**Name of organisation:**

**Name/s of Get Active Program facilitator/s & position held within their organisation:**

**Postal address for facilitator correspondence:**

**Phone (mobile and landline) to contact facilitator/s:**

**Email address/s of facilitator/s:**

**Name, address, email and contact number/s of auspicing organisation authorised to receive funds:**

**Name of your program:** Your program name must include the words ‘Get Active Program’ (e.g. Get Active Program – Mum’s on a Mission)

**Amount sought, and length of program (in weeks).**

*Budget and contribution estimate tables are on the final page.*

**What is your target group?** i.e. mums & bubs, men over 50 managing arthritis.

**How many participants do you expect will join your group?**

**When and where will your program take place?**

**How many sessions will you hold?** (NB GAPs are designed to run between 8 and 10-weeks)

**Contributions you expect to receive from participants per week if applicable?**

**Does your organisation have current public liability insurance?**

**Please provide your organisations ABN:**

**Are you partnering with any other organisations to deliver this program? If so, please outline the partnership arrangements?**

**Please read the 6 key objectives of the Get Active Program, listed below:**

1. To increase the involvement of groups not engaged in physical activity to a level where they will experience the benefits of participation and choose to sustain this (i.e. behaviour change followed by attitude change).
2. To increase self-esteem, confidence and assertiveness, with a focus on groups most ‘at risk’ in terms of health and wellbeing.
3. To encourage and facilitate participation in physical activity and develop individuals’ self-management skills so that they will independently participate in physical activity.
4. To link people into groups in their communities.
5. To provide people with tools to actively engage in physical activity.
6. To assist people to address barriers that inhibits their participation in physical activity.

**Does your proposed GAP meet these objectives? If yes, please complete the following:**

* **Why did you choose your target group?**
* **How do you think the GAP will benefit the participants?**
* **How will the GAP benefit your local community?**

Please continue to the next page.

The table below is a budget for your program. It is purely an estimate of how you think you will spend the funds based on some research of potential activities and costs. The second table asks for contributions from your organisation or any partners of the program.

**Please delete the examples and complete the following 2 tables:**

|  |
| --- |
| **BUDGET** |
| **Date** | **Description** | **Debit** | **Credit** | **Comments** |
|  | e.g. WSRT funding |  | $600 | project funding |
|  | e.g. facilitator training | $120 |  |  |
|  | e.g. room hire | $60 |  | local council |
|  | e.g. Yoga from the Heart | $80 |  | instructor costs |
|  | e.g. mini golf | $160 |  | entry fee |
|  | e.g. belly dancing class | $100 |  | instructor costs |
|  | e.g. water aerobics | $40 |  | pool entry fee |
|  | e.g. cooking ingredients | $20 |  | nutrition session |
|  | e.g. stationery and printing | $20 |  | handouts |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  | **$600** | **$600** | EXAMPLE ONLY |

|  |
| --- |
| **CONTRIBUTIONS to be made by your organisation and/or any partner organisations** |
| **Organisation** | **Description** | **Cost** |
| e.g. local council | room hire 50% discount | $60 |
| e.g. child & family centre | childcare $100 per week | $1000 |
| e.g. community transport | bus to pool and return | $100 |
| e.g. our organisation | staff hours | $1,200 |
|  |  |  |
|  | EXAMPLE ONLY | **$2,360** |

**Please email your completed application to**[**gap@wsrt.org.au**](file:///C%3A%5CUsers%5Cgap%5CAppData%5CRoaming%5CMicrosoft%5CWord%5Cgap%40wsrt.org.au)