

Application for the Sweaty Betty Foundation Girls' Panel

Would you like to use your voice to help girls get active? If so, we would love to hear from you!

We are recruiting a Girls' Panel to help our Foundation achieve our mission.

What is the Sweaty Betty Foundation?

The Sweaty Betty Foundation is the charity linked to the women's activewear brand, Sweaty Betty.

Our mission is to empower teenage girls to get active, and stay active, for life. Empowering women and girls is at the heart of everything we do. You can find out more about the Foundation [here](#).

We want girls from all backgrounds to guide all our work, which is why we are setting up this new group.

What will this group do?

- **Provide insight** - using your knowledge of what appeals to girls you will help us decide which projects to fund, create innovative ideas and make strategic decisions
- **Raise awareness** – to help other young people and adults understand our work and the difference that needs to be made to get more girls from all backgrounds active

What activities might you support with?

- Help us with our 'Girls on the Pitch' event where girls get to pitch their project ideas
- Help with our innovation Fund by suggesting projects and helping decide which to fund
- Work with some of our partners to help them listen to girls' voices
- Help us communicate about our mission, for example presenting to the Sweaty Betty staff team
- Help us choose new Trustees or staff
- Work alongside our Trustee board to guide our overall strategy and plans

How will the group work?

- The group will meet monthly via video call for around an hour (but we will agree these together as we might need to have a break over exam time)
- The group will have one or two face-to-face meetings per year, either at a weekend or in the school holidays, in either London, Manchester or Leeds
- You can choose if you want to do more work outside meetings, like helping with different projects
- Girls can stay on the panel for two years (so to the end of 2024)
- The Panel will be fully supported by Nicola and Sophie from the Sweaty Betty Foundation

What might you get from the experience?

- Be part of Sweaty Betty Foundation's efforts to get more girls active
- Gain experience working as part of a UK-wide team of girls
- Learn more about how charities and companies like Sweaty Betty work
- Practise skills such as researching and presenting
- Have some great skills and experience for your CV for college or job applications

You will have lots of support from Sweaty Betty Foundation staff with regular check-ins so do not feel you need to know anything to apply!

Who should apply?

We want to bring together girls with a range of experiences, perspectives and backgrounds. We know there are so many girls that do not feel physical activity is for them, so we especially want to hear from girls that don't like being active, or like it now, but didn't used to.

There are a few criteria which are that you need to:

- Be between 14 and 18 years of age on 1 January 2023
- Live in one of SBF's priority areas – London, Greater Manchester, Glasgow, Birmingham, Leeds, or Bradford
- Be happy to travel to London, Leeds, or Manchester up to twice a year (full travel and accommodation expenses paid for you and an accompanying family member or group leader)

We encourage applications from young people from all backgrounds, identities and lived experiences. We especially welcome applications from girls: who do not see themselves as "sporty"; are from lower income families; are Black or of South Asian heritage; living with disabilities; refugees or seeking asylum; are LGBTQ+; have personal experience of the care system; or are young carers.

We will make all adjustments where needed to remove barriers to participation (for example if you need an interpreter, accessible rooms, and travel etc).

Is it paid?

We know how valuable your time is. We will pay the London Living Wage (as set by the [Living Wage Foundation](#)) in vouchers of your choice for all panel meetings and any other agreed activities. We will also pay all travel expenses and accommodation costs in advance for the face to face meetings (likely around two per year). If you are under 18, someone will need to accompany you to the meetings, and if you are 18 you can choose if someone accompanies you and we will pay all their costs too.

It is important that you are aware that if you receive any government benefits, these may be affected by receiving vouchers from us. If this might apply to you, we can discuss this with you and provide further support through the application process.

How can you apply?

We encourage applications in any format, it could be a video, a voice message, a poster or a written document – it is up to you!

Whatever the format, we would love you to cover:

- Why you are passionate about getting more girls active
- A bit about your own experience with being active
- Why you want to work with other girls and the Sweaty Betty Foundation staff and trustees
- What you think you could gain from being on the Panel
- How you think you might be able to contribute your ideas and thoughts
- Your age and where you live (so we can check you meet our criteria)
- How much time you think you could give to the Panel

There are also two forms:

- Form 1: Some key information about you – you need to send this back
- Form 2: Some information about your background to help us ensure our process, and the Panel, is as diverse and inclusive as possible. This form, and each individual question, is totally optional.

Please send your video, audio, picture or document files and the forms to:

sbfapplications@sweatybetty.com

If any of the files are too big to email, then please send an email to the above address and we will send you a download link.

What will the process be?

We know you might want to find out more before applying and so we are planning to hold two optional short informal chats with Nicola Marshall, the Foundation's Director, in December.

We will review all the applications in early January and then invite girls to short, informal interviews with, Nicola, and one or two of the Foundation's trustees (you can find out more about us [here](#)).

The interviews will be online on Zoom or Teams and will be a chance for us to find out a bit more about you, and you to ask us more about the Panel.

We will then decide who to appoint to the Panel and aim to have our first online meeting in late January and our first face-to-face meeting in February half term.

Activity	Dates
Optional informal chats with Nicola	<ul style="list-style-type: none"> - 13 December at 5pm or - 14 December at 4pm
Deadline for sending in your application	<p>Sunday 15 January. You need to send:</p> <ul style="list-style-type: none"> - Your application in any format, covering the questions set out above - Form 1: Key information - Form 2: Diversity monitoring – this is optional
Interviews	After school, during week starting 23 rd January at a time which suits you
First online meeting	After school during week starting 6 th February and then each month at times to be agreed with the Panel
First face to face meeting	To be agreed with the Panel, during March or April

Form 1: Girls Panel – Application key information

Full name:

Email address:

Age on 1 January 2023:

Where you live:

Could you please answer the questions below:

	Your answer	Comments
I understand the commitment of being on the Panel		
I am happy to attend meetings each month online		<i>Let us know if you would need any help accessing online meetings</i>
I am happy to travel to face-to-face meetings, in either Leeds, London or Manchester up to twice per year		<i>Let us know if you have any concerns about this that we can help with – we will cover all costs in advance</i>
If I am under 18, I have discussed the opportunity with a parent or guardian and they are happy for me to apply		<i>Let us know if they have any questions as we will be happy to discuss the opportunity with them</i>
Email address of your parent or guardian		<i>After your application is submitted, both you and your parent/carer will receive an email acknowledging this</i>
I do not have a close family member who works for, or is a Trustee for Sweaty Betty or Sweaty Betty Foundation		<i>If you do then we can discuss the best way forward with you</i>
I agree for Sweaty Betty Foundation to process information about me in order for them to assess my application to become a member of the Girls Panel		
I will need some help getting online or attending meetings		<i>We really want to support everyone to take part so let us know what help you might need</i>

Form 2: Girls Panel - Diversity monitoring

One of the key principles of the Sweaty Betty Foundation is promoting and enhancing diversity and inclusion across all aspects of our work. We want to ensure that our Girls Panel is as diverse and inclusive as possible and particularly that it represents the women and girls that we are aiming to reach with our work.

To help us ensure our appointment processes is as inclusive as possible, we would love to know a bit more about your background. We will only use this information for recruitment to the Girls Panel to try and ensure the final Panel is as diverse as possible.

Every question is optional and completing this form is optional too – if you choose not to answer any question, or to not send the form back with your application, it will not affect your application

If you have any questions at all about the form, please email sbfapplications@sweatybetty.com

Full name:

1. What is your gender?

Female	
Male	
I prefer not to say	
I self-identify as	

2. Disability

Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?

Yes	
No	
I prefer not to say	

If you have answered yes to the question above, does your condition or illness/do any of your conditions or illnesses reduce your ability to carry out day-to-day activities?

Yes, a lot	
Yes, a little	
No	

3. Ethnicity, please choose one of the following options that most accurately describes your ethnic group or background (we know this section has a lot of different options so do ask us if you have any questions about it)

Asian/Asian British

Indian	
Pakistani	
Bangladeshi	
Chinese	

Any other Asian background, please describe:

Black African/Caribbean/Black British

African	
Caribbean	

Any other Black/African/Caribbean background, please describe:

Mixed/multiple ethnic groups

White and Black Caribbean	
White and Black African	
White and Asian	

Any other Mixed/Multiple ethnic background, please describe

White

English/Welsh/Scottish/Northern Irish/British	
Irish	
Gypsy or Irish Traveller	

Any other White background, please describe:

Another ethnic group

Arab	
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Any other ethnic group, please describe:

Prefer not to say

I prefer not to say	
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4. Sexual orientation

Bisexual	
Gay or lesbian	
Heterosexual	
Prefer to self describe	
I prefer not to say	

5. Religion or belief

Buddhist	
Christian	
Hindu	
Jewish	
Muslim	
Sikh	
Other	
No religion or atheist	
I prefer not to say	