



Active Neighbourhoods for Older Australians

Funding Applicant Guidelines



1. WHAT IS THE ACTIVE NEIGHBOURHOODS FOR OLDER AUSTRALIANS GRANT PROGRAM?

The Australian Neighbourhood Houses and Centres Association (ANHCA) in collaboration with Musculoskeletal Australia and the University of Sydney received a grant from the Australian Government through Sport Australia's 'Move it AUS – Better Ageing' initiative.

The 'Active Neighbourhoods for Older Australians' project will enable Neighbourhood Houses and Centres around Australia to apply for funding to start or enhance the physical activity programs they offer to members of their community who are 65 years and over. Other capacity-building components of the ANOA project will be available to all Neighbourhood Houses and Centres.

2. AIMS OF THE PROGRAM

The 'Active Neighbourhoods for Older Australians' project aims to:

- a) enhance older people's understanding of the benefits of regular physical activity (PA);
- b) improve access to physical activity amongst older people, especially those who are socially isolated, disadvantaged and currently not engaged in PA;
- c) enable PA to be a regular component of the participants' lives;
- d) support older people's engagement in PA at Neighbourhood Houses by developing peer support programs; and
- e) improve the knowledge and skills of neighbourhood houses' staff and volunteers involved in planning and delivering age-appropriate PA activities to older people.

3. IMPORTANT DATES

Activity	Key Date
Applications open	Monday 8 April 2019
Initial applications close	Sunday 12 May 2019 at midnight (AEST)
Notification of outcomes and funding announcements	Week beginning Monday 3 June 2019
Commencement of funded projects	Commencement July 2019
All Projects finish and final reporting due	Thursday 31 December 2020

4. WHO CAN APPLY

All applicants must be a Neighbourhood or Community House or Learning Centre. They must be a current member of the state peak body of Neighbourhood Houses which is a member of Australian Neighbourhood Houses and Centres Association (ANHCA). In order to receive funding, houses and centres will also need to provide a copy of their current certificate of currency for public liability insurance with their funding agreements.

5. FUNDING AVAILABLE

A maximum of \$8,000 is available for each application. As this is a national program there will be an equitable spread of funding across all states.

All projects initially funded will need to commence in July 2019. All projects will need to be completed by 31 December 2020. Funding will be paid to successful applicants in two instalments. 80% will be paid at the commencement of the program and 20% will be paid at the conclusion of the project.

6. WHAT CANNOT BE FUNDED

Examples of projects/activities that will not be eligible for funding include:

- Stand-alone, one-off events;
- Established projects that are already operating (and do not offer increased scope, reach or scale);
- Ongoing operational costs beyond the life of the Program;
- Requests for retrospective funding;
- Programs that are not specifically for older participants 65 years and over.

7. WHAT WILL BE INVOLVED

ANHCA will have a full-time Project Manager to support houses and centres throughout the duration of their program.

Houses will need to achieve the following through their project –

- Implement a plan to establish age-appropriate PA programs for older people for the first time or increase current programs for older people, especially those who are socially isolated, disadvantaged and currently not engaged in PA;
- Develop procedures to welcome and support new program participants;
- Undertake local promotions;
- Collect program-relevant information and assist participants to complete a survey about their involvement in the PA programs;

- Use a tool (the VAAP Self-assessment Tool and Resources - www.msk.org.au/vaap/#SaTR) to review current PA programs for older people and undertake follow-up actions (where needed and possible);
- Document, develop and track further local partnerships with relevant local organisations and in relation to the engagement of older participants;
- Take part in knowledge and skills development initiatives (such as webinars and an online community of practice);
- Complete final reports about the project including numbers involved, lessons learned and future directions for PA programs offered to older community members.

8. ASSESSMENT CRITERIA

All applications will be evaluated against the following criteria –

- Demonstrated understanding of the needs of the older members of the local community;
- Clear engagement strategy with specific strategies developed for older people who are isolated, experiencing disadvantage and/or are not currently engaged in any physical activity;
- Types of physical activity programs to be offered;
- Increase in number of people who participate in physical activity programs;
- Capacity to deliver the program including meeting program timelines.

9. PREPARING AN APPLICATION

The incorporation of the following features should be considered when preparing application:

- An intention to provide age-appropriate physical activities that develop greater strength, flexibility, balance and endurance (e.g. strength training, Tai Chi, Qi Gong, pilates, yoga, group-based exercise, dancing, walking, etc);
- Plans to address the accessibility and availability of activities (e.g. subsidised fees for participants, proximity, availability at different times and on different days, transport assistance, trained peer educators and/or ‘buddies’ to welcome and support new participants);
- Initiatives that may cater for older people who have specific chronic health conditions;
- The importance of local partnerships and networks in reaching older people who are isolated, experiencing disadvantage and/or are not currently engaged in any physical activity;
- Incorporation of a social component to the PA;
- Using events such as local and state Seniors festivals to maximise the promotion of your physical activity programs for older people and to attract new local older people;
- Plans to offer openly accessible ‘come and try’ sessions for older people before they join a program.

10. HOW TO APPLY

All applications must be submitted online during the funding application period, between Monday 8 April 2019 and midnight, Sunday 12 May 2019 (AEST).

To apply, you must submit an online application form via Smarty grants: <https://anhca.smartygrants.com.au>

Please ensure that all the information is submitted with your application as we cannot accept late applications.

11. ASSESSMENT PROCESS

All applications will be assessed against the criteria by an Evaluation Panel consisting of members of the 'Active Neighbourhoods for Older Australians' Project Coordination Team and ANHCA staff.

All applicants will be notified in writing of the outcome of their grant application.

All successful applicants will enter into a funding agreement with ANHCA. The first part of the payment (80% of the total amount) will be made after returning the signed funding agreement. The balance of the payment (20%) will be paid on completion of the program after submitting the final acquittal reporting against the project plan.

12. REPORTING REQUIREMENTS

A progress report will be due half way through the project timeframe reporting progress towards planned outcomes and number of participants. A final acquittal report will be required at the conclusion of the project outlining outcomes achieved, total number of participants, engagement strategy utilised, fund allocation and an evaluation of the overall success of the project.

13. SUPPORT AVAILABLE

The ANHCA Project Manager will be available for advice and support throughout the duration of the projects. If you have any questions regarding an application please call (03) 9602 1228 or email ANOA@anhca.org

Frequently asked questions will also be answered on the 'Active Neighbourhoods for Older Australians' project webpage at: <https://www.msk.org.au/active-neighbourhoods/>