



Healthy Kilkenny

Health and Wellbeing Older Person Grant Scheme 2026

Applicant Guidance Document

Apply Online at:

For more information contact Kilkenny County Council Community Department:

Colette Power: Colette.Power@kilkennycoco.ie or phone 056-7794488

Closing Date: Tuesday the 12th of May 2026

About the Healthy Kilkenny Health and Wellbeing Older Person's Grant Scheme 2026

The Healthy Kilkenny **Health and Wellbeing Older Persons Grant Scheme 2026** supports Non-Government Agencies, Charities, Organisations wishing to undertake specific '**Health and Wellbeing**' projects under the relevant categories of the fund. The purpose of the Kilkenny Local Community Development Committee's Healthy Kilkenny Fund is to encourage organisations and communities to take an active part in improving and protecting health and wellbeing at all stages of life, reducing health inequalities, and creating an environment where everyone can play their part in a healthier Kilkenny.

As part of the Healthy Ireland Programme (2023–2026), the Kilkenny Local Community Development Committee (LCDC), working with the Healthy Kilkenny Sub-Group, has identified older people in Kilkenny as a priority. The Health Outcome under this call is to improve Self-Reported Health for older people in Kilkenny. The [Kilkenny Age Friendly Strategy 2025-2028](#) identified key themes and actions that support a healthy and ageing population. These include objectives in the areas of addressing loneliness and isolation, promote healthy and active lifestyles and supporting the inclusion of older people from all cultures and communities. Across the Country, the older population is expected to double by 2050. According to Census 2022, there are 17,056 (16% of the population) people aged 65 and over living in Kilkenny. This means roughly 1 in every 6 people in Kilkenny is aged 65+. A large proportion of older adults live in rural areas rather than urban areas which

creates challenges related to: access to healthcare, transport, social isolation, social participation initiatives and community support initiatives.

What is the purpose of the Health and Wellbeing Older Person’s Grant Scheme 2026

‘Healthy Ireland’s vision for health and wellbeing incorporates both physical and mental health. Good health means everyone achieving his or her potential to enjoy complete physical, mental and social wellbeing, and is much more than an absence of disease or disability’. This grants scheme promotes the vision of the Healthy Ireland Framework or Improved Health and Wellbeing (2013 - 2025), by supporting organisations to undertake 'Health and Wellbeing' projects that directly engage older people in their community.

The purpose of the fund is to improve the health and wellbeing of older people in County Kilkenny, by supporting and encouraging targeted actions in the Kilkenny Age Friendly Strategy:

Theme	Action	Description
Respect and Social Inclusion	Support engagement with older People from all Communities (action 4.1 pg. 22)	Greater inclusion of older people: Provide an increased focus on engagement and outreach activities with older people in minority and disadvantaged communities.
Respect and Social Inclusion	Develop Intergenerational Projects (action 4.2 pg. 22)	Creating new intergenerational projects between older people and younger people. These projects will explore areas like skills exchange; heritage & culture; and shared issues and challenges in contemporary society.
Social Participation	Reduce Loneliness and Isolation (action 5.1 pg. 23)	Isolation and loneliness are widespread issues for older people and this action will focus on directly addressing this through increasing social connectedness with older people.
Community Support and Health Services	Promote Active and Healthy Lifestyles (action 8.1 pg. 26)	Increase physical activity opportunities in Kilkenny. This action can include a wide range of classes, programmes, activity groups and other supports aimed at supporting older peoples physical and mental health.

Who should apply?

- Any Non-Government Organisation, Independent Registered Charity, non-for-profit organisations, social enterprises that can support community wellbeing for older people
- Kilkenny Older Person's Council

Who should not apply?

- Statutory agencies
- Commercial Organisations
- Community Groups
- Residents Associations
- Schools
- Individuals

Budget: between €1,000 - €5,000

- Minimum: €1,000
- Maximum: €5,000

What types of proposals are considered?

Projects Considered

Examples of Eligible Projects: *all activities must align to the Kilkenny Age Friendly themes and actions on page 2 above*

- Themed health and wellbeing activities linked to key health dates and national campaigns in 2026 such as:
International Day of Older Persons -1st of October
Positive Ageing Week - 25th of Sept to 2nd of Oct
Men's Health Awareness Week – 15th -21st of June
World Mental Health Day – 10th of October
- Project costs associated with health and wellbeing promoting initiatives, for both physical and mental health
- Intergenerational Projects
- Activities or programmes that increase engagement and social connections directly with older people e.g. workshops, wellbeing programmes, coffee mornings, growing projects, social dancing, creative activities
- Physical Activity Initiatives
- Age Friendly Information and Awareness Events

Projects Not Considered

- Programmes/Activities that do not target older people
- Projects already funded by mainstream services
- Research or Feasibility Studies
- Healthy Food Made Easy – HSE funded programme
- Social Prescribing – HSE funded service

- Counselling
- Any engagement or partnership with the tobacco, vaping or alcohol industry
- Any activity with schools
- Any programme that places a sole outcome/emphasis on weight and weight loss.

Eligible Project Costs: all costs submitted must be directly related to the proposed project delivery	
Venue/Room Hire/Meeting Costs	<ul style="list-style-type: none"> • The rate per hour or per day should be used to calculate this cost. • Third party only: reasonable and not excessive third-party venue hire costs.
Course Materials	<ul style="list-style-type: none"> • Third party only and verifiable: the cost for the use of the organisations own photocopier is not eligible.
Tutors/Facilitators	<ul style="list-style-type: none"> • Third party Facilitators only, hourly rate and number of full-time equivalents used to calculate the cost. Quotations must be kept on file. Tutor/Facilitators/Consultants must be a Trusted Source. List of Trusted sources is available here: https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/publications/hse-trusted-sources-of-health-wellbeing-information.pdf
Publicity and Marketing	<ul style="list-style-type: none"> • Third party costs only. Please check logo and promotional requirements.
Equipment	<ul style="list-style-type: none"> • Third party costs and verifiable which is essential for the delivery of project activities.
Material aids for participation in physical activity	<ul style="list-style-type: none"> • Third party costs and verifiable which is essential for the delivery of the a project.
Ineligible Project Costs	
<ul style="list-style-type: none"> • Costs associated with the grantee’s own facilities e.g., meeting room(s), photocopier, overheads • Retrospective costs i.e., expenditure incurred before funding is approved. • VAT costs (where the VAT costs can be re-claimed from Revenue). • Bank charges such as interest costs, fines, financial penalties, and legal dispute costs • Funds to build up reserves or a surplus. • Sponsorship and charitable donations • Vehicles or other mobile assets not directly linked to eligible activities. This includes the costs associated with the procurement of such items. 	

- The purchase of land, buildings and/or large-scale refurbishment of buildings including schools
- Routine repairs and maintenance of buildings
- Single use plastics as part of merchandising costs such as forks, balloons, and straws
- Notional costs or opportunity costs i.e., all costs must be real costs that are paid out to a third party.
- Staffing and Recruitment costs are not permitted
- In-kind contributions: all costs must represent real costs that are paid out to a third party.
- Depreciation of fixed assets
- Vouchers e.g., gift vouchers
- Counselling

The above table sets out ineligible costs under the Healthy Ireland Fund. Any costs or overheads that someone else is paying for, whether in cash or in kind are not eligible. This is an indicative list of ineligible costs, it is not an exhaustive list so should grantees have any concerns regarding the eligibility of planned expenditure, please contact Healthy Kilkenny for clarification in advance of incurring expenditure.

How will my application be assessed?

Your application will be assessed only on the information provided in the completed application form. You are encouraged to include documentation with your application to support any information given. The Healthy Kilkenny working group will assess your application and make a recommendation to Kilkenny LCDC for formal approval. The Healthy Kilkenny working group will draw on the professional expertise of its members.

The following criteria will be used when assessing applications:

1. Does the project support Older people?
2. Does the proposed project align to the Age Friendly themes and actions outlined in the Grant Application Guidance document?
3. Does the proposed project meet the eligibility criteria of the fund?
4. Proposed Project: quality of project proposal, method of engagement of older people, impact on health and wellbeing, and benefits for older people
5. Does the group or organisation have the ability to complete the proposed project/event within the specified timeframe (by Monday the 2nd of November 2026)

Acceptance of Offer

Following the approval of grants by Kilkenny LCDC, the Healthy Kilkenny Coordinator will formally write to applicants informing them of the status of their application i.e. successful or unsuccessful. The letter of offer will be accompanied by a Funding Agreement setting out the terms and conditions of the offer.

The Funding Agreement must be signed by the relevant persons and a signed copy must be returned to the Healthy Kilkenny Coordinator within **10 days of receipt** of the letter of offer. Offers will lapse in the absence of the returned signed Funding Agreement.

How do I draw down the grant?

- All funding must be drawn **before Friday 6th of November 2026**.
- Payments will be made to the awarded organisation, only when all elements of the funded programme are complete and paid for. Therefore, proof of expenditure to suppliers/tutors/facilitators must accompany final reports.
- A progress report and participant evaluations must be submitted at the end of the project, together with an invoice from the funded organisation. This final report is a short summary report on the funded project/event. The progress report, together with invoices from the awarded organisation should be accompanied by:
 - Invoices and original receipts detailing expenditure on the project – Invoices and Receipts must reference the name of the Grantee e.g name of the organisation / community group.
 - Bank Statements of associated transactions.
 - photos of events/programmes held or equipment purchased. By submitting photos, the applicant is giving permission to Kilkenny County Council to use the image(s) for promotional purposes, and confirming they have the permission of the photographer and any people who appear in the photo.
 - Any other documentation which will be notified to you at approval stage.

Please note the following:

- Closing Date for receipt of the online Application Forms is: **Tuesday the 12th of May**. The application form is detailed and is designed to ensure that it has the necessary information to evaluate each proposal accurately and fairly. Please ensure that you complete this online application form in full. Only projects that meet the criteria outlined above will be considered eligible. Please provide the project costing breakdown based on quotes sought as part of the application process. Cross-checks may apply during the appraisal process. Please note that incomplete applications or late applications will not be considered.
- All projects must be **completed, reported on and invoiced by Friday the 6th of November 2026**.
- Funding not claimed by the agreed deadline will be withdrawn.
- There is a maximum limit of two applications for different projects per organisation. Applicants should be aware that an equity/fairness approach will be taken by the evaluation committee to ensure an even distribution of funding.
- Applicants may leverage other funding for projects, although it is not a requirement of this grant scheme. Any other funding should be declared in the application form. It is the responsibility of the grant applicant to ensure that use of this grant to co-fund a project does not contradict the rules of the other scheme/programme.

- Applicants should be aware that the grant scheme may be oversubscribed. Therefore, in such circumstances, all applications fulfilling the conditions may not be successful or may be granted a lesser amount than that applied for.
- The organisation should have their own Bank Account.
- **Tax Requirements:** Any applicant group/organisation that is registered for tax purposes must be tax compliant.
- **Insurance** – Written evidence of a valid insurance policy may be requested by Kilkenny Council, where relevant, during the applications review process. Grantees are required to indemnify and keep indemnified 'Kilkenny County Council, Pobal and the Department of Health' in respect of any loss, damage or breach of agreement relating to the funded project.
- The grantee should be set up as a supplier with Kilkenny County Council or be in a position to do so.
- **Usage of information** The information provided on the form will be utilised for the purposes of evaluating and administering the grant process, and to facilitate audits and any site visits. When evaluating the applications received, Kilkenny County Council may seek advice and consult with other agencies and may disclose information on projects under consideration to those experts and agencies.