



# THE PRINCE'S TRUST NATWEST YOUTH INDEX 2022

# FOREWORD



This year's Youth Index presents an irrefutable truth; that the pandemic threatens to be a scar for life on the younger generation, unless we act now.

Our findings show that overall confidence and happiness of 16–25-year-olds across the UK has fallen to the lowest level in the report's 13-year history. For young people facing the most disadvantage and adversity – whether they are out of work, education or from poorer backgrounds – the situation is bleaker, with their wellbeing, confidence and life experience consistently worse.

Nearly a quarter of young people are telling us they

will never recover from the emotional impact of the past two years, highlighting increasing feelings of anxiety, burn out and stress as negatively impacting their wellbeing. One in five young people feel like they will fail in life and what is particularly stark is that those from poorer backgrounds are significantly more likely to think their life will amount to nothing, no matter how hard they try.

The findings suggest this downward spiral of anxiety, stress and poor confidence could have been caused by concerns about missing out on work or education opportunities, being unable to see family and friends and the current economic climate.

Without action, this will not only impact young people today, but their families and generations to come, hitting those facing the greatest adversity the hardest.

However, these challenges can be overcome. We know from experience that by empowering young people

and targeting support towards those who need it most, we can build the life skills, confidence and employment opportunities that enables young people to lead stable and fulfilling lives.

Working with partners like NatWest, during the pandemic we helped hundreds of entrepreneurs to stay in business and through its crucial support over more than twenty years, we're able to continue to provide vital support to young people facing disadvantage across the UK.

As this crucial time, we need businesses, government and individuals to work with us to ensure the threats of this report do not become a reality and deliver the chance to succeed that we believe every young person deserves.

**Jonathan Townsend,**  
UK Chief Executive,  
The Prince's Trust

# INTRODUCTION



The findings of The Prince's Trust NatWest Youth Index are an important reminder to us all of how crucial it is to prioritise young people's wellbeing and champion their potential.

Our partnership with The Prince's Trust has shown us the transformational impact the right support, advice and guidance can have on a young person's future career, but also on their outlook on life, their financial confidence and their overall wellbeing.

Over the twenty years of our partnership, together with The Prince's Trust we have helped thousands of young people from all backgrounds to overcome the barriers they face and develop the skills needed to start their own businesses. During the pandemic, we set up the Enterprise Relief Fund to give grants and support young entrepreneurs stay afloat, as well as supporting hundreds of our staff members to volunteer with young people across the UK to grow their confidence and skills.

This report makes it ever clearer the positive role employment can have on a young person's wellbeing. By continuing our partnership with The Prince's Trust, we can help empower even more young people into self-employment, enabling them to take control of their own work, finances and to feel positive about their future.

In this challenging time for young people, we are determined to make a difference in their lives, especially for those who face particular disadvantage. We know that building young people's confidence, their aspirations and their sense of purpose will allow them, their communities and our economy, to thrive.

**Alison Rose,**  
Chief Executive of  
NatWest Group

# BACKGROUND & METHODOLOGY

YouGov®

The Youth Index is a national survey that gauges the happiness and confidence young people feel across a range of areas, from working life to mental and physical health.

The findings are derived from the results of an online survey in which a sample of 2,106 16 to 25 year olds participated between 22nd December 2021 and 12th January 2022. The survey was conducted online by YouGov on behalf of The Prince's Trust. The figures have been weighted and are representative of 16 to 25-year olds in the UK.

## Methodology

Survey participants are asked how happy and confident they are in different areas of their lives. The responses are then converted into a numerical scale, resulting in a number between zero and 100, where 100 denotes participants being entirely happy or confident and zero being not at all happy or confident.

The results for 2022 have been mapped against the data from the previous 12 reports to give a high-level view of how the wellbeing and outlooks of young people have changed over time.



**11 per cent** of respondents are not currently in education, employment or training (NEET).

**66 per cent** of these have been unemployed for more than six months.



**Nine per cent** of respondents achieved fewer than five GCSEs graded A\* to C, or the new grading of 4 to 9, or Scottish Standards, levels 1 or 2.



**23 per cent** of respondents received free school meals either throughout their time at school or some of the time which, for the purposes of this report, is used as an indicator of low income.



# EXECUTIVE SUMMARY

The Prince's Trust NatWest Youth Index shows that young people's overall happiness and confidence has fallen to an all-time low.

The Index, which measures how young people feel across different aspects of their lives, has decreased by one point – from 69 to 68 – bringing it back down to the level first recorded in 2020, which was the lowest ever seen in the thirteen-year history of the study.

Index scores for almost all areas attributed to wellbeing are at their lowest to date. Young people are particularly worried about their qualifications and training, which is an area that saw some of the biggest drops in confidence and happiness. Other big concerns are work and employment, with confidence in this area having stagnated at its lowest level, and relationships with friends and family; for which the study measured a notable decrease in happiness.



## Scarring effect of the pandemic

The report reveals the long-lasting impact the pandemic has had on young people's wellbeing, with an alarming number of young people reporting a decline in their mental health. Many young people, particularly those who are unemployed and those who are from poorer backgrounds, feel as though they are set to fail in life.

- More than a fifth of young people (23 per cent) feel they will never recover from the emotional effects of the pandemic.
- Almost half of young people (48 per cent) report experiencing a mental health problem, with similar numbers stating their mental health had worsened during the pandemic (46 per cent).
- One in five young people surveyed (22 per cent) think they feel will fail in life, with this rising to a third among those who are NEET (34 per cent).
- Almost half of young people who are NEET (46 per cent) said being unemployed made them feel hopeless.
- Almost a quarter of young people from poorer backgrounds (21 per cent) and NEET young people (25 per cent) think their life will amount to nothing, no matter how hard they try.
- After emotional wellbeing, money is the area of young people's lives where they feel the least happy and confident, with 33 per cent of young people saying they are unhappy with the amount of money they have.

## Fears for future work

The way young people view their own employability as well as what they want from work has shifted in the wake of the pandemic, with many worried about how recent disruption to their education and employment will affect their long-term prospects.

- One in five young people (20 per cent) don't think their employment prospects will ever recover from the pandemic. This figure rises to more than a quarter among those from poorer backgrounds (23 per cent) and who are NEET (27 per cent).
- Half of young people who have missed out on school or work due to the pandemic (50 per cent) believe they'll be overlooked for jobs.
- Three quarters of young people who have missed out on school or work due to the pandemic (73 per cent) are frustrated at missing opportunities to help their future career.
- Almost half of young people (48 per cent) now consider the impact of a job on their mental health before accepting.
- Additionally, over a quarter (28 per cent) state they want their job to be pandemic proof, with one in five (19 per cent) stating that the pandemic has motivated them to start a new career.

## Relationships at risk

The pandemic has had a damaging impact on young people's social lives and relationships. The happiness young people feel in their relationships with both friends and family have dropped to the lowest levels on record, with many young people reporting feeling lonely as well as nervous about socialising.

- Four in ten young people (40 per cent) say they feel anxious about socialising with people because of the pandemic.
- More than four in ten young people (45 per cent) say that their social life has got worse since the start of the pandemic.
- More than a third of young people (36 per cent) say the pandemic has made it harder to make new friends.
- More than one in five young people (22 per cent) say the pandemic has made it more difficult to keep existing friendships.

## Pressures on young women

Young women's current happiness as well as their confidence in the future has dropped, with worries about their mental health and their outlook on employment contributing to this fall. Many young women feel that building confidence is key to helping them unlock their potential.

- A quarter of young women (26 per cent) don't think they will ever recover from the emotional impact of the pandemic, compared to 19 per cent of young men.
- Young women's overall wellbeing has dropped from 68 to 67 points, in a return to the lowest score ever recorded by this study.
- Half of young women (50 per cent) agree the pandemic has made their mental health worse, compared to 41 per cent of young men.
- A quarter of young women (25 per cent) feel like they are going to fail in life, compared to 19 per cent of young men.



# JACK DAVIES

**“My anxiety started to build up during the pandemic. I got rejected from hundreds of jobs - it felt like I wasn't wanted anywhere and that I wasn't going to have a future. ■■■**



Twenty year-old Jack struggled to find work for a year after leaving college.

“I had to finish college at home during lockdown and I struggled without one-to-one teaching. After that, I was looking for retail work, but felt frustrated that I was putting a lot of time and effort in for people to just look at my CV and never reply to me.”

Jack finally found a job in a local warehouse but had to leave after two days, as the negative environment at his workplace caused him to experience panic attacks. He joined The Prince's Trust Team course with South Yorkshire Fire and Police Service in Spring 2021.

“Team helped me to feel more confident in myself and make new friends. All the different activities we did helped me build up my confidence and strengths. The things I learnt on this course have truly made me into the self-motivated person that I am right now.”

During the course, Jake volunteered at a day centre for adults with learning disabilities. He thrived in this role and is now undertaking a health and social care apprenticeship at the centre.

“Everyone I work with is friendly and we work hard to make sure everyone's happy and that visitors to the centre get a warm family welcome. I feel I'm giving a lot back to my community.”

**“Before starting my job, my anxiety kept building up, but working here I feel calm. I don't ever want to leave now – I'm learning more and progressing on my apprenticeship. If you're struggling with your mental health, don't give up – go for opportunities you want that will help you get up on your own two feet. ■■■**

# YOUTH INDEX SCORES

Year	Work/ Employment		Home/ Accommodation		Community/ Local Area		Family Relationships		Relationships With Friends		Money		Qualifications/ Training		Physical Health		Emotional Health		Total Index Scores		Overall Index Scores
																					
2009	71	71	76	76	69	70	79	81	77	79	56	67	79	79	69	74	67	73	71	74	73
2010	70	70	76	75	69	69	81	82	78	78	56	66	77	76	71	74	70	71	72	74	73
2011	68	67	76	73	68	68	78	78	75	75	57	65	76	75	68	72	67	68	70	71	71
2012	70	70	78	75	69	71	80	81	77	78	58	67	77	76	71	74	67	70	72	74	73
2013	69	67	76	73	68	69	79	79	74	74	58	66	76	74	69	73	66	72	70	72	71
2014	70	67	76	73	70	70	79	79	75	75	58	65	76	74	69	72	67	72	71	72	72
2015	69	68	75	72	69	68	79	80	73	73	58	65	77	74	67	70	64	70	70	71	72
2017	69	68	75	71	68	68	77	78	73	73	58	65	76	74	65	70	61	67	69	70	70
2018	67	67	75	71	69	68	77	78	72	72	56	64	76	73	63	68	57	65	68	69	69
2019	68	68	76	71	68	68	77	79	72	72	56	65	76	73	63	68	58	64	68	70	69
2020	68	68	75	70	67	66	75	76	72	71	58	64	76	74	63	68	58	64	68	69	68
2021	67	66	76	72	69	68	77	78	74	73	60	65	77	74	65	69	56	64	69	70	69
2022	68	66	74	69	67	66	74	75	71	71	60	65	75	72	63	68	57	64	67	68	68

# WELLBEING ANALYSIS

## Happiness

The overall happiness young people feel in their lives is at the lowest level we have seen in our research. The score has dropped two points since last year to 67 and is five points off its highest peak of 72, which was last recorded in 2012.



This year, the largest drops in happiness are linked to how young people are feeling about their relationships with friends and family, their qualifications and training and their physical health. Of these, happiness with family relationships and also relationships with friends saw the biggest decreases, with happiness in both areas falling by three points.

Happiness in qualifications and training reached a new low this year with an index score of 75. Although money remains one of the lowest ranking areas in young people's happiness, it is the second year running in which emotional health is the aspect with the lowest score, with a score of just 57, compared to its peak score of 70 in 2010.

## Confidence

Young people's overall confidence is at rock-bottom, with a score of just 68. This score has dropped two points since 2021, making it even lower than the year the pandemic first hit the UK. The lowest scoring aspect of young people's confidence this year is emotional health, which has stagnated at a score of just 64.



The confidence young people feel in their qualifications and training is lower than ever, down two points this year with a score of 72 and a long way from its peak of 79 in 2009. Work and employment also continues to be an area of concern; the score in this area has flatlined at its lowest level over the last two years (66), having dropped two points from pre-pandemic levels (68 in 2020).

In addition to this, worries about relationships with friends and family, local community and physical health have all contributed to the fall in the overall level of confidence young people feel in their lives.



# PERSONAL CIRCUMSTANCE COMPARISONS

The overall confidence and happiness young people feel differs according to their varying personal circumstances and identities.

Unemployment, a lack of qualifications, financial insecurity and being from a Black, Asian or Other minority ethnic background or community are all factors that can contribute to a lower Index score. Of those who are affected by these factors, it is young people who are NEET who reported the lowest overall score this year.

For those young people from low-income backgrounds (who are indicated in this study as those who received free school meals), there is a six point drop in their overall Index score compared to the score of those from more affluent backgrounds.

Similarly, there is a five point drop between the overall score of those young people who did not achieve more than five GCSEs graded A to C (or Scottish Standards levels 1 or 2, or the new GCSE grading of 4 to 9) and those who did.

The findings also highlight a disparity between White young people and young people from Black, Asian and Other minority ethnic backgrounds and communities, with those from Black, Asian and Other minority ethnic backgrounds and communities scoring three points lower in their overall level of confidence and happiness.

The graphic below shows how differing personal circumstances and lived experiences affect the Index scores.



In education, employment or training

69



Never had free school meals

69



Received free school meals

63



More than 5 GCSEs graded A-C \*

68

Less than 5 GCSEs graded A-C \*

63

\*or Scottish Standards levels 1 or 2, or the new GCSE grading of 4 to 9)

White young people

68

Young people from Black, Asian and Other minority ethnic backgrounds and communities

65

Overall 2022 Index score: 68

# SCARRING EFFECT OF THE PANDEMIC

In the two years that have passed since the Covid-19 virus first reached the UK, the distress and disruption young people have experienced due to the pandemic threatens to leave lasting scars on their wellbeing as well as on their hopes for the future.

Alarmingly, more than a fifth of young people (23 per cent) in the UK say they will never recover from the emotional impact of the pandemic. In addition, the Index scores show that young people's confidence in their emotional health remains at its lowest ever level compared to previous years.

Almost half of young people (48 per cent) report experiencing a mental health problem, with similar numbers stating their mental health has gotten worse during the pandemic (46 per cent) or left them feeling

burnt out (48 per cent). More than a third of young people (36 per cent) revealed that the pandemic will have lasting impacts on their levels of stress, and that the pandemic has increased their anxiety (44 per cent).

After emotional wellbeing, money is the next area of young people's lives where they feel the least happy and confident. One in three (33 per cent) state they are unhappy with the amount of money they have and 47 per cent say they never have enough money at the end of month for savings after paying for bills.

## An uphill struggle

For those young people facing disadvantage and unemployment, the situation is even worse. Among those young people who are NEET, a quarter (23 per cent) report that they constantly feel anxious compared to 16 per cent of young people overall. For those from poorer backgrounds, this figure rises to 18 per cent.

## Sentiments expressed by young people:

### I think I'm going to fail in life



22 per cent of all young people



34 per cent of NEET young people

### My life will amount to nothing, no matter how hard I try



21 per cent of all young people



25 per cent of NEET young people

### Being unemployed makes me feel hopeless



46 per cent of young people who are out of work or education



# ISAAC LANGRAN

“Before getting involved with The Prince’s Trust, I had very little self-confidence. Now, I feel ready to tackle anything.”

Throughout the pandemic, Isaac struggled with his mood and self-confidence. After finishing his studies, he was unsure of his next steps.

“I have autism and find it helpful to have clear routines in place. The disruption to my routines caused by the pandemic affected my academic performance and also impacted my mental health in a really bad way. When I finished studying, I was unemployed with no work experience. Being at home constantly was getting me down and I didn’t feel like any of my goals were achievable.”

Isaac heard about The Prince’s Trust and signed up for a six-week programme that he hoped would help him to boost his confidence and learn new skills.

“I was very nervous at the start of the course. Travelling to Cardiff to meet people was a huge change for me, as most of the work and interactions I’d had for more than a year had been online. However, as soon as I met everyone on the course, a lot of my fears went away.”



During the programme, Isaac realised that trying new things lifted his mood. At the end of the course he wanted to do more, so he signed up for a retail programme with The Prince’s Trust that was run in partnership with M&S.

“I have never had a job before and didn’t have the confidence to engage with unfamiliar people. I am shy, so on the first day I was nervous about how to answer customer questions. Being treated like an employee and being given that responsibility was a huge boost to my confidence. I now have 160 hours of work experience to put on my CV and feel really positive that I can secure my first ever job as a result of everything I have learned.”

# FEARS FOR FUTURE WORK

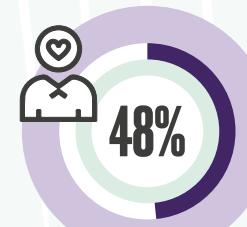
The pandemic has directly impacted young people’s attitudes to work, with many feeling worried about their future prospects and reassessing what they want from a job.

Concerningly, one in five young people (20 per cent) don’t think their employment prospects will ever recover from the pandemic. For young people who are NEET and young who are from poorer backgrounds, the outlook is even more bleak, with a quarter of young people in these groups believing their employment prospects won’t ever recover (27 per cent and 23 per cent, respectively).

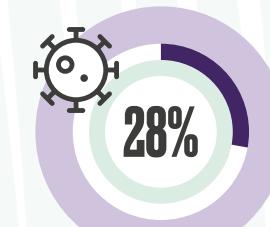
Half of all young people who have missed out on school or work due to the

## Changing priorities

The following findings show that young people’s priorities in what they want from work have shifted as a result of the pandemic:



Almost half of young people (48 per cent) now consider the impact of a job on their mental health before accepting.



A quarter of young people (28 per cent) state they want their job to be pandemic proof.



One in five young people (19 per cent) stating that it has motivated them to start a new career.

pandemic (50 per cent) also believe that they will be overlooked for jobs in the future. Sadly, these concerns are once again heightened for young people from poorer backgrounds (54 per cent) and those who are NEET (56 per cent).

Almost three quarters (73 per cent) of young people who have missed out on school/ work due to the pandemic are frustrated at missing opportunities to help their future career.

An additional consideration among NEET young people is how isolating looking for work can be; with more than a third (38 per cent) reporting that struggling to find work makes them feel lonely.

# JESSICA WALLIS

“It was honestly a really difficult thing to be unemployed during the pandemic. I felt all of my chances to do something I was passionate about were gone and it was time to give up. ■■■

Jessica was unemployed for much of the pandemic and prior to that worked in hospitality and retail.

“I found it hard to keep my mental health in check - I would make myself a schedule for each day and try to stick to a routine, but it's hard when you know you're waking up every day with nothing to do.

“I've wanted to work in the media industry for as long as I can remember. When some restrictions lifted, I started to apply for entry level roles and internships, but they were all asking for experience, which I didn't have. It was so disheartening.”

Jessica jumped at the chance to get a place on The Prince's Trust and Ant and Dec's Making it in Media programme, so she could get the experience she needed to launch her career in the entertainment industry.

“The programme was brilliant and everyone was so welcoming. We heard



from professionals in the industry, got some much-needed hands-on experience and even met Ant and Dec, who were lovely. On top of that, my confidence grew so much.

“I ended up working with ITV for three months as a runner, which was just the best experience. We did location shoots and I actually worked with Ant and Dec again on Saturday Night Takeaway, which is a show I love. I'm really excited to be starting another part-time role with ITV next month.”

“The entertainment industry is a really hard one to get into, but The Prince's Trust helped me get my foot in the door. In the future I'd love to be a producer or presenter and I now feel like this could be possible. ■■■

# RELATIONSHIPS AT RISK

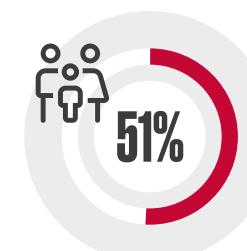
The happiness young people feel in their relationships, both with friends and with family, has dropped three points since 2021 to the lowest levels on record. Relationships with friends are a particular concern for young people, with the happiness score in this area being 71, in stark contrast to the highest recorded score of 78 in 2010.

The pandemic has shaped how young people view the relationships they have with friends and family and has also impacted their outlook on establishing new relationships. Four in ten young people (40 per cent) say they still feel anxious about socialising with people

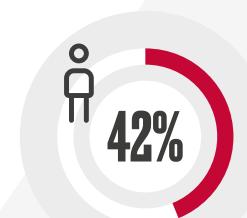
because of the pandemic and more than a third (36 per cent) say the pandemic has made it harder to make new friends.

More than four in ten young people (45 per cent) say that their social life has got worse during the pandemic, and one in five (22 per cent) say the pandemic has had a long term negative impact on keeping existing friendships.

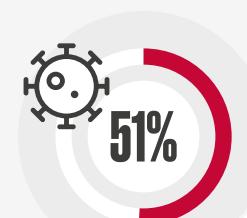
These could be some of the factors that contributed to more than one in three young people (35 per cent) reporting that they have never felt more alone during the pandemic, and more than half (57 per cent) stating that being around people is important for their wellbeing.



More than half of young people (51 per cent) say they feel they've missed out on spending time with family and friends.



More than four in ten young people (42 per cent) say that they've missed out on the ability to form new relationships due to the pandemic.



More than half of young people (51 per cent) say due to the pandemic they've spent a lot of time on their own.

# PRESSURES ON YOUNG WOMEN

This year's findings suggest that young women are more likely than young men to have experienced a decline in their wellbeing and to feel worried about their future prospects.

The Index shows that young women's overall wellbeing has dropped by one point, from 68 to 67, in a return to the lowest score ever recorded in the thirteen-year history of this report, last seen in 2020. Areas of particular concern for young women are their mental health and their work and employment, where their happiness and confidence scores were notably lower than those of young men\*.

A fifth of young women (22 per cent) worry that the pandemic has caused a lasting negative impact on their self-worth, compared to 15 per cent of young men, and almost half of young women in

education, employment or training (47 per cent) acknowledge that building more self-confidence is key to helping them take their next steps, compared to 32 per cent of young men.

Some of the ways in which young women feel they could improve their confidence include having access to more support and inspiration. Half of young women (50 per cent) agree that having a mentor would improve their confidence in their future, while 49 per cent said seeing young people like themselves achieve their goals gives them confidence.

Whilst there might be various reasons for the differences in scores for young men and young women, and all we are reflecting is an individual's own perception of their wellbeing, the Youth Index shows some significant differences between men and women.

## Sentiments expressed by young women, compared to young men:

Statement	Young Women	Young Men
I feel more anxious now than before the pandemic	50%	39%
My mental health has got worse during the pandemic	50%	41%
I will never recover from the emotional impact of the pandemic	26%	19%
I always or often feel lonely	39%	32%
I feel like I am going to fail in life	25%	19%
I don't feel in control of my life	34%	28%

\* Whilst we cannot be sure of the reasons behind these differences in results, the Index scores showed that young women had a confidence score of 61 in their mental health compared to 67 in young men, and happiness score of 54 compared to 61 for young men. In the area of work and employment, young women had a confidence score of 64 compared to 68 in young men, and happiness score of 67 compared to 69 in young men.



# MOLLY'S STORY

**“**I was absolutely terrified of getting a job and thought I'd be on Universal Credit for the rest of my life - I now know I have a lot to offer employers and I really enjoy working. **”**

Molly has had an incredibly difficult couple of years. In the summer of 2020 her mum passed away, and up until that point Molly had been focused on being her full-time carer. The loss of her mum, combined with the pandemic, took a toll on Molly's mental health and she struggled to find a way forward.

“I got to the stage where my anxiety stopped me from going out. It wasn't just the anxiety of socialising; I was also anxious about getting Covid. I knew though if I didn't push myself to get a job, I'd get stuck in my comfort zone at home.

“After talking to my job coach, I decided to sign up for a Kickstart placement that is supported by The Prince's Trust to gain some work experience in sales with TJX. Although I was nervous to start, I soon realised it was going to be great – it gave me structure in my day, got me out of the house and I met my lovely colleagues, who have been really supportive.



“As well as working for 25 hours a week in the TJX store, I take online courses with The Prince's Trust on topics like budgeting, CVs and interviewing, which will help me get a job after this. I also get one to one support from The Trust when I need it, which helps with my anxiety.”

**“**To think of how far I have come since the start of the pandemic makes me feel really proud. Having this opportunity to gain the experience I need without diving straight into a 40 hour a week job has been brilliant. **”**

# ABOUT THE TRUST

The Prince's Trust believes that every young person should have the chance to succeed, no matter what their background or the challenges they are facing. We help those from disadvantaged communities and those facing the greatest adversity by supporting them to build the confidence and skills to live, learn and earn.

The courses offered by The Trust help young people aged 11-30 to develop essential life skills, get ready for work and access job opportunities. We support them to find work because having a job or running a business can lead to a more stable, fulfilling life.

Since The Trust was founded by The Prince of Wales in 1976 we have helped more than a million young people across the UK, and three in four of those we supported over the last five years have moved into work, education or training.

We are committed to enabling even more young people to create a better future for themselves. By helping young people today, the benefits for them, their communities and the wider economy will be felt for years to come.

Further information about The Prince's Trust is available at [princes-trust.org.uk](https://princes-trust.org.uk) or on 0800 842 842.

## Acknowledgements

The Prince's Trust would like to thank the young people who are featured as case studies in this report. The Trust would also like to thank NatWest for supporting this research and YouGov for conducting the Youth Index.

**YouGov**



## **Find out more about The Prince's Trust**

Visit: [princes-trust.org.uk](http://princes-trust.org.uk)

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