

GOOD FOR GIRLS

PROGRAMME OVERVIEW PER LONDON YOUTH MEMBER

Up to £ 4,800 total funding for each organisation

2021, MARCH

Introductory training for youth workers: developing their understanding of good mental health practices and Talking Circles training.

2021, FEBRUARY

30 London Youth Members join Good for Girls.

2021, MAY

A small group of young women (5) progress to lead funded social action, planning begins on a mental health themed project in the club and community.

2021, MARCH

15 young girls and young women ages 10-14 engaged to take part in positive activities in their youth club.

2021, JULY

Groups pitch their social action idea for the funding to deliver their ideas and then complete the project over the summer holiday.

2021, JUNE

2 young women from the group are trained as Wellbeing Ambassadors at a Residential Trip.

2021, SEPTEMBER

Programme wraps up with a celebration and showcase.

TRAINING MARCH-JUNE

Youth workers receive a series of specialist, tailored mental health support trainings throughout the programme from Teen Yoga Foundation, Haptivate and Young Minds.

ACTIVITIES MARCH-SEPTEMBER

Positive weekly activities funded in sports and arts at the youth clubs.

Regular Talking Circles for girls and young women to talk about mental health and wellbeing.