

 **hey girls...**

we're good for sport...



how Wycombe Wanderers Foundation partnered with hey girls...

The Wycombe Wanderers Foundation teamed up with Hey Girls to help tackle the often-overlooked issue of periods in grassroots football. Lack of products, support or awareness continues to create unnecessary barriers to participation.

Hey Girls provided each coach with a First Period Kit, giving them a starting point for practical support and open conversations.

Through chats with coaches, we heard how some players had left training early or mid-match without feeling able to say why. That made it clear how important a safe, supportive environment is.

To raise awareness, the Wycombe Wanderers Foundation hosted a Period Awareness Workshop for local grassroots coaches, in partnership with Berks and Bucks FA. The feedback was fantastic. Coaches felt more prepared to talk openly about periods and support their players more effectively.



periods in sport



period dignity for communities



the need...

Through conversations with coaches, it became clear that many didn't feel confident supporting their players when it came to periods, not because they didn't care, but because they lacked the knowledge or weren't sure how to approach the topic.

The Wycombe Wanderers Foundation recognised how important it was to break that silence and provide coaches with both the confidence and practical tools to help their players feel supported.

the impact...

The First Period Kits are helping break down stigma. Their presence alone shows girls that their wellbeing matters and that coaches are there for them. It's a small step that builds support and confidence.

The impact is already visible. Thame United, for example, now provides kits to all their girls' teams. Seeing that ripple effect from one workshop has been hugely encouraging.

the products...



The Wycombe Wanderers Foundation purchased Hey Girls First Period Kits which includes essential products such as pads, tampons and education booklet.

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Arindam Bandral
Community Engagement Officer

about the team...

It's honestly been a brilliant experience working with Hey Girls. From the quality of the kits to the resources provided and especially how smoothly and quickly everything was delivered.

It's really helped to start a conversation that needed to happen, and the Wycombe Wanderers Foundation are looking forward to building on it next season.



Want to get the period dignity conversation flowing?
Say hey to the team now:
b2b@heygirls.co.uk

say hey...

www.heygirls.co.uk

 **hey girls...**

[@heygirlsuk](https://www.instagram.com/heygirlsuk)