This month, we’re celebrating a year since our launch as Young Women’s Trust and we’d like to offer a heartfelt thank you to all of our supporters. With your help, we have achieved a huge amount in 12 months - and we are more determined than ever to make a real difference to young women who are at risk of spending a lifetime in poverty.

**SCARRED FOR LIFE?**

Young women have told us how stuck and stigmatised they feel when they can’t access work or training and don’t believe that a better future is possible. Our work this year has drawn attention to the challenges these young women face, offered support and given them a voice.

Our public inquiry, Scarred for Life, has gathered crucial evidence demonstrating the extent and impact of young women’s worklessness. Most importantly it demonstrates that young women desperately want to work.

A small snapshot of our findings are summarised below:

### WHY WOMEN? NEETs in Numbers*

- **325,000**
  - Number of NEETs aged 18-24.
- **418,000**
  - Average time spent NEET aged 18-24.
- **2 YEARS**
  - 6.5%
  - AT RISK OF UNEMPLOYMENT, LOW PAY OR INSECURE EMPLOYMENT AGED 18-24.
- **3 YEARS**
  - 14.4%
  - MALE
- **FEMALE**

- Careers advice is often based on gender, reducing the opportunities available to young women.
- Almost half of young women did not find careers advice, provided at school or a Jobcentre, useful.
- 58% of young women have been prevented from applying for a job due to lack of confidence.
- One in five have been offered a job that paid less than the minimum wage.

- Women who have been NEET* are more likely to end up in jobs with no career prospects and reduced earnings.

We know it makes no sense to consign hundreds of thousands of young women to worklessness, totally wasting their talents and making them an economic burden on society.

*NEET = Not in Education Employment or Training

To read our full report and for more information on our public Inquiry please visit our website

[www.youngwomenstrust.org](http://www.youngwomenstrust.org)
What first inspired you to join our Advisory Panel?

I initially joined the panel as a way of meeting new people. I had been out of work for a while, was feeling isolated and depressed, and this offered me a chance to get out of the house. I learnt that the charity campaigns for all young women who find themselves lost with nowhere to turn. I joined so that I could tell my story and make a change for future generations.

To ensure young women are at the heart of everything we do we have employed two trainees this year who are members of our Advisory Panel. Nadine explains what she has learnt from her time so far with us.

What has been your favourite part of being a trainee at Young Women's Trust?

I have thoroughly enjoyed working with the team and learning about how charities are run. My favourite part was speaking face to face with young women across the country who have experiences of being NEET. Listening to their stories made me feel that I was not alone in my employment journey.

What will you take away from this traineeship?

I’d have to say when I was asked to be on the interview panel for a post in the fundraising department. Having the opportunity to read through cover letters and application forms from the perspective of an employer is something I’ll never forget, just how important it is to tailor your experiences to the job description you’re applying for. This will change the way I apply to any job in the future.

What would you change to help more young women who feel stuck and stigmatized?

I would make sure that all young women are aware of who to turn to for support and guidance and how to go about doing so. Information is not readily available for women to access and many don’t know it’s even there.

How would this have made a difference to you?

If I was given specific support tailored to my experiences and qualifications and was made aware of what different types of roles I could go into with these qualifications, I don’t feel that I would have been stuck for so many years. Agencies aren’t equipped in careers advice but only in meeting data requirements. This needs to change.

“What I'll never forget, just how important it is to tailor your experiences to the job description you're applying for. This will change the way I apply to any job in the future”

Nadine
I gained some interview tips from my coach which had not been bought to my attention before. She made me think about ways of calming my nerves in interviews and gave me greater confidence in myself and in interviews.

Lauren

A coach can be reached by text, Facebook or online messaging whenever is convenient for the client – no long waits for appointments, no travel to meet a coach and no cost for the client. We can already see that our coaches are making a real impact – helping build their client’s confidence in themselves and their ability to find work.

Over the past few months we have received some great feedback from young women who have used the service:

■ 90% of young women said it helped them feel more confident and that it made a difference to them in looking for work
■ Half of the young women said it made a difference to how happy they feel
■ 90% would recommend the service to a friend

“I gained some interview tips from my coach which had not been bought to my attention before. She made me think about ways of calming my nerves in interviews and gave me greater confidence in myself and in interviews”

Lauren

Our new online and telephone coaching service Work It Out has been running now for nearly six months and the early feedback has been hugely encouraging.

Our service puts young women who are struggling to find stable employment or training in touch with an experienced coach, who will listen to their challenges and help them identify clear steps to overcome them. The service’s flexibility and accessibility are the features that make it so successful in engaging the most marginalised young women in our communities.

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Lauren

If you know a young woman who could benefit from the service please contact:
0808 808 8099
07500553880
BBM – 7E32512
www.facebook.com/ywtworkitout
workitout@youngwomenstrust.org

“Work It Out has been absolutely invaluable to me. My coach has not only helped me to feel more confident and motivated in going for what I actually want to do and looking for a job, she also helped me to come up with a plan.”

Jenny
BEGINNING A JOURNEY

Lydia, our Participation Officer is responsible for making young women central to everything that we do and that their voices are heard. She shares her thoughts on how we have achieved that in our first year through our Young Women's Advisory Panel, and our commitment to growing that network over the coming years to create change.

“It is my responsibility and passion to ensure the voices of young women influence the decisions and choices we make as a charity and that they are heard where it matters most.

This September twelve young women, all members of our Advisory Panel, attended our weekend residential where they discussed how to get involved in campaigning for Young Women’s Trust, suggested ways to help with our social media work and shared their views on careers advice – an important subject for so many young women who struggle to find work.

Regardless of the adversities they’ve all faced, what seemed admirable to me was their burning desire to make sure that other young women wouldn’t go through the same experiences as they did.

Our members also took part in public speaking training. Although some were apprehensive about speaking in public at first, it was amazing to witness them growing much more confident in their abilities by the end of the day. Providing young women with the opportunity to improve their own skills and build confidence is an essential part of engaging with them.

The Advisory Panel is just one way that young women influence our work. At Young Women’s Trust we want young women to be at the heart of everything we do. Our continued commitment to listening to young women and enabling them to have a voice is part of what motivates me in my role. But the real motivation for me is having the pleasure of working with some fantastic young women and hoping that, in some small way, I’ve played a part in their journey for change."

YES, I WOULD LIKE TO GIVE A ONE OFF GIFT TO HELP MORE YOUNG WOMEN AT RISK OF SPENDING A LIFETIME IN POVERTY.

Method of payment

☐ Please accept my cheque/postal order/CAF voucher made payable to Young Women’s Trust

☐ I wish to pay by Debit/Credit/CAF card with the amount specified

Card number

Start date Expiry date Security code Switch issue number

Signature:

Date:

Make your gift worth more at no extra cost

☐ Yes, I am happy for all gifts of money that I have made to Young Women’s Trust in the past 4 years and all future gifts of money that I make to be Gift Aid donations

I declare that I pay an amount of income tax and/or capital gains tax, that is at least equal to or higher than the tax claimed by all charities and CASCs from HM Revenue & Customs on my donation(s) in each tax year. I also understand that taxes such as VAT and Council Tax do not qualify. Young Women’s Trust will reclaim 25p of tax on every £1 you give. Please tell us if your donations cease to qualify for Gift Aid.

THANK YOU FOR SUPPORTING YOUNG WOMEN’S TRUST

www.youngwomenstrust.org