It has been a busy year so far at Young Women’s Trust and we’ve made huge progress thanks to the generosity of our supporters. In March we launched our public Inquiry “Scarred for Life?” and in Spring we began expanding our coaching service, Work It Out, to reach more young women who are struggling with work and confidence.

As we hear from the young women we work with that our projects are having a real impact, we are more determined than ever to achieve lasting change for young women who are at risk of lifelong poverty.

1. What first inspired you to join our Advisory Panel?
I think it was almost like a transition from using the Work It Out service. I became more interested in the work Young Women’s Trust does, and really wanted to get involved. I wanted to raise awareness about the issues young women like myself face, and to hopefully inspire people with my own story.

2. What’s been your favourite part of being on our Advisory Panel?
The opportunities that are available I have enjoyed going to the House of Commons and being able to voice my opinion at the Low Pay Commission.
I have also enjoyed being in the initial planning stages for new initiatives such as the Local Networks. Knowing that once it’s in full swing it will make such a difference to more young women like myself and their communities.

3. What will you take away from your experience with us?
The many young women I have met who have a similar story to me, and being part of the Young Women’s Trust family whilst on the panel. It’s nice to see young women who have been through hardship now achieving great things. The unity of young women will also be a fond memory.

4. What would you change to help more young women who feel stuck and stigmatized?
More awareness of the issues young women face, this would prick people’s conscience and make them aware of facts that they otherwise wouldn’t know. I think more women should advocate for young women who are not in a position to have their voices heard. I know that hearing someone who had a similar story to me would have inspired me and given me more hope, that other people have experienced the same and come through it even stronger.
**“SCARRED FOR LIFE?” INQUIRY**

In March this year we launched the findings from our public Inquiry “Scarred for Life?”. Our report highlights the causes of young women’s worklessness and marked the start of our campaign to make sure this trend does not continue.

We saw that, despite what many people think, young women overwhelmingly want to work. We heard that they face far more challenges than young men and that being without employment or training is damaging their lives for longer, and more profoundly, than for men.

It is thanks to our supporters that we have been able to conduct this Inquiry. We now understand some of the key issues behind young women’s worklessness and can start to campaign for the change they need to find a way out of poverty. You can help us achieve change by visiting [www.youngwomenstrust.org/campaigning_toolkit](http://www.youngwomenstrust.org/campaigning_toolkit) to download your campaigning toolkit and help us raise awareness of the issues facing young women in your area.

**ROYAL PARKS HALF MARATHON**

We have guaranteed places available for this year’s Royal Parks Half Marathon in London. This is a great opportunity to join our team and help raise awareness and funds to support disadvantaged young women. Registration is £20 and your fundraising target is £350. This amount could allow us to train ten young women to be members of our Local Networks. We will provide you with a guaranteed running place, a fundraising pack, a Young Women’s Trust running vest and dedicated fundraising support and advice from our friendly events team. Email rebecca.richards@youngwomenstrust.org or visit [www.youngwomenstrust.org/royalparkshalf](http://www.youngwomenstrust.org/royalparkshalf) to register.

**WORK IT OUT**

It’s been one year since we launched our online and telephone coaching service, Work It Out. We are very excited to share some of the amazing feedback so far from young women who have used the service.

90% OF YOUNG WOMEN FELT MORE CONFIDENT.

“My confidence definitely improved from my sessions and I am sure that helped me get my retail job. It used to be difficult for me to open up with strangers”.

72% OF YOUNG WOMEN FELT MORE WORK-READY.

“She encouraged me to think about a proper new job that would use my skills rather than any old job”.

80% OF YOUNG WOMEN ACTED ON IDEAS DISCUSSED WITH THEIR COACHES.

“I was grateful for her suggestions about work placements and about doing a computer research course”.

If you would like more information on our Work It Out service please contact:

0808 808 8099  07500553880  BBM – 7E32512

[www.facebook.com/ywtworkitout](http://www.facebook.com/ywtworkitout)  workitout@youngwomenstrust.org

If you would like to get involved with Young Women’s Trust, or just want to stay informed about what we’re doing, please get in touch.

[youngwomenstrust](http://www.facebook.com/ywtrust)  @YWTrust  info@youngwomenstrust.org

To support our work visit [www.youngwomenstrust.org/donate](http://www.youngwomenstrust.org/donate) or text WOMEN to 82727 to donate £3*

*Texts cost £3 plus your standard network rate. Young Women’s Trust will receive 100% of your gift*