

## **Go for Life National Grant Scheme**

### **2010**

Go for Life grants making a big difference; the Irish Sports Council allocates €350,000 in older people's sports grants

862 groups nationwide will share an allocation of €350,000 under the tenth Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Mary Hanafin T.D., Minister for Tourism, Culture and Sport announced details of the allocations today under the Go for Life National Grant Scheme, which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities.

This year over 1000 applications were received from older people's groups all over the country. The 862 successful applicants include active retirement associations, senior citizens clubs, ICA guilds, sports clubs, Local Sports Partnerships, day centres and community centres in 26 counties. The grant aid is being used to buy sports equipment; and to fund sport and activity programmes.

Making the announcement Mary Hanafin, T.D. said "last year over 24,000 people participated in physical activity directly funded by this grant scheme. People are staying more physically active and as a result improving their social, mental and physical well-being which in effect leads to substantial savings in health and long term care costs. The grants announced today are used by communities across the country in the promotion of physical activity for older people. It also provides another welcome prospect for older people particularly in rural areas to get involved in their locality and feel a lot less isolated."

Welcoming the announcement, John Treacy, Chief Executive of the Irish Sports Council said: "Now, more than ever, people need encouragement and engagement and Go for Life has proven over the last ten years to be very effective in persuading older people to become physically active and engaged with groups and communities as well as highlighting all the benefits of an active lifestyle to thousands of older people."

Robert Grier, Chairman of the Go for Life Steering Committee acknowledged the support of the Irish Sports Council for the programme and, to mark the tenth anniversary of the grant scheme, presented the Irish Sports Council with a framed photograph featuring some of the many thousands of older people who have enjoyed the benefits of the Go for Life grants over the last ten years.

Go for Life is an Age & Opportunity initiative which is funded by the Irish Sports Council. John Hynes, Chairman, Age & Opportunity pointed out that "Increasing physical activity among older people can lead to substantial savings in health and long-term care costs because of the physical and psychological health benefits it confers. The Go for Life programme is an excellent

demonstration of how modest amounts spent on prevention can save money in the long run while promoting more engaged local communities.”

Groups in Offaly that received an allocation under the Go for Life Grant Scheme 2010 include: -

- Arden View Community & FRC, Tullamore
- Ballykilmurry Active Retired
- Barna ARA
- BLC Active Retirement Club Ballycumber
- Better Health Club, Tullamore
- Clara Leading ARA
- Community Nursing Unit, Edenderry
- Croghan Hill ARA
- Edenderry ARA
- Edenderry ICA
- Golden Years Club, Rhode
- High Street Belmont ARA, Ferbane
- Irish Wheelchair Association, Cloghan
- Mid Offaly Housing Association Tullamore
- Mount Bolus Active Age
- Offaly Sports Partnership
- Pullough ARA
- Pullough ICA
- Seir Kieran ARA
- The Clodagh ARA
- Tihilly Residents Association
- Tullamore ARA
- Tullamore ICA
- Young At Heart Group, Edenderry

A total of €9,820 was allocated to Offaly groups.

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## **2009**

Small grants making a big difference!

- The Irish Sports Council allocates almost €350,000 in older people's sports grants.
- 23,000 people benefitted directly from scheme in 2008.
- 59% of Ireland's older people need to take part in more physical activity.

740 groups nationwide will share an allocation of almost €350,000 under the ninth Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Áine Brady, T.D., Minister of State, Department of Health and Children with responsibility for Older People and Health Promotion announced details of the allocations today (25th November 2009) under the Go for Life national grant scheme, which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities.

This year over 900 applications were received from older people's groups all over the country. The 740 successful applicants include active retirement associations, senior citizens clubs, ICA guilds, sports clubs, Local Sports Partnerships, day centres and community centres in 26 counties. The grant aid is being used to buy sports equipment and to fund sport and activity programmes. In 2008 an estimated 23,296 older people participated directly in programmes funded by this scheme.

Making the announcement Áine Brady, T.D. stated "In the last nine years over 5,000 grants have been allocated under this scheme to local groups of older people to increase their participation in sport and physical activity. These grants allow people to decide for themselves how to be more active and they are making a huge contribution to improving the physical, mental and social well-being of older people throughout the country."

Speaking at the announcement, John Treacy, Chief Executive of the Irish Sports Council said: "Our vision in the Irish Sports Council is one where participation in sport and physical activity enhances quality of life. Go for Life has proven over the last nine years to be a significant intervention to get older people more active and more involved in a huge range of sporting activities with all of the life changing benefits that this brings."

Minister Brady today also launched a research report that was jointly commissioned by Age & Opportunity's Go for Life programme and the Irish Sports Council. The report 'Physical Activity and Sport: Participation and Attitudes of Older People in Ireland' was compiled by researchers Ipsos MORI. This survey is a repeat of the 2006 benchmark study and researchers again asked 1,000 people over 50 years of age about their participation in and attitudes to sport and physical activity.

The survey found that the overall level of participation among older people in Ireland is low with 59% of older people not taking enough exercise to reap any health benefits. However the quality of participation is improving with a 4% increase in the numbers of older people who are

highly active. It also indicates that sports participation remains skewed towards males, higher socio-economic professional groups and those aged between 50 and 64 years of age.

"As in 2006, one of the key elements of interest to us in this research report is the notion that social participation leads to sporting participation so that the more engaged you are with the people around you the more likely you are to be physically active. Go for Life will continue to reach out to those who are least connected to their communities, least active and who have the most to gain by greater social and sporting participation" said Robert Grier, Chairman of the Go for Life Steering Committee at the launch today.

Go for Life is an Age & Opportunity initiative which is funded by the Irish Sports Council. At today's announcements, John Hynes, Chairman, Age & Opportunity acknowledged the financial and practical assistance of the Irish Sports Council for the initiative: "The partnership between Age & Opportunity and the Irish Sports Council is making a significant difference to the quality of life of many older people and we look forward to further strengthening our alliance as the Go for Life programme continues to grow."

Groups in Offaly that received an allocation under the Go for Life Grant Scheme 2009 include: -

- Ballycommon ARA
- Barna ARA
- Belmont / High Street Active Retirement Group
- Birr ARA
- BLC Dev Afternoon Tea Club / BLC Active Retirement Club
- Clara Leading ARA
- Clodagh ARA
- Cloghan Coffee Morning Group
- Cloneygowan ARA
- Crinkle Sports and Recreation Centre
- CRK ARG
- Croghan Hill ARA
- Edenderry ARA
- Edenderry ICA
- Golden Years Club Edenderry
- Irish Wheelchair Association, Cloghan
- Lloyd Park Bowling Club
- Mount Bolus Active Age
- Offaly Sports Partnership
- Pullough ARA
- Seir Kieran Active Retirement Association
- Tullamore ARA
- Wolftrap Cycling Club

A total of €11,050 was allocated to Offaly groups.

## **2008**

The Irish Sports Council allocates €350,000 in sports grants for over 700 older people's groups.

"This government is committed to making sure that people of all ages reap the social, physical and psychological benefits of increased physical activity and the partnership between the Irish Sports Council and Age & Opportunity means that older people are very much on the national agenda for sport and physical activity." Máire Hoctor T.D., Minister of State, Department of Health and Children with responsibility for Older People

723 groups nationwide will share an allocation of €350,000 under the eighth Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Máire Hoctor T.D., Minister of State, Department of Health and Children with responsibility for Older People announced details of the allocations today under the Go for Life national grant scheme, which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities.

This year over 1000 applications were received from older people's groups all over the country. The 723 successful applicants include active retirement associations, senior citizens clubs, ICA guilds, sports clubs, Local Sports Partnerships, day centres and community centres in 26 counties. The grant aid is being used to buy sports equipment and to fund sport and activity programmes.

The Grant Scheme is administered by the Steering Committee of Go for Life – the National Programme for Sport and Physical Activity for Older People. Developed by the Irish Sports Council and Age & Opportunity, Go for Life is a broad national programme which aims to involve more older adults in all aspects of physical activity more often – not only participating but also planning and leading. Speaking at the announcement, John Treacy, Chief Executive of the Irish Sports Council said: "We know that being physically active is probably the most important thing that any of us can do if we want to maintain our independence into older age. We are very keen to get the Go for Life message out so that more older people can benefit from the increasing opportunities to participate in all kinds of sport and physical activity."

Today's allocation brings to €2.5 million the amount granted under this scheme to older people's groups over the last eight years. At today's announcements, John Hynes, Chairman of Age & Opportunity acknowledged the continued support of the Irish Sports Council for the initiative: "This partnership between Age & Opportunity and the Irish Sports Council is making a significant difference to the quality of life of many older people and we look forward to further strengthening our alliance as the Go for Life project continues to grow."