

young women's project

Impact Report

2026



Charity no: 1159197. Company no: 8993432

**We're here for young women facing life's challenges,
A lifeline behind a bright red door.
We are open arms, listening ears, and kind hearts.**

**When they've lost their spark,
We help them find their light again.
We remove the barriers,
remind them of their incredible potential,
and show them they can be anything they want to be.
We celebrate their strength, not their struggle.**

**We are a rainbow in the rain.
A light in their darkest hour.
A space where they can just 'be'.
We're a home visit or one-to-one session.
A group chat over hot chocolate and toast.**

**We're a safe space wrapped up in care and compassion.
It's here they can kick off their shoes,
and feel like they finally belong.**

**And when they leave?
They walk forward with confidence and
the courage to shape their future.**

**But they never truly leave.
They'll carry what they found here for the rest of their lives
and pass it on for generations to come.**

**Because when a young woman rings our doorbell,
what she finds on the other side isn't just guidance.
It's friendship. Solidarity.
And a lasting impact that
continues to shape who she becomes.**

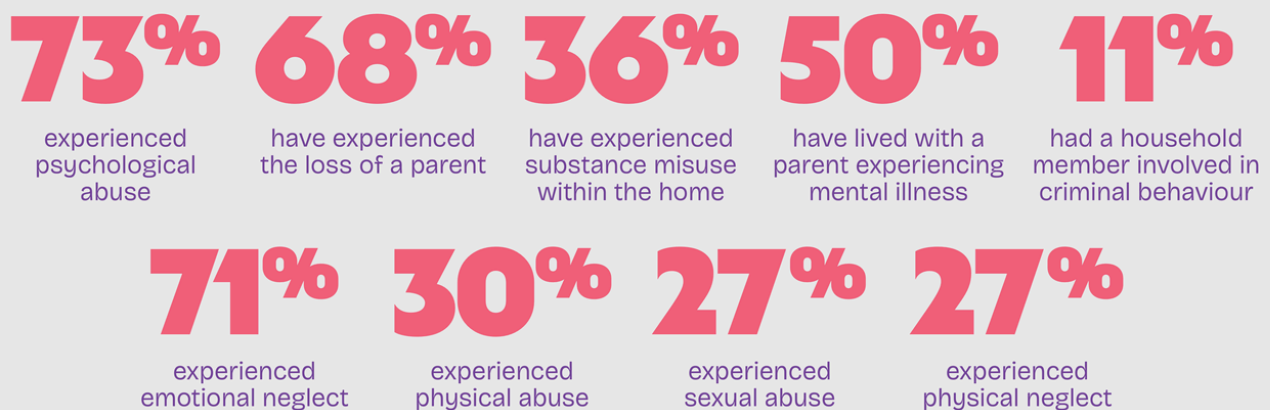
**We are the Young Women's Project.
And we're here to help young women shine**

**young
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project**

the reality for young women we support

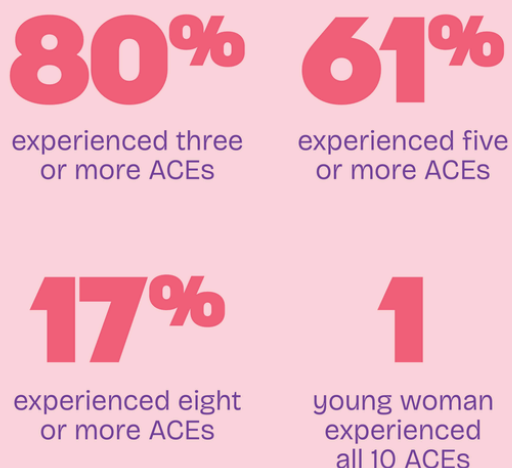
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101 Young Women Completed our Adverse Childhood Experiences (ACEs) survey in 2026.
422 Adverse Childhood Experiences disclosed.



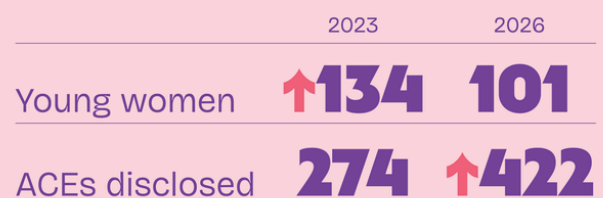
the trauma runs deep

Of the 101 young women:



need is growing

Of the 101 young women:



Fewer young women, but significantly more trauma!

why it matters

Behind every statistic is a young woman finding the courage to tell her story.

The Young Women's Project provides specialist, trauma-informed support that helps young women feel safe enough to speak, heal and build brighter futures.

In 2026

**The Young Women's
Project**

**Supported 197
young women**

**Recorded 2962
attendances**



**Delivered 663
group work sessions**

**Provided additional one
to one support
for young women who
needed it**

Case Study



The Journey of a Young Mum

At 17 and 22 weeks pregnant, X was referred to the Young Women's Project feeling scared and isolated. Her family were dealing with significant challenges, and she felt unable to turn to them for support.

X began attending our young mothers' group weekly, where she gradually gained confidence and found a safe, non-judgemental space to talk honestly about pregnancy, her relationship and her worries about becoming a mum.

After giving birth to her daughter, X returned to the group when her baby was just one week old. She spoke openly about exhaustion, anxiety and struggling with her mental health. X, her partner and baby were living in one bedroom at his parents' home, which she described as feeling like they were "living in a box."

We supported X to access the Family Hub sensory room, helping her get out of the house and enjoy positive time with her baby. Seeing her daughter happy and settled encouraged X to start taking her out regularly in the pushchair, reducing her isolation and improving her wellbeing. She also made an appointment with her GP to discuss her mental health, telling us that, for the first time, she felt she was "taking control of things."

A few months later, X and her partner secured their own flat. We supported them to access affordable furniture and create a safe, welcoming home. X says her mental health has improved, her relationship is stronger and they now feel like "a proper little family." X's journey demonstrates the difference that early, trusted and non-judgemental support can make. She has grown in confidence, sought help for her mental health, strengthened her relationship with her baby and created a more stable family home.

Most importantly, X had somewhere she could be honest about how difficult becoming a young mum felt, without fear of being judged.



Young Women's Achievements

Built confidence and self-belief

Young women who arrived withdrawn, anxious or feeling that they had little value, have begun speaking up, participating in groups and recognising their own strengths.

Improved their mental health and wellbeing

Learning how to understand emotions, manage anxiety, identify triggers, develop coping strategies and ask for help before reaching crisis.

Re-engaged with education and their futures

Young women have returned to learning, enrolled at college, explored employment, developed CVs and begun thinking positively about what comes next.

Developed healthier relationships

Understanding consent, boundaries, coercive control, domestic abuse and what respectful relationships should feel & look like.

Become safer

Young women experiencing abuse, exploitation or unsafe relationships have disclosed what is happening, accepted support, developed safety plans and made decisions to protect themselves.

Become more independent

Learning practical skills including budgeting, cooking, accessing benefits, attending appointments, managing tenancies and navigating services.



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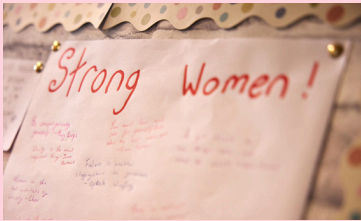


For more
information



**you
matter**

Charity number: 1159197. Company limited by guarantee: 8993432.



Become confident young mothers

Young mums have developed parenting skills, established routines, strengthened attachment with their babies, accessed childcare and learned to balance their own wellbeing with parenting.

Used their voices to influence services

Young women have contributed their experiences and ideas to consultations and local decision-making.

Become leaders rather than simply “service users”

Planning and evaluating their own groups, sharing experiences, supporting other young women and increasingly speaking directly to professionals and partners.

Recognised when they need help

An achievement that can easily be overlooked. Young women have learned that asking for support is a strength and that they do not have to manage difficult experiences alone.

Stayed engaged

Despite significant adversity many are dealing with combinations of poor mental health, trauma, disrupted education, neurodiversity, poverty, difficult family circumstances, pregnancy or unhealthy relationships. Continuing to attend, trust adults and work towards change is an achievement in itself.

Started to believe that their future can be different

Perhaps the biggest achievement. Young women have moved from “I can't”, “I'm not good enough” or “nothing will change” towards setting goals, making choices and recognising that they matter.



**"It's the thing I
most enjoy doing
in the week."**

**"My confidence when it
comes to talking to people at
school has grown... My social
anxiety is getting better."**

what young women say...

**"I love coming to the
group. It makes me feel
confident in myself and
every time I leave, I have
a big smile on my face."**

**"I finally feel like I
belong somewhere."**

**"It helps me get
my feelings out."**



"Staff consistently advocate for young women and ensure their voices are heard."

"The relationship-based approach used by Young Women's Project is exceptional."

what education professionals say...

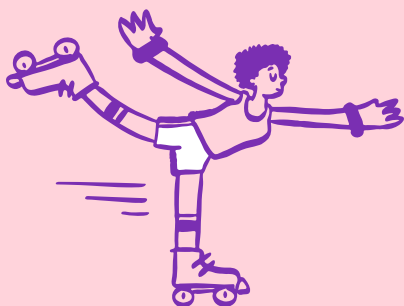
"We have seen clear improvements in attendance, confidence and emotional wellbeing."

"The project provides a safe and trusted space that many young women do not have elsewhere."

"The support complements school-based interventions and often succeeds where others have struggled."



Outdoor education along with learning new life skills . Enable young women and young mothers move forward with confidence and raised aspiration for the future.



you matter



The 1989 Willan Charitable Trust



Thank you

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