

Appendix 3. Growing Resilience in Teens

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	CG-631			
Name of Organisation	Growing Resilience in Teens (GRIT)			
Organisation Type	Charity Incorporated Organisation			
Ward	Various			
Project Type	Wellbeing for young people			
Green option considered?	N/A			
NHC Councillor involvement that may constitute a conflict of interest				
Previous financial support within six years	£17,500 from the Community Investment Fund in February 2024 towards hiring a Fundraiser			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,200	Total project cost	£4,591	

Officer Summary

GRIT supports young people (aged 11-24) who are experiencing mental health difficulties through their evidence-informed and effective Four Corners Method. This combines Health and Wellbeing Coaching with non-contact boxing. Their 1:1 coaching and 12-week group programmes are life-changing, helping young people manage anxiety, build confidence, regulate emotions and develop resilience. In our region, they are seeing an alarming rise in referrals. Their programmes primarily take place at their gym space in Hitchin. They supported 585 young people in 2025 and anticipate over 700 in 2026.

To respond to referrals where children have increasingly complex needs, they are requesting funding towards developing a Coach-led Mentoring Programme that sits alongside their coaching services to provide:

- (1) an early-intervention, preventative service for young people who would benefit from relational support and a constructive physical outlet, but who do not meet the threshold for structured coaching for emotional dysregulation
- (2) an important continuation of support for young people who have completed GRIT coaching
- (3) breadth within their coaching and mentoring team to respond to the increasing pressures of complex behavioural needs and more referrals
- (4) access to their gym space for more young people and flexibility to respond to demand for their programmes from adjacent neighbourhoods.

Their network of trusted referrers will be alerted to the service and clear online information provided to young people and their families who may reach out to them directly.

The funding would be going towards the below training:

- Online Health and Wellbeing Coaching by Peak Health Ltd for 1 person - £1,434.00
- Health coaching supervision by Peak Health Coaching for 1 person - £1,620.00

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

- Online Ricky Hatton Boxing Training for 3 people - £537.00
- Four Corners Method Training delivered by GRIT staff within gym space for 8 people
- £1,000.00

They have chosen the providers of the training because of a mix for value for money, the relevance of the training and because of the unique aspects of what they need.

This training is to ensure that all of their coaches who will be called upon to potentially deliver the coach led mentoring are fully trained in all aspects of their programme and coaching. So that they can continue to deliver a fully flexible service tailored to the needs of each young person.

They anticipate that 700 young people from Hitchin, Letchworth and the surrounding areas will benefit. They have also requested £1,500 from Hitchin Community Forum towards this coaching. It is more than Letchworth as it is anticipated that there will be a higher percentage of young people from Hitchin.

There is also funding from Hertfordshire County Council Locality Budget going towards this project. This includes £350 awarded from Cllr Ian Albert's budget and £300 from Cllr Sean Prendergast's budget. The remaining £1,241 will come from fundraising.