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## Empower Her Football Activity Fund (Greater Manchester)

Funding and Application Guidance – 2026

### **What is this fund about?**

The Empower Her Football Activity Fund supports projects that help more women and girls from underrepresented communities get involved in football.

We are especially keen to support projects that reach women and girls from:

- Ethnically diverse communities
- Faith communities
- Low-income backgrounds

The fund aims to help football happen locally, in places where women and girls feel safe, welcome and confident to take part.

### **We want to support organisations that will:**

Create Opportunities To Play:

- New football sessions for women and girls
- Sessions close to where people live
- Informal, friendly and welcoming activities

Support Female Volunteers:

- Training and support for women to help deliver sessions
- Developing local female role models

Support Role Models in Communities:

- Sharing stories of women and girls involved in football
- Inspiring others to get involved

Increase Awareness:

- Helping women and girls find out about football opportunities in their area

### **Who can apply?**

You can apply if you are:

- A community group or voluntary organisation
- A charity or not-for-profit organisation
- A sports club
- A faith group
- A public sector organisation

**Small, informal and volunteer-led groups are encouraged**

Your organisation **must be based in Greater Manchester or work with people who live there.**



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## Working together?

We welcome applications from:

- Groups working in partnership
- One organisation applying on behalf of a group or network of community organisations

## Bank account

- You need a bank account in your organisation's name
- If you don't have one, you can work with a partner organisation who can hold the money for you

If you need help with this, contact:

**Alice**, [alice.hughes@manchesterfa.com](mailto:alice.hughes@manchesterfa.com) (Manchester, Oldham, Salford, Stockport, Tameside & Trafford)

**Katie**, [katie.makinson@lancashirefa.com](mailto:katie.makinson@lancashirefa.com) (Bolton, Bury, Rochdale, Wigan)

## How much funding can we apply for?

- £250 to £2,500 per project
- Larger amounts may be considered for organisations applying on behalf of several groups or projects across Greater Manchester

## What can the funding be used for?

We can fund	We can't fund
<p>Facility hire:</p> <ul style="list-style-type: none"><li>✓ Pitch or hall hire to start new activities</li></ul> <p>Training and development for women</p> <ul style="list-style-type: none"><li>✓ DBS checks</li><li>✓ First aid training</li><li>✓ Safeguarding training</li><li>✓ Room hire for training sessions</li></ul> <p>Events and festivals</p> <ul style="list-style-type: none"><li>✓ One-off football events</li><li>✓ Activities that help girls move from school football into community football</li></ul> <p>Equipment</p> <ul style="list-style-type: none"><li>✓ Footballs, cones, bibs</li><li>✓ Boots for boot banks</li><li>✓ Shin pads</li><li>✓ Sports hijabs</li><li>✓ Starter equipment to help people feel welcome and included</li></ul>	<p>X Full-time staff roles</p> <p>X Building or improving facilities</p> <p>X Laptops, tablets or electronic equipment</p>



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## Project Examples:

Here are some examples of projects funded in phase 1 of the Empower Her Football Activity Fund:

- **Example 1:** The British Muslim Heritage Centre (BMHC) were a successful applicant in round 1, they received funding to set up a brand-new weekly girls-only football session at the Old Trafford Sports Barn. The BMHC wanted to specifically target young Muslim girls as they are a traditionally underrepresented group in football. The funding has contributed towards venue hire, upskilling and equipment.
- **Example 2:** Your Trust received funding to run football taster sessions at their family events over the summer. These sessions gave people the chance to try out fun, recreational football and also helped the organisation speak directly with girls and their mums about what they wanted. As a result, a weekly soccercise session for teenage girls and their mums is now taking place.

## Extra existing support to help your project succeed:

- The FA offers free and supported programmes for women and girls, including;

Wildcats: Primary School Age	Squad: Secondary School Age	Just Play: Women aged 16+
For 5 – 11 year-old girls who want to have fun, make friends and play football.	For 12 – 16 year old girls who want to play their way and build confidence.	For 16+ Women who want to 'Turn up and Play' Casual Football.
More information on these programmes can be found <a href="#">here</a>		

Organisations and groups who receive funding through the Empower Her Football Activity Fund, will be required to register activity on the FA's Book Football system. This comes with associated training courses and costs of anywhere between £30 - £100 depending on the programme requirements (Wildcats / Squad / Just Play). However, these costs can be covered by the Empower Her Football Activity Fund.

## Ongoing support

**You don't need to be a football expert.** We can support you every step of the way through:

- Women's Community Football Officers
- Community Champions
- Free training and resources
- Ongoing advice and support before and after funding

## How do I apply?

You can apply in whatever way works best for you:

- Online application form - [HERE](#)
- Written or typed form, emailed to: Alice, [alice.hughes@manchesterfa.com](mailto:alice.hughes@manchesterfa.com)
- Video or voice recording (up to 10 minutes), sent via WeTransfer to Alice, [alice.hughes@manchesterfa.com](mailto:alice.hughes@manchesterfa.com)



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## Need help applying?

Support is available if:

- You're unsure what to write
- English isn't your first language
- You need the application in a different format

## Contact:

**Alice**, [alice.hughes@manchesterfa.com](mailto:alice.hughes@manchesterfa.com) (Manchester, Oldham, Salford, Stockport, Tameside & Trafford)

**Katie**, [katie.makinson@lancashirefa.com](mailto:katie.makinson@lancashirefa.com) (Bolton, Bury, Rochdale, Wigan)

## Meet the funder support calls:

**Thursday 5<sup>th</sup> March, 12-1pm** – Access the call [HERE](#)

**Wednesday 6<sup>th</sup> May, 5-6pm** – Access the call [HERE](#)

## Application deadline:

We have two funding rounds available for this funding, with the deadlines for applications to be submitted and received, as follows;

**Application Round 1: 5pm on Friday 20<sup>th</sup> March**

**Application Round 2: 5pm on Wednesday 20<sup>th</sup> May**

We may contact you to ask questions or clarify details to support your application.

## When will we hear back?

You will be told the outcome of your application within 5 weeks of the deadline.

## Monitoring and learning:

If you receive funding, we will ask for:

- Short progress updates at 3, 6 and 12 months
- Participation numbers (with support from FA systems)
- A short case study sharing:
  - o What worked well
  - o Challenges you faced
  - o Impact on individuals and communities