



Get Active in the Community Cash Grant Awards 2002

get a life  get active

Get Active in the Community Cash Grant Awards

Background

The Northern Ireland Physical Activity Strategy 1996-2002 aims to increase participation in physical activity, especially among those who are currently sedentary.

One of the main elements in the implementation of the Strategy is a sustained public information campaign which employs a variety of approaches to ensure that as many people as possible are aware of the health benefits of regular, moderate physical activity and are offered opportunities for increased participation in physical activity.

One approach used to support the Strategy's public information campaign aims is the Get Active in the Community Cash Grant Awards scheme, developed by the Health Promotion Agency for Northern Ireland in collaboration with Disability Action and the Northern Ireland Council for Voluntary Action. The scheme, which is funded by the Department of Health, Social Services and Public Safety, was launched in 1999 and is designed to enable local groups to offer new opportunities for physical activity to their communities.

Get Active in the Community Cash Grant Awards 2002

Applications are now invited for grants of up to £500 to fund practical projects that meet the aims and objectives of the Get Active in the Community Cash Grant Awards scheme.

How to apply

1. Read the following Awards criteria and Guidelines sections of this form carefully - **your application will be assessed on how well you fulfil the criteria based on the information on your application form.**
2. Complete the attached application form (photocopies are also acceptable) and return to the Health Promotion Agency (address on back of form) by **12 noon on 14 May 2002.**
3. Do not enclose any additional information, as it will not be considered when assessing applications.

How are the grants awarded?

- The awards are selected by a project selection panel composed of representatives from the Northern Ireland Physical Activity Strategy Implementation Group.
- Projects are selected and scored according to the information given on the application form and matched with the Awards criteria overleaf.
- Awards are made from a prescribed budget and it may not be possible to fund every project submitted.
- The decision of the project selection panel is final.

Projects will be selected to ensure a balance between:

- Health and Social Services Board areas;
- urban and rural areas;
- equal representation of groups and communities.

In making its final selection for short listing, the panel will give priority to:

- ✓ new and innovative projects;
- ✓ projects that specifically target young people (0-25) or older people (50+), people with disabilities and/or disadvantaged groups;
- ✓ walking activities;
- ✓ cycling activities;
- ✓ dancing activities;
- ✓ projects that demonstrate activities that can be integrated into daily life;
- ✓ projects not receiving grants/funding from other bodies.

Projects outside these priority areas may also be considered.

Disability is defined as a physical or mental impairment which has substantial and long-term adverse effect on a person's ability to carry out normal day-to-day activities.

Equality of opportunity

The Get Active in the Community Cash Grant Awards will take account of the duties imposed by Section 75 of the Northern Ireland Act 1998 regarding the need to promote equality of opportunity.

Awards criteria

Grants will be awarded to groups according to how well they meet the following criteria:

1. Applicants should demonstrate how the project meets the following overall aim of the Get Active in the Community Cash Grant Awards scheme:

To develop new or existing physical activity community initiatives aimed at encouraging the sedentary population to become more active.

2. Projects should fulfil at least one of the following objectives:

Overcoming barriers:	helping people overcome the main barriers to being physically active, such as no one to exercise with, lack of access to facilities, lack of confidence, lack of willpower.
Acquiring new skills:	providing opportunities for people to acquire new skills through participating in physical activity.
Promoting health benefits:	raising awareness of the health benefits of regular moderate activity.
Promoting local facilities:	raising awareness of local leisure facilities, the local environment and physical activity opportunities.

3. Projects should encourage sedentary people or those who exercise occasionally to be more active. A sedentary person is someone who has not performed physical activity of at least a moderate level lasting 20 minutes on at least one occasion in the past seven days.
4. Projects should be developed in collaboration with the people who are intended to participate in the proposed activity.
5. Projects should show evidence of need for the proposed activity.
6. Projects should involve a series of events or sessions rather than a one-off event.
7. Already existing projects may apply, providing the applicants can demonstrate how they are seeking to increase and broaden participation.
8. Projects must take place between June 2002 and December 2002. All grants are made on condition that the project will be completed within this timescale. Projects not completed in this timescale will be asked to return grant awards.

Guidelines for applicants

Please read these guidelines before completing the application form.

Applicant and project coordinator

Applicant refers to the organisation to whom all correspondence will be addressed and from whom the evaluation form will be requested at the end of the proposed project.

The project coordinator is the person responsible for the coordination of the project and will be the main contact person for the organisation.

Eligible groups

The scheme is open to:

- community and voluntary groups including school community groups;
- projects based in a workplace setting.

Groups that have applied to the scheme in previous years are welcome to reapply. Groups that were awarded grants in previous years may also apply, provided they submitted their evaluation forms.

Award levels

Awards of up to £500 are available for projects, although applicants should note that average awards are expected to be around £250.

Eligible costs

Applicants must justify their costs in section 5 of the application form. Examples of costs that may be requested are: instructors/trainers, equipment, advertising, transport to local venues, refreshments, evaluation and administration.

Evaluation

Successful applicants will be asked to agree to complete and submit a brief evaluation form no later than January 2003. This form will be supplied by the Health Promotion Agency before projects commence.

Notification of awards

All applicants will be informed in writing of the outcome of their application by 3 June 2002.

Exclusions

The following will not be funded:

- one-off events;
- projects that may be deemed high risk (no bungee jumping please);
- projects that take place outside of the locality;
- individuals;
- previously successful applicants to the Get Active in the Community Cash Grant Awards who have not submitted their evaluation report to the HPA;
- established school sports activities, eg soccer or hockey.

Help with your application

If you require assistance with your application for a Get Active in the Community Award, please contact your local physical activity coordinator (see below for contact details). For administrative queries, contact the Health Promotion Agency, Tel: 028 9031 1611.

For guidance on making an application you may also contact the Funding Advice Service at NICVA, Tel: 028 9087 7777.

Health and Social Services Board (HSSB) areas

Each HSSB area has a local physical activity coordinator.

<p>EASTERN</p> <p>Kim Kensett EHSSB, Department of Public Health Medicine Tel: 028 9032 1313 ext 2447 Fax: 028 9055 3682 E-mail: kkensit@ehssb.n-i.nhs.uk</p>	<p>NORTHERN</p> <p>Nicola Browne Homefirst Community Trust Tel: 028 2563 5575 Fax: 028 2563 5377 E-mail: health.promotion@homefirst.n-i.nhs.uk</p>
<p>SOUTHERN</p> <p>Angela Corr Southern Area Health Promotion Dept Tel: 028 3752 0500 Fax: 028 3752 0520 E-mail: hpromotion@adhsst.n-i.nhs.uk</p>	<p>WESTERN</p> <p>Majella Magee Westcare Business Services, Health Promotion Department Tel: 028 7186 5127 Fax: 028 7186 5128 E-mail: mmagee@westcare.n-i.nhs.uk</p>

If you don't know which HSSB area you're in, look for your local Council in the lists below.

EASTERN	NORTHERN	SOUTHERN	WESTERN
Ards Belfast Castlereagh Downpatrick Lisburn North Down	Antrim Ballymena Ballymoney Carrickfergus Coleraine Cookstown Larne Magherafelt Moyle Newtownabbey	Armagh Banbridge Craigavon Dungannon Newry and Mourne	Derry Fermanagh Limavady Omagh Strabane



APPLICATION FORM

Please complete the form in block capitals and black ink.

1. Organisation: (name in full, not just initials please)

NAME:

ADDRESS:

PHONE NO:

Project Name:

Project Coordinator:

In which Health and Social Services Board area is your project based?
(See previous page if you are unsure of your Board area).

Eastern Northern Southern Western

2. What is the main focus of your activity?

Walking Cycling Dancing Activity for the disabled

Other (please describe):

3. Briefly describe how this project plans to achieve the overall aim of the Get Active in the Community Cash Grant Awards and at least one of the four objectives listed in the awards criteria section.

This is one of the most important questions on this form.

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4. If your project is part of an existing programme, please explain how you intend to broaden and increase participation.

5. Please give a breakdown of proposed costs:

ITEM	For what purpose is it required?	COST
 <hr/>	 <hr/>	 <hr/>
 <hr/>	 <hr/>	 <hr/>
 <hr/>	 <hr/>	 <hr/>
 <hr/>	 <hr/>	 <hr/>

6. Is your project receiving funding from any other source?

Please give details

7. How many people in total will participate in the project?

8. What local facilities are you using?

9. When will your project take place?

(It must take place between June 2002 and December 2002)

Start date

End date

10. How often will activity sessions be available?

Daily

Weekly

Monthly

Other

11. How many sessions will be offered in total?

12. Who is the project aimed at?

Please tick only the groups that you are specifically targeting.

The whole community (all the following categories)

Gender:

Male

Female

Age range:

All ages

0-5

Primary school

Post-primary

17-25

26-49

50+

Ethnic minorities

Please give details

People with disabilities

Please give details

13. Is your project taking place in an area of disadvantage?

Please give details

14. Please explain how you have assessed the need for the project with this target group and how your target group have been involved in planning the project.

Agreement:

Please read the following statement and if you agree to these conditions, sign below.

If your proposal is selected for this initiative you must agree to provide progress reports as required, write up your project, and assist in its evaluation. You may also be required to assist in the presentation of the project to a wider audience and contribute to the network of other projects.

I agree to the above conditions:

SIGNED: **DATE:**

Please return completed applications by **12 noon on 14 May 2002** to: The Health Promotion Agency for Northern Ireland, Get Active in the Community Cash Grant Awards, 18 Ormeau Avenue, Belfast BT2 8HS. Fax: 028 9031 1711.

