



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Women in Sport Activity Programme 2018

*If you require assistance in completing this form please contact
Caitriona Corr, Kilkenny Recreation and Sports Partnership
caitriona@krsp.ie 056 7794991*

PROGRAMME PROPOSAL	
Organisation Name	
Contact Person	
Position/Job Title <i>(i.e. Treasurer, Secretary Physical Activity Leader)</i>	
Phone number	
Email Address	
Date of Birth	(Confidential Unique Identifier)
Title of Project	
Type of Organisation	
Organisation Address	

Number of women who will take part	
Number of weeks activity taking place	
Outline costs (i.e. equipment, tutor, transport, hall hire)	
Support Sought from KRSP for delivery of Programme	

Note: Financial support up to **€400** may be sought to support the programme.

Condition of the Programme:

All sections of the form must be completed to be considered. All recipients must commit to completing and sending back feedback form within **3 months** of receipt of financial support.

CLOSING DATE

Completed Application Forms should reach Kilkenny Recreation and Sports Partnership before
3 p.m. on Friday, 2nd November 2018

I have read the criteria accompanying this form including the GDPR Terms and Conditions, and confirm that all information provided is accurate.

I consent to my e-mail being used to notify me of future KRSP programmes and events

Yes No (Please circle yes or no)

I consent to my mobile number being used to notify me of future KRSP programmes and events

Yes No (Please circle yes or no)

CONTACT PERSON
Signed:
Date:

BACKGROUND

"The 'Women in Sport Initiative' was developed by Sport Ireland to address the differences that exist between women's and men's involvement with sport. The overarching objectives of the Women in Sport programme have been to raise overall physical activity levels among women and to support women's roles within sports organisations.

Less than one in five Irish women came close to accumulating 30 minutes of physical activity per day, for at least five days per week, as recommended by the World Health Organisation for good health.

More than three quarters of Irish women do some recreational physical activity such as walking, swimming or aerobics, but that the majority do so with insufficient regularity or intensity of effort to meet the minimum standard.

Over 20 per cent do so little that from a health point of view they can be considered sedentary.

WHO CAN APPLY

Support is available to all eligible local clubs, groups and community organisations that promote increased participation in recreational sport or physical activity for women.

KEY CRITERIA

Applications are encouraged from clubs/organisations that:

- have the potential to increase levels and frequency of participation in recreational sport and physical activity among women in the local area;
- can act as showcases or successful demonstration projects that can be replicated by other clubs/organisations in the future;
- have the potential to develop into a sustainable, longer-term programme;
- are developing initiatives in designated disadvantaged areas;
- are developing initiatives for minority populations or groups with special needs;

Financial support up to **€400** and may be sought to support the cost of activity programmes. **Programmes should take place from January 2019. Financial support will be paid out to successful applicants late in 2018.**

Sample programmes are given below but groups are encouraged to explore new activities.

Examples of Physical Activity Programmes

- A six-week programme to introduce an activity such as Pilates, Aquafit, Tai Chi or Tennis - the costs of hall hire and a qualified instructor might form part of the overall cost;
- an initiative by a sports club to involve more women – the purchase of special equipment, facility hire or a qualified independent instructor might form part of the overall cost.
- A walking or meet and train programme perhaps run in conjunction with the Operation Transformation initiative

REPORTING/FEEDBACK

If application is successful feedback form needs to be completed and returned within 3 months of receipt of financial support.