

Strong Seniors Application Form

Form Preview

All applications must clearly align with one or more of the Strong Seniors priority program areas. These focus areas reflect the strongest evidence for improving health outcomes and are central to the intent of the program.

Programs may be fee-based; however, applicants are encouraged to include a free trial or subsidised component to support accessibility and participation.

There is \$10,000 in total funding available, with successful applicants eligible to receive up to \$5,000 (inclusive of GST).

Successful programs are expected to commence in early 2027 (from February), with exact timing to be confirmed in consultation with Council.

If you have any queries, please contact Mark Jones, Community Wellbeing Coordinator: +61 2 9392 5844 or via email: mark.jones@innerwest.nsw.gov.au

We are looking forward to receiving your application.

GUIDELINES

Eligibility Criteria

Objectives

Projects should:

- Deliver structured, evidence-based programs that improve strength, balance, mobility and/or cognitive function
- Reduce risk factors associated with falls, frailty and functional decline
- Support independence, confidence and quality of life for older people
- Provide accessible and inclusive opportunities for participation
- Deliver clear, measurable health and wellbeing outcomes
- Demonstrate potential for sustainability beyond the initial funding period
- Align with Council strategies including the Healthy Ageing Strategy, Disability Inclusion Action Plan 2023–2026, Innovate Reconciliation Action Plan and Community Strategic Plan 2041

Eligibility

Applicants must:

- Be a sole trader, incorporated organisation, or community group (or auspiced by one)
- Deliver programs within the Inner West LGA (Djarrawunang, Baludarri, Gulgadya, Midjuburi, Damun wards)
- Demonstrate relevant qualifications, experience and sector expertise
- Provide Public Liability Insurance \$20m and any relevant licences or certifications
- Submit one application per individual or organisation

Not Eligible

Applications will not be considered if they:

- Do not align with the Strong Seniors Program objectives or priority areas
- Deliver activities outside the Inner West LGA
- Are primarily social or recreational without a clear, evidence-based health or wellbeing outcome
- Cover ongoing operational, staffing, or administrative costs
- Are submitted by Council staff, Councillors, political parties, or government agencies
- Do not demonstrate a clear and measurable benefit to older residents
- Are existing or ongoing programs within the Inner West **without a clearly defined new or enhanced evidence-based component**

Council may prioritise new or significantly enhanced programs that address identified service gaps.

Program Requirements

Funded programs must:

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- Be evidence-based and aligned with recognised best practice (e.g. clinical guidelines, peer-reviewed research, or established program models)• Clearly target one of the priority program areas• Be structured and outcomes-focused (not general or unstructured activity)• Demonstrate measurable outcomes (e.g. improved strength, reduced falls risk, improved functional capacity or cognitive outcomes)• Be safe, inclusive and appropriate for older participants• Be delivered by appropriately qualified and experienced facilitators

Programs are expected to commence from February 2027.

Examples of Eligible Projects

- Structured strength and progressive resistance training programs for older adults• Falls prevention programs with a demonstrated evidence base• Programs supporting people living with chronic conditions (e.g. Parkinson's disease, dementia, or similar)• Programs combining physical and cognitive outcomes• Evidence-based programs that support transition into ongoing activity pathways

Funding and Support

Successful applicants will:

- Receive up to \$5,000 (incl. GST)• Enter into a funding agreement with Council• Provide a simple project plan, budget and delivery timeline• Report on participation, outcomes and key learnings• Acknowledge Council's support in promotional materials

Council may also provide in-kind support, including:

- Access to Council venues (subject to availability and agreed conditions)• Promotion through Council communication channels• Guidance on accessibility, risk management and community engagement

How to Apply

EOIs must be submitted via SmartyGrants.

There is \$10,000 in total funding available, with a maximum of \$5,000 per project (inclusive of GST).

Late or incomplete applications will not be accepted.

SmartyGrants will close midnight Sunday 30 August 2026.

For successful applicants

Agreement

A formal agreement will be sent to successful applicants. Inability to comply with the agreement may result in withdrawal of support. Applicants who do not meet their obligations under the grant agreement may not be eligible to apply for further grant support from Inner West Council.

Payment and GST

Payment information will be provided with the letter of offer. Grants will be paid in full upon receipt of a tax invoice (maximum of \$5,000). Organisations registered for GST should add GST to the grant amount.

Recognition of assistance

Successful applicants must acknowledge the Inner West Council for their activity at the activity and in any promotional material in relation to the activity.

Activity Variations

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If there are significant changes to the funded activity, applicants must contact Council to confirm that the variation is acceptable prior to the activity. This includes but is not limited to, activity start and end dates, venues, fees and charges.

Ready to Apply?

Ready to apply?

The application will ask for key information about yourself as project lead for your proposal including contact information and organisation/business details as applicable.

You will need to provide key information about the proposed project including proposed location, title, description, target audience and project timeline. A balanced budget proposal is to be provided and there is an option to upload supporting material.

Please ensure you have all this information ready to input into your proposal. Incomplete and unsubmitted proposals will not be considered.

Applicant Details

* indicates a required field

Applicant Details

Name *

Title	First Name	Last Name
<input type="text"/>	<input type="text"/>	<input type="text"/>

What are your pronouns

- She/ her/ hers
- They/ them/ their
- He/ him/ his
- Other:

Email Address *

Mobile *

Organisation Name

(if applicable)

ABN / ACN (if applicable)

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The ABN provided will be used to look up the following information. Click Lookup above to check that you have entered the ABN correctly.

Information from the Australian Business Register	
ABN	
Entity Name	
ABN Status	
Entity Type	
Goods & Services Tax (GST)	
DGR Endorsed	
ATO Charity Type	More information
ACNC Registration	
Tax Concessions	
Main Business Location	

I declare I am an Australian resident *

- Yes
 No
 Other:

Applicant Primary Address

Address

Website

Social Media

Bank Account that funds will be transferred to if you are successful *

Account Name

BSB Number

Account Number

Must be a valid Australian bank account format.

Please upload your current Public Liability Certificate of Currency (minimum \$20 million coverage required for funded projects)

Attach a file:

Please note if your event is open to the public, you will need Public Liability Insurance.

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Does your organisation or project team identify with, or have lived or cultural connection to, any of the following communities? (Select all that apply). If your project is designed to support a specific community, applicants should demonstrate meaningful involvement or leadership from that community in the design and/or delivery of the program.

- Aboriginal
- Torres Strait Islander
- Culturally Diverse (CALD)
- Living with a disability
- LGBTQ+
- Person of Colour (PoC)
- Other:

Indicate which category best describes your organisation or delivery approach:

- We provide services to one or more of the priority groups identified in the guidelines
- We have demonstrated experience delivering evidence-based health or wellbeing programs for older people
- We have specialist staff with relevant qualifications and/or lived experience who will deliver this program
- We partner with organisations or communities to deliver culturally safe and inclusive programs
- Other:

Briefly describe how your organisation's experience, partnerships, or staff expertise will support delivery of this program

Project Proposal

* indicates a required field

Project Details

Project Title *

Start Date *

Must be a date.

End Date

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Outline when your program will be delivered, including duration and frequency. Include: Number of sessions, Frequency (e.g. weekly, bi-weekly). *

Word count:

Must be no more than 150 words.

Include details about your target audience.

Describe your program, including what you will deliver and who it is designed for. *

Must be no more than 200 words. Include: Type of program (e.g. strength training, falls prevention) Target population (e.g. older adults at risk of falls, people living with dementia) How the program will be delivered (format, setting)

Is your program designed to support a specific priority group or community? *

(e.g. Aboriginal and Torres Strait Islander communities, CALD communities, people living with dementia, socially isolated older people)

Which of the following outcomes will your program deliver? (Select all that apply)

- Improve strength, balance, mobility and/or cognitive function
- Reduce risk factors associated with falls, frailty, or functional decline
- Support independence, confidence, and quality of life for older people
- Provide accessible and inclusive opportunities for participation
- Deliver clear, measurable health and wellbeing outcomes
- Demonstrate potential for sustainability beyond the initial funding period
- Align with relevant Council strategies (e.g. Healthy Ageing Strategy, DIAP, CSP 2041, RAP)
- Other:

How will your program improve physical and/or cognitive outcomes for participants? *

Word count:

Must be no more than 200 words.

Must be no more than 200 words. Expected outcomes (e.g. improved strength, reduced falls risk, improved confidence, cognitive outcomes) Who will benefit and how.

Describe your experience delivering similar programs and the qualifications of those who will deliver the program.

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Max 200 words. Include: Relevant experience, Staff qualifications/certifications, Experience working with older people or priority groups.

Please provide any evidence...

Attach a file:

What evidence, research or established program model supports your program approach? *

Please provide: References to established programs (e.g. Otago, Stepping On, PD Warrior), Research or best practice, Previous outcomes

What language(s) will your project be delivered in? *

What steps will you take to ensure your program is accessible, inclusive, and safe for older participants? *

Max 200 words. Include: Physical accessibility, Cultural inclusion, Support for cognitive or mobility needs.

How many participants do you expect to engage in your program? *

Please provide further detail on how you will engage participants:

(e.g. existing networks, referral partners, outreach methods)

How will you promote your program and reach your target participants? *

Word count:

Must be no more than 200 words.

Must be no more than 200 words. Include outreach strategies, any partnerships, and target demographics, community connections.

Proposed project timeline. Provide a simple timeline outlining planning, delivery, and evaluation phases. *

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How will participants be recruited for your program? *

- Open to the public (participants will be recruited through general promotion)
- Targeted cohort (we have an existing client group, waitlist, or referral pathway)
- Closed group (participants are already identified)
- A combination of the above
- Other:

Events open to the public

Would you like your program promoted through Council channels (e.g. website, Active Inner West)?

- Yes No

Will your program involve a cost to participants?

- Yes - full fee applies
- Yes - subsidised fee (e.g. reduced cost for participants)
- No - the program is free
- A combination of the above
- Other:

If your event is not free, please provide details and justification, including any free or subsidised access options.

Will your program require access to an Inner West Council venue?

- Yes
- No (we have our own venue secured)
- Unsure / open to options
- Other:

Provision of Council venues is subject to availability and suitability

If you answered yes to the previous question, what is your preferred location(s):

(e.g. suburb or specific venue, if known)

Type of space required:

- Large hall

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- Small community room
- Outdoor location
- Other:

Storage requirements:

- No storage required
- Short-term storage (during session only)
- Other:

Considerations

Considerations may make your work more accessible and responsible, opening up opportunities for more people to participate and delivering better outcomes for your project.

What considerations will you make for your project

- Cultural Safety
- Accessibility and inclusion
- Transportation and access
- Participant safety and risk management (WHS)
- Environmental considerations

Think about what things could improve your project. You may like to add items to your budget that help you deliver on these considerations. A great example of important work around accessibility and diversity can be found here: https://content.acca.melbourne/uploads/2021/09/ACCA-Equity-Action-Plan-2020-2022_website.pdf Some ideas for reducing waste in businesses can be found here: <https://businessrecycling.com.au/research/>

How will you monitor participant outcomes and improve your program over time?

Max 150 words.

Budget

* indicates a required field

Budget

A detailed and realistic budget must be provided and should clearly outline all costs required to design, deliver, and evaluate the proposed program.

Budgets should align with the scope and outcomes of the program and demonstrate value for money.

Council is particularly interested in programs where funding will directly support delivery and participant outcomes.

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Eligible costs may include facilitator fees, venue hire, materials, insurance, marketing, and evaluation activities.

Applicants are responsible for managing the project budget and all associated costs.

Income Description

List all expected income sources (e.g. Council funding, participant fees, sponsorships, grants, in-kind support).

Indicate whether each source is confirmed or unconfirmed.

Where applicable, include details of any participant contributions or fee-based components.

Expenditure Description

List all expected costs associated with delivering the program.

Costs should be clearly linked to program delivery and outcomes. Where possible, group items into logical categories (e.g. facilitator costs, venue, equipment, marketing, evaluation).

Superannuation must be included for eligible contractors in line with ATO requirements.

Quotes must be uploaded for any individual expenditure over \$500. Supporting documentation is encouraged and may strengthen your application.

- Quotes must be uploaded for any single expenditure item over \$500.
- Supporting documentation is also encouraged.

Applications that do not demonstrate a clear and realistic budget aligned to program delivery and outcomes may not be considered competitive.

Total Amount Requested *

Must be a dollar amount.

Must be a dollar amount. You can apply for up to \$5,000.

Budget

Income Description \$

Expenditure Description \$

Income Description \$		Expenditure Description \$	
List the money you will source for the project (e.g. Council EOI, In-Kind Contributions, Other sources).		List all the items you will need to spend money on (e.g. facilitator/artist fees, venue hire, materials/equipment, marketing/promotion, insurance/licences, evaluation/reporting)	
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$

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	\$		\$
	\$		\$
	\$		\$

Budget notes/quotes

Please upload quotes for any expected expenditure over \$500. Providing quotes or supporting documentation for key costs (e.g. facilitator fees, venue hire, equipment) is strongly recommended and may strengthen your application.

Attach a file:

Supporting documentation

Please upload any documents that support your application. This may include: Facilitator CVs or qualifications, Evidence of program models or previous outcomes, Letters of support or partnership agreements, Sample program plans.

Attach a file:

e.g., example of previous projects, facilitator bio or other reference material.

Declarations

* indicates a required field

Child Involvement

Will your event potentially involve people under the age of 18? *

Yes

No

Child Safe Requirements

The Parties agree that performance of the project may include Child Related Work. For the purposes of this section, "**Child Related Work**" has the meaning given to it in the *Child Protection (Working With Children) Act 2012* and usually includes any work where the work involves, or is likely to involve, direct contact with a child or children and that contact is a usual part of and more than incidental to the work in connection with at least one of the specified categories of child related work.

Before the applicant organisation undertakes any Child Related Work, the applicant organisation must ensure that:

- relevant staff and volunteers hold a valid Working With Children Check and that verifications have been undertaken;
- relevant staff and volunteers have required child protection skills and knowledge and have attended relevant training and induction sessions;

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- it has in place appropriate child protection policies and procedures and such policies and procedures are updated to address any key changes under child protection legislation;
- any specific undertakings in its policy and procedures, such as training requirements, are being complied with;
- its Child safety risk management strategies are developed, implemented and regularly reviewed; and
- notification of any and all reportable allegations regarding staff of the applicant organisation are notified to Council as soon as the applicant organisation becomes aware.

The applicant must provide Council with any report reasonably required by Council relating to the applicant organisation's obligations under this section. The applicant accepts that Council may itself or engage a third party to undertake formal reviews of the applicant organisation's child protection policies, procedures and practices to assess compliance with relevant child protection legislation and the child protection requirements and will reasonably cooperate with Council or any such third party including provision of the information which is reasonably requested.

Please indicate whether or not this Child Safe requirement clause is applicable to your project/program/initiative? *

- Yes No

Declarations

How did you hear about this opportunity? *

I declare that to the best of my knowledge the information in this application is true and correct *

- Yes