



Tender proposal

Wellbeing Toolkit for Older People

Project Coordination

Duration of contract	October 2022 – January 2023
Days	30 days
Base	Remote with occasional travel
Deadline for submitting tender	5pm - 23 rd September 2022

The mission of ARI is to reach out to all older people to end loneliness through friendship and support. ARI is a national organisation of 443 local active retirement associations with an overall membership of 20,000 members. Our aims are:

- To promote older people as independent, self-organised and active members of their communities.
- To act as a voice for older people and their concerns at national level.
- To promote positive ageing attitudes in Ireland
- To provide support and information to the local associations of older people in our region
- To network the local associations for peer support and information sharing

As Ireland's largest community-based older people's organisation, Active Retirement Ireland (ARI) can be a powerful voice for not just its members, but for all older people. The local ARA can play a pivotal role in advocating for the most vulnerable people in the community, as well as its members.

Purpose of the Consultancy

Re-emerging into Light is a three-month wellbeing initiative which will consist of developing a peer-led wellbeing toolkit for older people through consultation on what activities ARI members have engaged in since re-emergence from lockdown. This information will then be used to co-design a wellbeing toolkit for older people that will highlight the variety of activities engaged in by older people that contribute to their wellbeing.

The consultancy will also identify current policy in the area of wellbeing for older people as a baseline.

9 workshops will be delivered in each of the regions that represent the ARI membership following the toolkit development. This targeted intervention is aimed at establishing a peer

led sustainable response to mental health issues experienced by ARI members during the Covid-19 crisis. Each workshop will highlight the benefits of physical activity, creativity and friendship towards maintaining positive mental health and well-being in older age.

This initiative is in line with Mental Health Ireland's three-year strategy "Mental Health for all – Hope, Strength and Action" supporting communities as we emerge from the Covid-19 crisis.

Budget and timeline:

- The total budget for this work is €20,000.
- It is expected that the successful applicant will begin this project by beginning of October 2022 and finish January 2023.
- The value of the tenders submitted must be inclusive of VAT and to cover the term of the contract. The price stated must be the total all-inclusive price for the duration of the tender.

Decision making procedure

- All tenders received will be reviewed by Active Retirement Ireland.

Tender assessment will be based on the following:

- Applicant's ability to demonstrate a clear understanding of the tender request.
- Applicant's understanding of the community and voluntary sector.
- Experience of having previously conducted similar projects.
- Quality of the tender document submitted, with clear timelines and project plan.

Evaluation Criteria

Proposals will be marked on the following criteria

1. **Candidate profile** – including the strength and relevancy of the candidates' background (20%)
2. **Quality of proposal** - including level of effort/details put into proposal and level of understanding of the scope (30%)
3. **Evidence of expertise** (10%)
4. **Proposal meets the Tender Brief** consisting of the methods to meet the stated objectives, and timelines (20%)

Tax Clearance – applicant must provide a Tax Clearance certificate and is responsible for their own tax return.

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Subject to Contract. Applicant will engage in a contract outlining their obligations and timelines as set out in this document.

Applicants can submit their tender to mkavanagh@activeirl.ie by September 23rd 2022.