

# **Prince's Trust warns of fear of unemployment among young people**

**The Prince's Trust warns today that around half of young people in Scotland are scared of being unemployed as a result of the pandemic.**

The charity has now assisted one million young people in the UK and it calls on government charities and employers to prevent this being a 'lost generation'.

Over a third of young people think their goals are considered 'impossible to achieve' according to research which surveyed 2,000 16 to 25 year-olds in the UK.

The study also found that those who are not in education employment or training are more likely to have abandoned their ambitions for the year ahead.

## **Halima's story**



Halima Miah, (19), from Edinburgh told her story. After suffering several setbacks due to health concerns, Halima struggled to see a positive way forward. However, following her participation in The Prince's Trust's Girls Week, she has

rediscovered her sense of self-belief and looks to the future with optimism.

Halima struggled with her mental and physical health whilst at college, forcing her to withdraw from her course. A student at Edinburgh College, studying HNC Childhood Practice, during the semester, she noticed a decline in her mental and physical health.

These concerns, coupled with the pressure of academic success, made the situation untenable for Halima and she was forced to leave her studies behind.

Feeling directionless, Halima scoured the internet for opportunities but had little success in finding something that she felt confident and enthused enough to take part in.

She eventually came across a Facebook post about Girls Week – a week-long course run by The Prince's Trust aimed at promoting self-care, body positivity and mental wellbeing for young women – and was immediately interested enough to apply.

Halima had a fantastic time on the course, making friends, learning about mindfulness and gaining confidence. She felt that the support and encouragement of The Prince's Trust staff – such as her key worker, Amy, and the delivery team Sophie and Mo – enabled her to overcome any anxiety she had about participating in the course or engaging in the new activities she was exposed to.

It helped to restore Halima's positive mindset and she felt more assured and comfortable with herself. She was optimistic about her future again and then lockdown was announced.

Halima said: "Coping with being on lockdown has not been easy, there have been days where I am positive and days where I have been negative. However, I always try my best to keep myself occupied and keep calm, for example: I go outside every day for my daily walks which makes me feel better because I am

able to get fresh air and have a more positive attitude!

“I love listening to music at home and outdoors! I video call my friends and family to have a catch up with them since I cannot meet them in person. Amy from The Prince’s Trust has been a great support during lockdown. She texts me and calls me to see how I am doing and updates me with online classes which are taking place during lockdown. We had a video chat on Microsoft Teams and I loved it – it was really nice. Despite the last few months, I still feel optimistic about the future.

“I feel ready to re-enter education and hope to continue to study childcare and secure a part-time position in a primary school as a pupil support assistant.”

## **Prince’s Trust response**

As part of its response to the coronavirus crisis, The Trust has launched a ‘[Get Hired Jobs Board](#)’ to match employers with young people who are ready to work now, and has established a ‘[Coronavirus Support Hub](#)’ to provide guidance and resources for young people in the challenging times ahead.



Kate Still, Director, The Prince's Trust in Scotland says: "The Prince's Trust has been here for young people for 44 years, working closely with communities across Scotland to ensure that the opportunities young people need to make their way in life are brought within their reach.

"Our Central and South East team which covers Edinburgh, the Lothians, Forth Valley and the Scottish Borders, worked with over 1200 young people last year with three in four securing a job, enrolling in further education or training. We work with a number of organisations throughout these regions – schools, colleges, businesses, local government and other third sector partners – and by working together we have ensured that young people in the area will continue to get the support they need. Now, the number of people claiming unemployment benefits has risen due to the Covid-19 pandemic, we know that young people will be hit the hardest as they are more likely to work in the sectors most severely affected.

"That's why whilst we're incredibly proud of having reached our millionth young person, we've hit this milestone at a time

when the jobs market is in turmoil and the challenges facing young people are rapidly mounting. It's at this very moment in our organisation's history that the support we can offer to young people is needed more than ever. We're determined to do everything in our power to prevent a generation of young people from being left behind by the effects of this pandemic."