Jean cared about supporting young women throughout her life. She gave regularly for over 15 years until she passed away in 2016. And she’s still helping young women, even now.

You see, Jean is one of the amazing people who chose to leave a transformative gift in her will.

Her £3,300 gift could give 11 young women a course of coaching. That’s 11 more confident, professional, independent women in the world, thanks to Jean.

If you’ve got high hopes for young women’s futures, leaving a gift in your will could help make them a reality.

Will you join the 39 other supporters who’ve told us they intend to leave a gift in their will?

Talk to one of our friendly team to find out more:
- www.youngwomenstrust.org/legacy
- lily.kendall@youngwomenstrust.org
- 020 7837 2019

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You help fund public speaking and media training, so that young women have the skills to tell their own stories. You help pay for childcare and travel so that young women, who otherwise wouldn’t be able to afford it, can meet politicians and campaign for change.

**WHAT YOUNG WOMEN WANT FROM GOVERNMENT:**

**Get more women into male-dominated jobs**

Young women went to Parliament, asking the government to encourage employers to hire more women into male-dominated jobs. There are plenty of legal ways for employers to attract more women. Employers can use job ads that target women, set up women’s mentoring schemes and set targets for recruiting more women. It’s called taking ‘positive action’. But most employers aren’t aware of these methods. We’re asking the government to encourage more employers to take ‘positive action’. Find out more at [www.youngwomenstrust.org/positive-action](http://www.youngwomenstrust.org/positive-action)

**Listen to young women’s experience and take it into account**

Young women shared their experiences of living on low or no pay with Andrea Leadsom, Conservative MP and leader of the House of Commons. Giving young women a platform to tell their stories to people in power is crucial. We need to make sure that the struggles young women face are considered when politicians make decisions on childcare, housing and work.

**Pay young people under 25 a fair wage**

In 2016, the government made it legal for under 25s to be paid less per hour than someone older. Rent, food and heating doesn’t cost less if you’re younger – so why should young people earn less? Labour MP Holly Lynch invited young women to Parliament to campaign for a fair wage for all. We want to change the law so the national living wage (currently £7.83 per hour) is extended to under 25s. Sign our petition and find out more at [www.youngwomenstrust.org/paid-less-worth-less](http://www.youngwomenstrust.org/paid-less-worth-less)
WHY I RUN

When Jenny left uni she had no parents to support her. She struggled with mental health problems and couldn't get started with a career – until she used our coaching service which helped her to build confidence and find work. Now she's running the Slough Half Marathon to raise money for other young women like her.

When I was growing up, every time I felt overwhelmed, stressed out, or just desperately sad, I would feel like taking off and running away. Sometimes I actually did run down the street, in whatever I was wearing, just for a few minutes, to try outrunning my problems.

Now I’m running because I’m supporting Young Women’s Trust. Because this organisation helped me through some really tough times. Times when I felt so alone and desperate.

My whole life, I always felt like I was waiting to ‘get’ where I was supposed to be. When things were tough, I’d think ‘some day I will be happy, and in a better place, and things will be good’. But I’ve realised that I have to make the ‘better’ happen, I can’t just wait to get there without putting in the work. I’ve also learned to appreciate the good things I have now, where I am.

I came out of uni an orphan, with no home to go back to, no family to look after me while I found my feet. I felt like that ‘better place’ I’d imagined just didn’t exist.

I applied for jobs, heard nothing or got rejections. I slept in late, stayed in my PJs most days, and sometimes couldn’t travel anywhere because I was broke. My mental health deteriorated. I felt completely stuck, and I just wasn’t getting anywhere with my job hunt.

Then one day at the job centre, two women asked if I’d like to get free coaching from Young Women’s Trust. I was matched with an amazing coach, and we had our first phone call on a hot summer’s day in 2014.

I was nervous before the call, not entirely sure what to expect, or if it would be helpful to me at all. Over an hour later I hung up feeling relieved, positive, and inspired.

Being able to talk to somebody about the things I’d been facing alone for so long, to open up about my fears of not finding a job, my worries about money, the emotions I’d been bottling up about my mum’s death and how that was affecting me, was honestly life-changing. Suddenly I had hope that things could get better.

Things did get better. I found a retail job. I became an ambassador for a social enterprise tackling youth unemployment. I even spoke on a stage in front of over 700 people!

In 2015 I finally landed a job in a national charity – my first step in a career I really want. It was thanks to the confidence I’d gained with the help of my coach, and the skills I had that we’d uncovered, that I made it.

Since then, I’ve stayed involved with Young Women’s Trust – attending meetings and events to share my views and story and receiving training and amazing opportunities with other wonderful young women.

I owe so much of who I am, and where I am now, to Young Women’s Trust. They gave me a lifeline when I felt hopeless, allowed me to use my voice and my skills to make a difference, and have been some of my biggest cheerleaders as I embark on the next steps of my journey.

So, I’m running not just for me, but for every other lost young woman. The ones who feel hopeless and broken.

You can donate to Jenny’s fundraising page by visiting www.justgiving.com/fundraising/yournbookbegins
London Landmarks Half Marathon 2019

Ready for a new challenge? Join our team and run a route like no other! On Sunday 24th March 2019, 10,000 runners will race through the heart of the capital. You’ll take in fabulous views of London’s most famous landmarks including Big Ben, St Paul’s Cathedral, Nelson’s Column, the Gherkin, the Shard, the Tower of London and the London Eye. You’ll be cheered along by live music and supporters in fancy dress throughout the route. Sign up or find out more at www.youngwomenstrust.org/london-landmarks-half-2019

Thank you!

You, our amazing supporters, are the lifeblood of Young Women’s Trust. Without the efforts of each and every one of you, young women like Jenny simply wouldn’t get the help they need.

Hannah, Joy and Luke took on the Three Peaks Challenge and raised an amazing £1,420!

Peter, Jedd, Edmund, Wayne and Mark raised an impressive £1,590 cycling 100 miles on a very damp RideLondon challenge!

Joe and Sarah raised £323 by hosting a birthday treasure hunt for their friends.

Parlour, a tattoo shop in East London, raised £710 with a special charity day.

Could you do something you love for Young Women’s Trust? Visit www.youngwomenstrust.org/fundraise for inspiration.