

Go for Life National Grant Scheme

2015

The Go for Life Small Grant Scheme from Age & Opportunity and the Sport Ireland were announced on 8 December 2015.

The Small Grant Scheme is a joint initiative between Age & Opportunity's **Go for Life** programme and **Sport Ireland**. Grants are available to all eligible **local clubs, groups and organisations** that promote increased participation in recreational sport or physical activity for older people as a main element of their activities.

Offaly groups that were successful in securing a grant included: -

- Barna ARA
- Birr Mental Health Association
- BLC Developments/BLC ARA
- Cloghan ARA
- Clonbullogue ARA
- DeafHear
- Golden Years Club
- Offaly Mental Health Association,
- Mount Bolus Active Age
- Mucklagh ARA
- Rahan ICA
- RehabCare,
- Tullamore ARA
- Tullamore ICA

The total allocation to Offaly in 2014 was €4,360

2013

The Go for Life Small Grant Scheme recipients were announced on Wednesday November 27th. Over 1,000 groups and clubs around Ireland secured grants under the scheme to get Ireland's older population moving. The recipients were announced by Minister Michael Ring, Minister with responsibility for Tourism and Sport, in Dublin's Alexander Hotel.

The scheme is aimed at encouraging older people to get involved with sport and physical activities. The money is used by groups to buy equipment, run sports events or to try new activities. It has, over the years, awarded over €4million in almost 9,000 grants during its lifetime. This is the first time the scheme has broken the 1,000 grant barrier and 27,000 older people will take part in physical activity funded by these grants.

Speaking at the launch, Minister Ring said "Three years ago, I attended my first Go for Life event celebrating the first 10 years of the programme. I was struck by the enthusiasm and energy surrounding the programme. All of the Go for Life events I have attended since then have been the same. Seeing the drive and energy of over 1,000 volunteer physical activity leaders shows me what a national programme supporting local activity can achieve." He also praised the joint effort that makes

Go for Life happen: "The partnership between the Irish Sports Council and Age & Opportunity has put older people very much on the national agenda for sport and physical activity."

Go for Life Manager, Mary Harkin, is delighted with the response to this year's scheme: "At Go for Life, it is important for us that older people continue to get access to the spread of games, sports and activities to stay active and healthy. All adults, no matter what age, need 30 minutes of physical activity most days a week. The Scheme ensures that, as we get older, we can keep playing sport, we can keep moving and we can stay healthy and independent."

The 2013 grantees from Offaly include: -

- Arden View Community & Family Resource Centre FRC
- Barna ARA
- BLC Developments / BLC ARA
- Clareen ICA (Birr)
- Clonbullogue ARA
- Croghan Hill ARA
- Daingean ARA
- Edenderry ICA
- Golden Years (Edenderry / Carbury) ARA
- Golden Years Club
- High Street Belmont ARA
- Irish Wheelchair Association, Tullamore
- Kilcormac Development Association
- Mucklagh ARA
- Muiriosa Foundation Offaly
- Offaly Sports Partnership
- Pullough ARA
- Tir na nOg ARA
- Tullamore ARA
- Tullamore Bowling Club
- Tullamore ICA
- Tullamore Pitch and Putt Club
- Wolftrap Cycling Club -

A total of €6,880 was secured by Offaly groups.

2012

On Thursday, 29th November, Go for Life announced the results of their small grant scheme for 2012.

The grant scheme is a joint initiative between Go for Life and the Irish Sports Council. It funds groups and clubs who cater for older people around the country so that they can buy equipment, run sports events or try new activities. Over the past eleven years, the scheme has awarded almost €4million in nearly 8,000 grants. This year, the allocation of €285,000 will benefit 872 groups across the country.

"From our own research, we know that the Small Grant Scheme increases participation by older people in groups and clubs, making physical activity a core part of their programmes. Older people are getting more active and, from what we see on the ground, we're confident that we will have more good news in the next survey." said Harkin.

Successful groups securing an allocation in Offaly under this year's scheme include: -

- Arden View Community & Family Resource Centre
- Barna ARA
- BLC Developments / BLC ARA
- Clara Leading ARA
- Clareen ICA (Birr)
- Crinkle Active Retirement Group
- Edenderry ICA
- Irish Wheelchair Association, Tullamore
- Mount Bolus Active Age
- Mucklagh Active Age
- Offaly Sports Partnership
- Pullough ARA
- RehabCare, Offaly
- The Clodagh ARA
- Tir na nOg ARA
- Tullamore ICA

A total of €5,950 has been secured by Offaly groups

2011

"Thousands of older people are more active because of Go for Life Grants" states Minister Michael Ring as he announces the Irish Sports Council's allocation of €300,000 in older people's sports' grants.

A total of 906 older groups nationwide will share a sports allocation of €300,000. The Irish Sports Council is awarding the money under the eleventh Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Michael Ring TD, Minister of State for Tourism and Sport, announced details of the allocations today in Castlebar. The grants help local clubs and organisations to increase opportunities for their older members in recreational sport and physical activities.

This year, over 1,000 applications were received from older people's groups all over the country. The 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, Minister Ring said "Last year, over 28,000 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. This can lead to substantial savings in health and long-term care costs. The grants announced today are used by communities across the country to promote physical activity for older people. That certainly is a welcome prospect for older people, particularly in rural areas, to get involved in their locality and feel a lot less isolated."

Speaking at the announcement, John Treacy, Chief Executive of the Irish Sports Council said: "Now, more than ever, people need encouragement and engagement. Go for Life has proven over the last ten years to be very effective in persuading older people to become physically active. It has 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 pointed out that Go for Life's volunteer network of over 1000

Physical Activity Leaders or PALs are the backbone of the programme and were celebrated earlier in the year at Go for Life's tenth birthday party.

Go for Life is an Age & Opportunity initiative which is funded by the Irish Sports Council. At today's announcements, Ann Leahy, Assistant CEO of Age & Opportunity pointed out that "Increasing physical activity among older people can lead to substantial savings in health spending. 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."

Offaly groups shared a total of €6,605 as follows: -

- Ballykilmurry Active Retired
- Birr ARA
- BLC Developments / BLC ARA
- Clara Leading ARA
- Clonbullogue ARA
- Croghan Hill ARA
- Daingean ARA
- Edenderry ICA
- Golden Years Club
- High Street Belmont ARA
- Irish Wheelchair Association, Tullamore
- Mid Offaly Housing Association sub Group
- Mount Bolus Active Age
- Pullough ARA
- Rehab Care, Offaly
- Roscrea ICA
- Tihilly Residents Association
- Tullamore ARA
- Tullamore ICA
- Tullamore Pitch and Putt Club
- Wolftrap Cycling Club
- Young At Heart Group, Offaly

Offaly Sports Partnership welcomes these allocations for the county.