	☐
LSP personnel	☐	☐
Development officer from national organisation	☐	☐
Local Authority Sports development Officer	☐	☐

Other (please give details) _____

8. How many men/women in the group

Men ☐ Women ☐

9. How did the group first hear about the **Go for Life National Grant Scheme**?

10. Please respond to the following statements (Tick ✓ where appropriate)

	Agree	Don't know	Disagree
The majority of the group have <u>NO OTHER</u> outlet for physical activity			
Physical activity is a key part of the group's activities			
Most of the group has a lifetime background in sport/physical activity			
Most of the group members are regular participants in physical activity outside of the group			

11. Considering the **application procedure** for the Go For Life National Grant Scheme please rate the following (Circle the number)

	Unreasonable			Reasonable	
(a) Information required on application form	1	2	3	4	5
(b) Requirements for eligibility	1	2	3	4	5
(c) Purpose of the grant	1	2	3	4	5
(d) Openness of the adjudication procedure	1	2	3	4	5
(e) Communication from Go for Life	1	2	3	4	5

12. What improvements would you like to see to the national Grant Scheme?

	Very poor				Very good
(a) Amount of the grant	1	2	3	4	5
(b) Value of the grant to the group's activities	1	2	3	4	5
(c) System of payment of the grant	1	2	3	4	5

13. If your club/group was successful how did you spend the money received? (tick all that apply)

	Yes	No
Bowling equipment	☐	☐
Fitness equipment	☐	☐
Paying instructor(s)	☐	☐

	Yes	No
Swim programme	☐	☐
Go for Life Kit Bag	☐	☐
Exercise videos/music	☐	☐
Seminars/workshops	☐	☐
Facility hire (hall pool etc.)	☐	☐
Host a sportsfest	☐	☐
Other		

Thank you very much for completing this survey. It will assist in the future enhancement of the ***National Grant Scheme***.

Appendix B Telephone Interview

Summary of Semi structured interviews

1. What are your organisations expectations of the scheme?

- Grant scheme should support PALs training
- Annual grants and therefore have a cumulative effect in an area, create synergy in an area. Comparable to seed funding which will only grow in environment in which it is used. Older people pragmatic if they have equipment they will use it.
- Purpose of A&O –
 - a. Challenge negative attitudes to aging and older people
 - b. promote participation by older people in society
 - c. pursue equality for older people
- Lead as well as participate in shemes
- Promote PA among older adults
- Be responsive to older adults
- Satisfied with outcomes, want to see smaller groups get support,

2. Please comment on the adjudication process in terms of its efficiency and comprehensiveness

- Information is comprehensive. It needs t be kept simple as these are volunteers as who may not have a lot of experience of seeking grants
- Can only go on the information given.
- balance between accountability and costs

3. Are you satisfied that the advertising mechanism(s) for the scheme are adequate to attract as wide a possible range of applicants as possible?

- Involve LSPs more in guiding applications, talk through applications, have workshops
- Yes, generally however concerns about disadvantaged groups. Starting o work through community groups and family resource centres. These FRCs are required to have activities for older people therefore a good fit.
- Never worked...therefore never retired.
- A problem to keep informed and get involved and to get them out.neediest hardest to get at

4. What is your opinion of the range of allocations €100-€2000 and that only one group has received the max grant?

- Max and min should be increased...min should be €500 as it is next to impossible to do much with any less
- €500-€700 in most cases
- Mean of €547 very little
- Kurling 4 people ...€450-500
- Adequate to get people to engage ...
- giving 100% grants will not necessarily get greater levels of engagement or increase desired outcomes.
- They won't encourage passivity.
- Try to make minimum €500
- Increase nos. of groups receiving ...minimum €100

5. Is there an increased/any role for LSPs in the process?

- o Equipment library for loan to groups
- o Assisting groups in making good quality applications
- o Organisations of programmes
- o Working with sports clubs to help them meaningfully include older adults in their membership
 - -assist applications – forum to give direct support...show off equipment
 - -co-ordination of local effort
- o equipment library
- o GFL good brand recognition,,GPs and geriatricians,
- o Related to community development both in terms of geographic communities and communities of interest...
- o LSP have geographic remit and also interested in increasing participation opportunities and rates.
- o This is a ready made programme for LSPs who have links with community development agencies and health promotion departments.
- o LSP can identify areas of need in their local areas and
- o also create a database in order to target groups with other programmes/opportunities....e.g. network local sports clubs with AR groups.
- Support PALs
- Publicise the grant scheme
- Questioning feasibility, ...why fix if not broken
 - a.
 - b.

6. Can you explain the under allocation to Dublin and the over allocation to Kerry?

- Kerry is more organised in getting grants generally
- Strong HB person in SHB
- Under representation of older adult clubs in Dublin..clubs oversubscribed
- Dublin parochialpeople in rural areas will travel miles to event
- Large concentrations of working class areas in Dublin....wouldn't know about the grant and even if they did they may not have the capacity to access it.
- Mechanism for +ively discriminating towards groups from disadvantaged areas??
- Local Development Agencies to empower....??
- Older people friction between groups can be a difficulty,

7. What are the SWOTs of the scheme?

Strengths

- Giving opportunity to older adult groups to deliver programmes...empowering
- Good geographical spread of funding
- Unique opportunity to publicise the activity abilities of older adults
- Empowering of people PALs training
- broader menu of activities,
- reduced costs, more sustainable,
- empowerment,
- increased participation opportunities
- nationwide, popular,
- draws attention to rest of GFL programme,
- GFL youthful purposeful image ,
- coherence with rest of programme

- Allows self determination in relation to use of money...empowering
- A&O available to advice in relation to the scheme
- A&) know the target group
- € can help a lot
- Allows small groups get € with out bureaucracy, involving elderly, getting them out
- Development need
- Increase in funding
- What you can do has to matched with what you have

Weaknesses

- Lack of older adult focus of some groups e.g. sports clubs, ICA guilds
- Standard of applications could be improved
- bad buying, need direction, (parachute too heavy)
- € sums small
- Has to administered on an application form....this may exclude some groups

8. How do you see the scheme evolving in the future?

- Fund either equipment or programme unless the equipment purchase is tied to a coaching programme to optimise use of the equipment.
- Links with NGBs to assis in coaching and modifying sports for older adults
- Could run a separate fund through NGB unit to encourage older adult sports...case development e.g. designated area scheme
- Encourage links between groups in rural areas and RTI
- Increase emphasis on programmes rather then equipment purchase
- +’ive discrimination for males...not as involved, explore why...already in sports clubs?
- Participation
- Link more to PALs, if repeat applicant should have PAL trained or accessible to the group
- Increase funding, more men, more travellers and other groups, separate equipment and programme fund
- Should stay close to GFLlink with PALs
- LSPs ...would be lack of economy of scale extra admin costs,
- Creative programming e.g. sub aqua
- Encourage clubs to be creative
- 100k put aside to encourage creative response
- inform clubs that grant available years in succession
- Become integratd into LSPs...once they have earned their stripes,
- Development of manuals ...mainstream elements of the GFL programme
- Fewer grants and bigger grants
- Give to national organsiations
- Tie into GFL in some way
- PALS good aspects but PALs cost money...good
- High turnover in PALS...for various reasons
- Effort to draw local sports clubs into the scheme...providing facilities, an increased awareness may be facilitated.

9. If responsibility was given to a wider range of organisations e.g. ICA how would the ISC police the allocation of the grants?

- Lack of focus
- FARA doesn’t have full cover
- ICA national 600 clubs..ISC renew grant
- Never worked...therefore never retired. (FARA)
- Insufficient representation of disadvantaged groups

- Danger of disempowering local groups if application method not coherent

10. Are you aware of any similar schemes in another country?

No X6

11. In your opinion is the scheme well recognised among your constituents?

- Yes ...especially grant

12. Is there a danger that groups will become overly dependent on NGS for survival?

- This could happen...would not be a good thing
- Expectant as opposed to dependent
- No sums too small
- Sums too small
- Not negative thing...every group dependent on state in some way or another
-

13. Is Age and Opportunity the best placed organisation to administer and adjudicate on this sort of grant initiative?

- Yes, know the older adult sector very well.
- Objective and very committed to programmes for older adults as opposed to a purely funding focus.
- Office does good job
- Steering committee good representation
- A&O develop new ideas and then move them on....GFL still a teenager
- Will hand on but timing is critical, ...need to make a good match
- Not a membership organisation – not representing select group of people with older adult sector
- Others...ISC –SPORT focus
- Council for aging and older people...research and lobby focus

14. Do you have any opinion on the use of the grant for people with disabilities who are not categorised as ‘older adults’

- Focus on 90% of older adults who are mobile
- Not an issue of who applies as opposed to what is done
- Older people integrated into the entire community...not separated, use as leverage ,
- can be a strength, different perspectives shared with other generations,
- Acknowledge an issue but must have trust in groups
- Promote through FARA, ISC, LSPs HSE, local radio
- GFL programme compliments grant scheme
- Possibility of parallel grant scheme dedicated to PALs
- Form automatically sent for former applicants

15. How NB is the scheme relative to the other aspects of the GFL programme?

- i. Essential publicity for rest of programme

Other comments

Sports clubs already have access to other grants LSP/VEC

€620,000 in total to cover administration, PALs training, newsletter, 1,400 quarterly, 18,000 yearly, PALs forum..networking

Highest output relative to input comparing to grant given to Telethon applicants
/entrepreneurs...use for a precise purpose

Appendix C 2004 Application Form and Terms and Conditions

 go for life The National Programme for Sport and Physical Activity for Older People	APPLICATION FORM	 THE IRISH SPORTS COUNCIL
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Please read the attached terms and conditions carefully before completing this application form.



Name of Applicant Club/Group/Organisation

.....

.....

.....

Name of Contact Person.....

Position of Contact Person

(ie. Chairperson, Secretary, Treasurer).....

Address

.....

.....

.....County.....

Telephone (please include area code)

E-mail (if any)

1. Your club/group/organisation

Year of Establishment Number of Members

Number of Members who are: female
 male
 over 50 years of age

Purpose for which the club/group/organisation was established

.....
.....
.....

Type of activities which you offer to members (if any)

.....
.....
.....

Name and type of premises used by your club/group/organisation to participate in physical activity and/or to store equipment

.....
.....
.....

Public Liability Insurance Details

*Applicant clubs/groups/organisations **must** have in place public liability insurance covering the activities they wish to promote.*

Company

Policy No.

Legal Status of Club/Group/Organisation (Please tick)

Please note that commercial, statutory or umbrella bodies are not eligible to apply for this grant.

☐ Voluntary Body

☐ Limited Company

☐ Other

(Please specify)

Banking Details

Applicant clubs/groups/organisations must have current banking facilities.

Account Name:

Bank & Branch:

Has any member of your club/group/organisation taken part in Physical Activity Leader (PALs) training under the Go for Life Programme?

☐ Yes

☐ No

Has your club/group/organisation received a Go for Life Presentation?

☐ Yes

☐ No

Has your club/group/organisation received a grant from Go for Life in any or all of the previous allocations?

☐ March 2002

☐ December 2002

☐ December 2003

Are there any special considerations that should be taken into account when considering your application? *(Please provide details)*

.....

.....

.....

.....

.....

.....

2. The Grant

Please indicate the purpose for which you are applying for this grant. Funding will be allocated only under one of the following headings.

1. Physical Activity Programme (ie. swimming, yoga, tai-chi, aqua-fit)

e.g. a 5-week programme to introduce older people to aerobics, aquafit, tai-chi or tennis - the costs of hall hire and a qualified instructor might form part of the overall cost.

Please specify:
.....
.....

2. Purchase of equipment to support an activity leader in your group or to promote physical activity for older people

Please specify:
.....
.....

3. Sportsfest / Hosting a participation event focused on physical activity

Please specify:
.....
.....

4. Training Opportunities/Information Seminars

(please note that Go for Life workshops and presentations are delivered free of charge and therefore grants will not be allocated for funding these activities)

Please specify:
.....
.....

5. Other purpose to promote physical activity for older people

Please specify:
.....
.....

Benefits of Grant

Please describe what will be the benefits of the grant to your club/group/organisation and the local community.

.....
.....
.....
.....

Are there any comments you would like to add?

.....
.....
.....
.....

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 Committee.

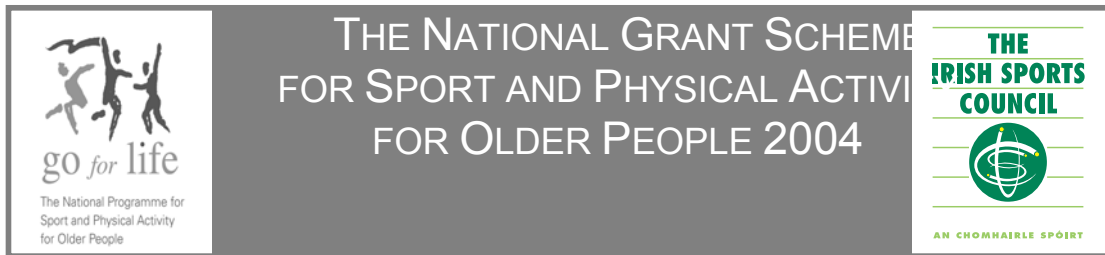
Signed:.....Date:

Name of
club/group/ organisation.....

Position within
club/group/ organisation

*Please note that applications are not acceptable by email or fax. Completed application forms should reach the address below by post before **5.00pm on Tuesday 26 October 2004.***

**The National Grant Scheme for Sport and Physical Activity for Older People
Go for Life Programme
c/o Age & Opportunity
Marino Institute of Education
Griffith Avenue
Dublin 9**



BACKGROUND

The Irish Sports Council allocated **€635,000** from its 2004 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 **€320,000** 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.

KEY CRITERIA

Applicant local club/organisations must have a democratically elected executive and current banking facilities.

Preference will be given to local clubs/organisations that:

- who have the promotion of recreational sport and activities as a central element of their overall focus;
- are developing initiatives in disadvantaged areas;
- have established links with Local Sports Partnership (if there is one in the locality);
- are applying for this grant for the first time.

Preference will be given to initiatives which:

- 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.

Grants will not exceed **€2,000** and may be allocated towards the cost of the following initiatives:

Training Opportunities

e.g. initiatives geared at attracting and supporting voluntary leadership amongst older adults (*please note that Go for Life workshops and presentations are delivered free of charge so funding will not be allocated towards these activities*);

Information Seminars/Workshops

e.g. the costs associated with the organisation of a series of presentations on the benefits of, and guidelines for, physical activity in older age;

Purchase of Equipment / Resource Materials

e.g. bowling mat, pitch and putt set, exercise video, physical activity kitbag, play parachute, badminton rackets, skittles kit. (*Please note that for safety considerations, grant aid will not be given for certain items of equipment unless a member or members of the applicant group/organisation have completed some Physical Activity Leader training with Go for Life.*)

Participation Events

e.g. organisation of a *SportsFest* aimed at introducing older adults to a range of recreational sports;

Activity Programmes

e.g. a 5-week programme to introduce older people to aerobics, aquafit, tai-chi or tennis - the costs of hall hire and a qualified instructor might form part of the overall cost.

Grants will **not** be allocated towards the cost of:

Ongoing Commitments

e.g. 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

or awards for competitions;

Capital Costs

such as the development or refurbishment of facilities.

EVALUATION

As part of the application process 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

Applications for grants from successful applicants under previous National Grant Schemes will only be considered if the Evaluation Section of the Application Form is fully completed.

Applicant clubs/organisations shall provide a Tax Clearance Certificate (where applicable). This applies in the case of a club/organisation whose legal status is other than a voluntary body. *Commercial, statutory or umbrella bodies are not eligible to apply for this grant.*

Applicant clubs/organisations must have in place public liability insurance covering the activities they wish to promote.

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.

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.

The decision of the National Grant Scheme 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. 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.

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

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5.00pm on Tuesday 26 October 2004

The National Grant Scheme for Sport and Physical Activity for Older
People
Go for Life Programme
c/o Age & Opportunity

Marino Institute of Education
Griffith Avenue
Dublin 9
Tel: 01-8057733

Please note that applications are not acceptable by email or fax.

 The National Programme for Sport and Physical Activity for Older People	EVALUATION FORM	 AN CHOMHAIRLE SPÓIRT
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All applicants that were successful under the National Grant Scheme in 2003 must complete this Evaluation Form and enclose it with their completed Application Form. If you have not spent grant monies from 2003 you will not be eligible for funding in 2004.

Name of club/organisation

Name/position of contact person

Date grant was received Date grant was spent:

Please provide details of how the Grant was spent by ticking the appropriate box(es).

- | | |
|---|--|
| ☐ Equipment to support active PAL to lead activities with the group

☐ Bowling equipment/activities

☐ Other equipment

☐ Keep Fit

☐ Tai Chi/Pilates/Yoga

☐ Hire of facilities for exercise programme

☐ Other purpose to promote physical activity for older people (<i>please specify</i>) | ☐ Pitch & Putt equipment/activities

☐ Exercise/Keep fit Programme

☐ Swimming/Aqua Aerobics

☐ Yoga

☐ Engagement of instructor for exercise programme |
|---|--|

.....

.....

.....

Please provide details of the benefits derived from the Grant by ticking the appropriate box(es).

- ☐ Members of group learned a new activity or skill
- ☐ Increased participation in bowling
- ☐ Increased participation in other sports and physical activities
- ☐ Additional exercise programmes now available to members
- ☐ Additional facilities for participation in sports now available to group
- ☐ New members have joined our group
- ☐ Other benefits (*please specify*)

.....
.....
.....

Has your Club/organisation undergone any Physical Activity Leader (PALs) training under the Go for Life Programme?

☐ Yes ☐ No

Has your group received a Go for Life Presentation?

☐ Yes ☐ No

Are there any comments you would like to add?

.....
.....
.....

Declaration

I declare that the above information is true and accurate.

Signed: Date:

TERMS AND CONDITIONS

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Appendix D Telephone Interviewees

Name	Organisation	Role
Owen Curran	Senior Citizen's Parliament	Steering Committee
Mary O Connor	Go for Life	Administrator
Mary Harkin	Go for Life –	Programme Director
John Kincaid	Retired Health Board/Local Development Employee	Steering Committee
Frank Fahey	Fizzical	PALs Tutor
Marc Howard	ISC	Adjudication Panel

Appendix E Adjudication Guidelines and Implementation Plan **The National Grant Scheme for** **Sport and Physical Activity for Older People 2004** **Proposed Adjudication Guidelines & Implementation Plan**

1. Statement of Purpose

The National Grant Scheme aims to assist in the implementation of locally-developed, well-planned initiatives geared at increasing 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 clubs/organisations to initiate new initiatives geared at involving older people in recreational sport and physical activity.

2. Adjudication process

Applications received will be adjudicated by Marc Howard, Irish Sports Council and Paul Maher, Age & Opportunity in line with the approved terms and conditions. The results will be presented to the Go for Life Steering Committee for their approval. The following adjudication process is proposed.

Step	Process
One	Elimination – Late Applications and duplicate entries
Two	Elimination – Non-supply of Insurance and/or banking details
Three	Elimination – Lack of detail re: Purpose of grant
Four	Elimination – Applications in excess of the maximum grant specified ie. €2,000
Five	Elimination – Statutory bodies, commercial and umbrella organisations
Six	Elimination - No physical activity or older peoples focus
Seven	Elimination - Not fulfilling criteria or had not spent funds allocated under previous grant schemes
Eight	Allocation – Equipment to support work of active PALs
Nine	Allocation – First time applicants or applicants who have not previously received a grant
Ten	Allocation – Innovative/sustainable initiatives
Eleven	Allocation – Older People's groups
Twelve	Allocation – Sports Clubs

3. Financial estimates used for allocations to groups

The following estimates will be used to allocate funding:

Activity Programmes (e.g swimming, yoga, tai-chi, aquafit)	€500
Sportsfest	up to €1000
Training Opportunity	up to €1000
Purchase of general equipment	up to max. €1000
Purchase of specific equipment	up to max. €1400
Full short mat bowling set	€1400
Bowling mat	€900
Mat roller	€700
Kurling	€500
Active Living Kit-bag	€400
Skittles	€150

	<i>Boccia set</i>	€150
	<i>Parachute</i>	€100
	<i>Petanque set</i>	€100
	<i>Boules</i>	€40
Sports Clubs		up to max. €1000

4. Terms and Conditions

See attached document.

5. Promotion of National Grant Scheme

Press release will issue to announce the news that the National Grant Scheme is now open for applications and give all necessary details. Interviews will be sought with press, radio and TV around the details of the National Grant Scheme and some of last years successful applicants. Information relating to the National Grant Scheme will feature on the Age and Opportunity website and the Irish Sports Council website.

6. Advertisement

To be advertised in the Irish Times, Irish Independent and Irish Examiner on Thursday 23 September. See attached document.

8. Direct mailing

Go for Life will send application forms to all clubs/groups/organisations on previous grant scheme databases. Application forms will also be sent to all groups and individuals on existing Go for Life database that requested such information to be sent to them. Also, notification of the National Grant Scheme will be circulated to LSPs, NGBs of sport, VECs, FARA, ISCP, OWN, Dept of Health and Children, Health Boards, NCTC, National Council on Ageing and Older People and other interested parties. Notification will also go to the Department of Social Welfare.

9. Proposed Implementation Schedule:

Ad in National Newspapers	Thursday 23 September
Closing Date for receipt of applications	Tuesday 26 October
Adjudication	Week beginning 8 November
Steering Committee meeting	Monday 15, 22 or 29 November
Official Announcement of Grant Release	December

Appendix F Relationship between regularity of success and opinion of application and adjudication process

Regularity of success in applying for grant * Information required on application form

		Information required on application form				
		Very unreason.	Unreason	No Opinion	reasonable	Very reasonable
Regularity of success in applying for grant	Never	12.5%	9.4%	31.3%	18.8%	28.1%
	Sometimes	2.8%	5.6%	9.7%	33.3%	48.6%
	Always		2.6%	13.0%	26.6%	57.8%
Total		2.3%	4.3%	14.3%	27.5%	51.6%

Regularity of success in applying for grant * Requirements for eligibility

		Requirements for eligibility				
		Very unreason.	Unreason	No Opinion	reasonable	Very reasonable
Regularity of success in applying for grant	Never	12.5%	9.4%	25.0%	18.8%	34.4%
	Sometimes	2.8%	1.4%	16.7%	26.4%	52.8%
	Always	.6%	2.6%	7.8%	30.5%	58.4%
Total		2.7%	3.1%	12.4%	27.9%	53.9%

Regularity of success in applying for grant * Purpose of the grant Crosstabulation

% within Regularity of success in applying for grant

		Purpose of the grant				
		Very unreason.	Unreason	No Opinion	reasonable	Very reasonable
Regularity of success in applying for grant	Never	3.1%	3.1%	18.8%	18.8%	56.3%
	Sometimes	2.8%	2.8%	6.9%	13.9%	73.6%
	Always		2.6%	3.9%	18.2%	75.3%
Total		1.2%	2.7%	6.6%	17.1%	72.5%

Regularity of success in applying for grant * Openness of the adjudication process Crosstabulation

% within Regularity of success in applying for grant

		Openness of the adjudication process				
		Very unreason.	Unreason	No Opinion	reasonable	Very reasonable
Regularity of success in applying for grant	Never	18.8%	12.5%	34.4%	9.4%	25.0%
	Sometimes	5.6%	13.9%	38.9%	25.0%	16.7%
	Always	1.3%	6.5%	32.5%	20.8%	39.0%
Total		4.7%	9.3%	34.5%	20.5%	31.0%

Regularity of success in applying for grant * Communication from the Go for Life Office

		Communication from the Go for Life Office				
		Very unreason.	Unreason	No Opinion	reasonable	Very reasonable
Regularity of success in applying for grant	Never	15.6%	25.0%	9.4%	18.8%	31.3%
	Sometimes	5.6%	13.9%	18.1%	19.4%	43.1%
	Always	1.9%	10.3%	13.5%	20.6%	53.5%
Total		4.6%	13.1%	14.3%	20.1%	47.9%

Appendix G Content analysis of open question relating to way to improve the National Grant Scheme

Theme	Suggestions
Funding (47)	• Shorter timeframe from making application to payment of grant • For more specialist equipment eg. Sporting wheelchair • Fund larger worthwhile projects rather than year to year small grants (2) • Increased grant (43)
Training (11)	• Leadership for people with very poor mobility (3) • Master classes to motivate low level participants • Use of equipment (6) • Training for making application
Administration (26)	• Clearer feedback on why application was unsuccessful (11) • Support in completing the form (7) • Consistent date for application • Information on equipment suppliers (3) • Make application form more straightforward (2) • More time for completion of the application form • More regular dissemination of information
Promotion (18)	• GFL representative to be available to talk to groups • More publicity about scheme (11) • More publicity about closing dates (3) • National campaign to encourage people to join groups • National campaign to promotion activity in old age • Promote more in the city
PALs (9)	• More promotion of PALs (2) • Monitor PALs to ensure they are applying skills • Ensure deployment of PALs • More funding for PALs training (5)
Eligibility (31)	• Include transport costs (8) • Include facility hire (3) • More flexibility in relation to eligible activities (12) • Include outings and social activities (4) • Allow amplification system to be bought (2) • Favour rural groups/groups with no other sources of funding

Appendix H Other ways of spending the grant

amplification system 2/3 s still left
archery equipment
Art materials and outing, hire teacher
attendance at ten pin bowling
Bingo equipment
bowling and pitch and putt programmes
CD player
curling equipment
curling equipment
Dance days in three venues
Dance programme, uni hoc
dancing lessons, tennis lessons, yoga.
dancing progrmme
dart board,
Demonstration day
Equipment
Exercise books
Exhibition of work done this year
funding pitch and putt programme
games equipment.
golf equipment
gym visits
Hoping to spend on table tennis
horse shoes
improve pitch and putt course.
inflatable boats
intends to spend on uniforms
Inter branch bowling
inter club competition
Kurling equipment
Kurling equipment, visit bowling alley
maintenance of equipment
Music centre
music player, boccia set, curling set,
musical instruments
new tables for table tennis
Not all spent
Not all spent yet
paid for set dancing for members
paying for pitch and putt programme and coaching
Pitch and Putt
Pitch and Putt
Plans to use for training
pool table, kurling
portable PA system and microphone
Press for storage of equipment in hall
Prizes for a swimming gala
programmes
promotions day for PA, tokens to epeople who came to speak
Purchase table tennis tables
purchased chairs
Rent of bowling equipment
ring boards, scrabble

rubber horseshoes, fishing equipment
send participants to wheelchair sport event in Dublin
Sending grant back as unable to spend due to inactive club
sensory stimulation equipment, hypotherapy
showers improvements. painting and improve walking area.
Skittles
socials
Some money left to buy amplification system
Some money left to spend
Subsidise all of the above.
Subsidised membership of pitch and putt club and coaching for interested members
table tennis equipment
Table tennis table,
table tennis table, exercise bike
Table tennis, darts, basketball
table top set game set for hand eye co-ordination
tables for cards, cards etc.
Tai chi programme
training & refereeing
training in personal and community development
Transport to historical sites
transport to sports fest, boccia, Some money left
Travel to other groups to do activities
Travelling costs to activity sessions with other groups.
Will buy mat roller with remainder
Will spend on pilates and yoga in September
yoga and massage