

DECISION 1 –

## The benefits of seed grant programmes in light of COVID-19

For Champions participating in a seed grant programme, working to design and implement their own projects, can provide many benefits during COVID-19, including

### **TRANSFERABLE SKILLS**

In designing and implementing their own projects, Champions will have the opportunity to develop new leadership skills. These skills are transferable and will support them in finding future employment.

### **IMPROVED MENTAL AND PHYSICAL HEALTH**

Isolation and social distancing have caused an increase in mental health issues among girls and women. By participating in a seed grant programme, working together, even remotely or online, can support Champions to feel connected to their peers and reduce loneliness. Using sport, getting active and having fun will also work to improve the overall well-being of your Champions.

### **ECONOMIC OPPORTUNITIES**

With businesses typically closed during COVID-19 as a result of lockdown measures, the economic prospects of girls and women are often severely impacted as the industries that are typically female-dominated (e.g. hospitality) are forced to close. By participating in a seed grant programme and compensating themselves suitably for their time, the economic hardships can be eased. We have also seen that if a Champion needs the support of an additional coach or friend to support with their projects, they will provide further financial compensation, thus expanding the economic benefits of the programme beyond the Champions.

### **SUPPORT NETWORK**

COVID-19 impacts girls and women in a myriad of ways, including adverse effects on their personal safety, bodily autonomy and health. In particular, rates of sexual and gender-based violence and early forced marriage will very likely increase. By participating in this programme, both participants and Champions will have access to an extensive network that can support them during this time.