WORRYING TIMES

Our new report reveals a generation losing hope, as millions of young people struggle to make ends meet.

This year we surveyed young people and have found that more and more are on low pay and in insecure work. Millions of young people across the country are struggling financially, face money problems, workplace discrimination and worry about the future.

They’ve told us that they want to work and earn money. Much more needs to be done to improve their prospects and give them hope for the future. This means giving them the right skills and support to find jobs, ensuring decent and flexible jobs are available and changing the law to ensure under-25s are entitled to the same National Living Wage as everyone else. This would benefit businesses and the economy too.

45% OF YOUNG WOMEN ARE WORRIED ABOUT THEIR MENTAL HEALTH

ONE IN THREE YOUNG WOMEN HAVE BEEN OFFERED A ZERO HOUR CONTRACT

52% OF YOUNG WOMEN ARE WORRIED FOR THE FUTURE

ONE IN FOUR YOUNG WOMEN ARE IN DEBT ALL OF THE TIME

JUST 17% OF YOUNG WOMEN AND 28% OF YOUNG MEN SAID THEY FELT CONFIDENT

“I WORRY ABOUT MONEY ALMOST ALL THE TIME, BUT I HATE ASKING FOR HELP OR LETTING ANYONE KNOW I STRUGGLE. IT’S HUMILIATING, I DON’T WANT TO BE SEEN AS A STEREOTYPE.”

Pippa Rawlinson, Young Women’s Trust Advisory Panel Member
IN THE LAST YEAR YOU HAVE HELPED SUPPORT MORE THAN A THOUSAND YOUNG WOMEN TO FIND WORK

WHAT MAKES WORK IT OUT SPECIAL?

Work It Out is specifically designed to provide free support to young women to increase their confidence and help them when looking for work. Young women can use the service in their own time and from home. Without this flexibility, many would find it impossible to fit the service around their lives. It’s also completely personalised to make sure we tailor it to fit with their needs.

“MY COACH HELPED ME FIND SKILLS I NEVER KNEW I HAD. IF I HADN’T SPOKEN TO HER I WOULDN’T HAVE MY JOB TODAY.”

Leanne, Work It Out service user

“THERE IS NO DOUBT THAT THE SUPPORT WE PROVIDE IS NEEDED. MORE THAN ONE MILLION YOUNG WOMEN FACE A LIFETIME OF FINANCIAL, SOCIAL AND EMOTIONAL DISADVANTAGE BECAUSE THEY DON’T HAVE A JOB OR ARE IN LOW PAID, INSECURE WORK.”

“YOUNG WOMEN REMAIN MORE LIKELY THAN YOUNG MEN TO BE OUT OF WORK OR IN LOW PAID JOBS WITH FEW PROSPECTS, DESPITE ON AVERAGE DOING BETTER ACADEMICALLY THAN BOYS. THEY ARE ALSO MORE LIKELY TO REPORT ANXIETY, LOW SELF-CONFIDENCE AND MORE LIMITED ASPIRATIONS.”

“YOUNG WOMEN’S TRUST’S ‘WORK IT OUT’ SERVICE IS HELPING HUNDREDS OF YOUNG WOMEN TO OVERCOME THOSE BARRIERS TO WORK AND TRAINING, SO THEY CAN TAKE THEIR NEXT STEPS. WE’RE THRILLED THAT SO MANY OF THE WOMEN WE’RE SUPPORTING ARE GOING ON TO FIND JOBS AND WE HOPE TO SUPPORT MANY MORE WOMEN OVER THE COMING YEARS.”

Suzi Copland, Young Women’s Trust Services Director

THE TOP FIVE ISSUES RAISED IN COACHING SESSIONS WERE:

- Confidence: 70%
- Not being able to find work: 52%
- Being stuck / having challenges with work: 32%
- Wellbeing: 25%
- Mental health: 17%

80% OF YOUNG WOMEN FELT CONFIDENT

EVALUATION REPORT
I felt the need to find a job for multiple reasons. Not only did we need extra money but I also needed to feel stimulated in a different way to parenting. I felt that I had a lot to offer in the areas I’m passionate about.

At the same time, we couldn’t afford childcare, but I also wanted to be the person who my daughter spent her time with as I love being a full-time mum.

Such conflicting thoughts and feelings left me restless, emotional and frustrated. As a result, I spent many hours on Google trying to make sense of it all by trying to find a job that I could do from home. Unfortunately, I wasn’t finding anything that was satisfying my needs, which increased my anxieties until I started having Work It Out coaching sessions with Carole.

The five coaching sessions I had with Carole helped me to understand what I truly needed to do at the time. I was able to chat to Carole whenever it was convenient for me, which was often my husband’s day off (so he could look after our daughter) or during her nap time, when he wasn’t home. This arrangement worked great.

I felt connected with Carole and I was able to talk freely to her because she understood my conflicting ideas, thoughts and emotions.

Hearing myself speak meant that I was able to understand where I was coming from.

I internalised that stressing out about something that is not possible at that moment was unhealthy, but that it’s OK to allow myself to have those feelings as there were valid reasons behind them.

I realised that this is a journey. I needed to enjoy the here and now because I know that I will eventually reach my goals. I just had to ‘let go and let god’ as the saying goes and that was what the coaching sessions enabled me to do.

Such a shift in mind-set was exactly what I needed, at just the right time.

WHY I’M PASSIONATE ABOUT YOUNG WOMEN’S TRUST AND THE WORK IT OUT SERVICE

When I decided to start having coaching sessions, I felt stressed and a bit lost. I was five months pregnant and I was a stay at home mum to my daughter who was one year old at the time.

I felt the need to find a job for multiple reasons. Not only did we need extra money but I also needed to feel stimulated in a different way to parenting. I felt that I had a lot to offer in the areas I’m passionate about.

At the same time, we couldn’t afford childcare, but I also wanted to be the person who my daughter spent her time with as I love being a full-time mum.

Such conflicting thoughts and feelings left me restless, emotional and frustrated. As a result, I spent many hours on Google trying to make sense of it all by trying to find a job that I could do from home. Unfortunately, I wasn’t finding anything that was satisfying my needs, which increased my anxieties until I started having Work It Out coaching sessions with Carole.

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“FIVE MONTHS AFTER MY LAST COACHING SESSION, I’M A WORK IT OUT AMBASSADOR (YAY ME!). I FEEL MORE CONFIDENT, RELAXED AND POSITIVE THAN I HAVE IN A LONG WHILE.”

Deqa Abdi, supported by Young Women’s Trust
**GENDER PAY GAP BAKE SALE**

You can raise vital funds for struggling young women. Why not hold a Gender Pay Gap Bake Sale?

The gender pay gap between the amount women earn and the amount men earn is currently 18%. To raise awareness of this inequality our supporters are holding bake sales across the country, recommending that women pay 18% less than men for each cake they buy – the average amount they lose in earnings.

The Young Women’s Trust Gender Pay Gap Bake Sale is a chance to highlight how far we still need to go to achieve equality in the workplace as well as a chance to raise vital funds for our work, helping achieve fair financial futures for young women.

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**HOLD YOUR OWN BAKE SALE!**

Visit the website [www.youngwomenstrust.org/gpgbakesale](http://www.youngwomenstrust.org/gpgbakesale) to order your fundraising pack.

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**YES, I WOULD LIKE TO GIVE A GIFT TO HELP MORE DISADVANTAGED YOUNG WOMEN BUILD THEIR CONFIDENCE AND GAIN EMPLOYMENT**

Full name: __________________________
Address: _______________________________
Postcode: ____________________________

**Method of payment**

☐ Cheque/postal order/CAF voucher made payable to Young Women’s Trust
☐ Debit/Credit/CAF card. Amount: £______

Card number
_____________ ___________ _______________ _______________

Start date ____________________________ Expiry date ____________________________ Security code ______________ Switch issue number ______________

Signature: ____________________________ Date: ____________________________

Let’s stay in touch! We’d love to tell you how your gift is helping, and let you know other ways to get involved. Just tell us how you’d prefer to be contacted. You can update your preferences at any time, and we promise not to share your data with any other organisations for marketing purposes.

**Phone:**
Yes ☐ No ☐

**Email:**
Yes ☐ No ☐

**Mail:**
Yes ☐ No ☐

**Text:**
Yes ☐ No ☐

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☐ 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

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Please return using the enclosed envelope.
Young Women’s Trust
7-8 Newbury Street,
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THANK YOU FOR SUPPORTING YOUNG WOMEN’S TRUST

Young Women’s Trust is the operating name of YWCA England & Wales a registered charity, number 217868.

www.youngwomenstrust.org