

Appendix 2: Hitchin Belles Football Club

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	6134			
Name of Organisation	Hitchin Belles Football Club			
Organisation Type	Club			
Ward	Hitchin Bearton			
Project Type	Active / Youth			
Green option considered?	N/A			
NHC Councillor involvement that may constitute a conflict of interest	None known			
Previous financial support within six years	No			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,803	Total project cost	£2,303	
Officer Summary				
<p>Hitchin Belles Football Club (HBFC) is the largest grassroots girls football club in the country, with nearly 300 of their players from Hitchin - Hitchin Belles FC – The Biggest All-Female Football Club in the UK.</p> <p>In 2024, HBFC launched a wellbeing team to support players and coaches on and off the field, offering weekly guidance on menstrual health, nutrition, mental wellbeing, and injury prevention. To strengthen this commitment, they are seeking funding to train wellbeing volunteers and coaches. The proposed courses are outlined below.</p> <p>The Female Body - Guided Coaching Programme - The Well HQ : The Well HQ</p> <ul style="list-style-type: none"> £569 per person for 2 wellbeing volunteers Volunteers will cascade training to all others, equipping them to support female athletes with strategies tailored to their physiology <p>ADD-vance Understanding ADHD/Autistic Children and Young People</p> <ul style="list-style-type: none"> Two 2-hour online workshops at £375 each plus £25 bespoke supplement per workshop This course will be open to all their volunteers which is approximately 150 <p>GRIT - Growing Resilience in Teens: Coaches workshops</p> <ul style="list-style-type: none"> £365 for a series of four 90-minute workshops Covers support systems, mindset growth, physical & mental health, my rules and values. Coaches can then implement its principles while working with young people This course will be open to all their volunteers which is approximately 150 <p>£500 has been raised through sponsorship from Raymond James and Hitchin Digital.</p>				

*Funding will only be released on receipt and approval of all supporting documentation