I|J

INGHAM JONES

FOUNDATION

PASSING IT FORWARD

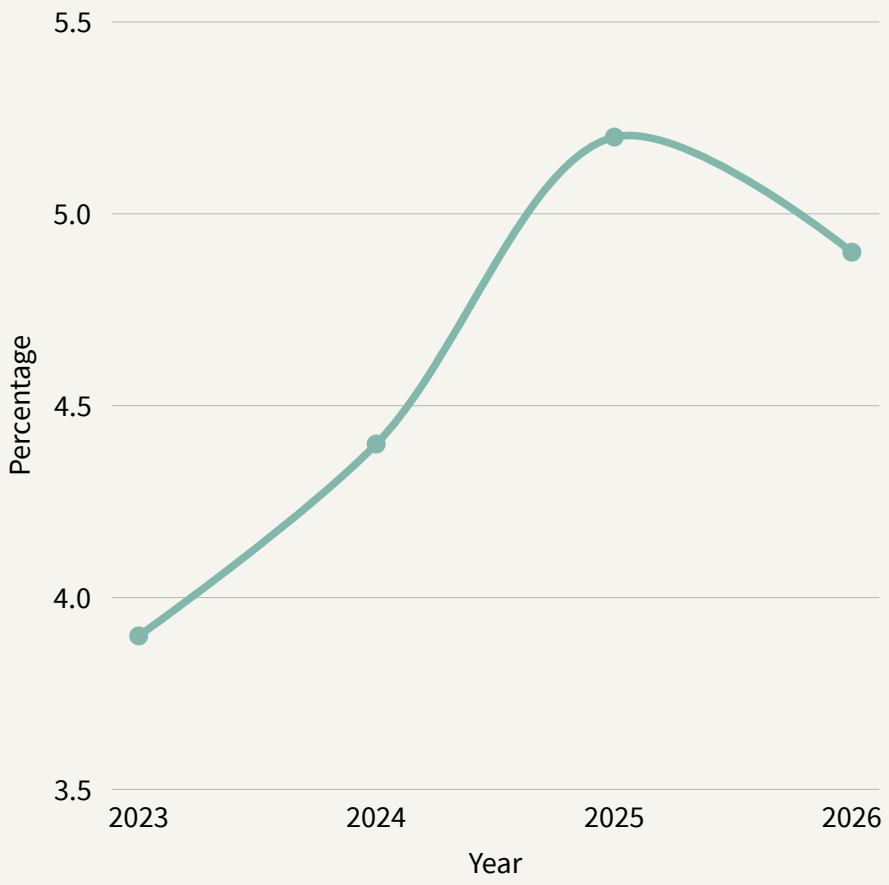
The IJ Foundation was established with a simple purpose: to give back to the local community.

OUR GOAL

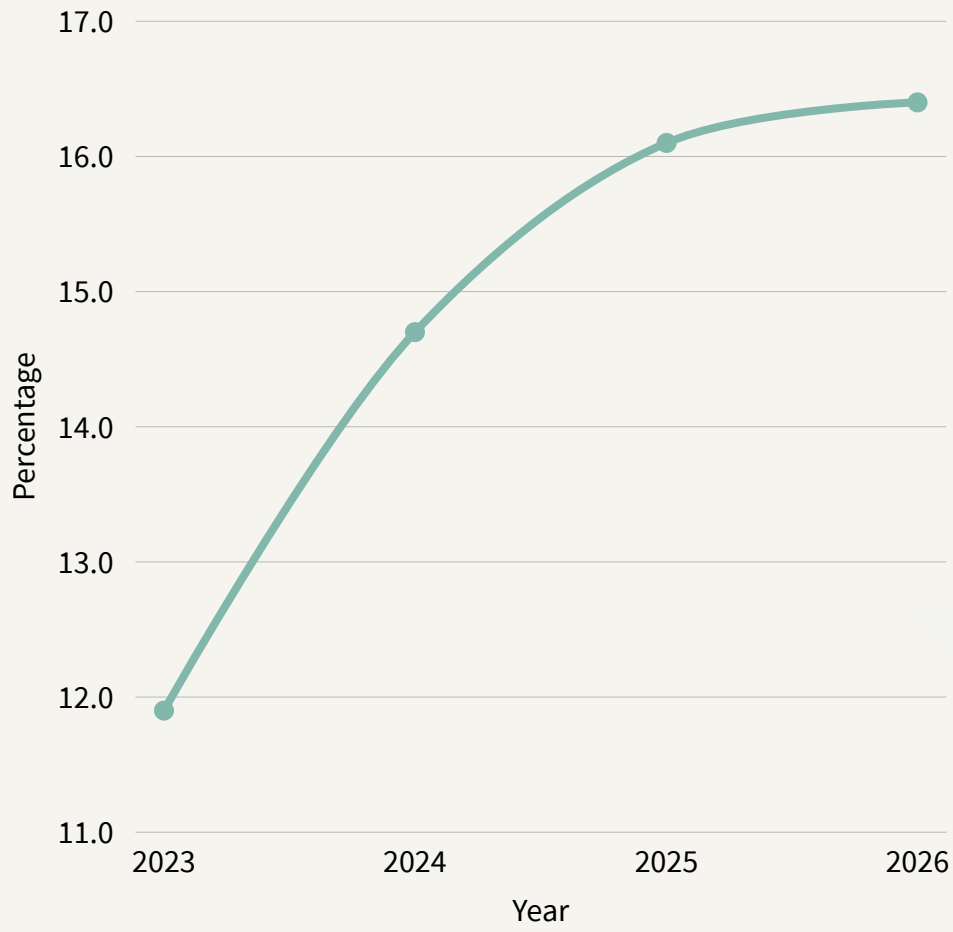
The Foundation’s main goal is to support young people from a variety of backgrounds in our local community as they transition from education to careers. We aim to inspire and educate them through regular talks, workshops, activities, and mentorship programs focused on essential skills for the working world.

UK EMPLOYMENT RATES AND TRENDS

The unemployment rate increased from 3.9% in 2023 to 4.9% in July 2026.

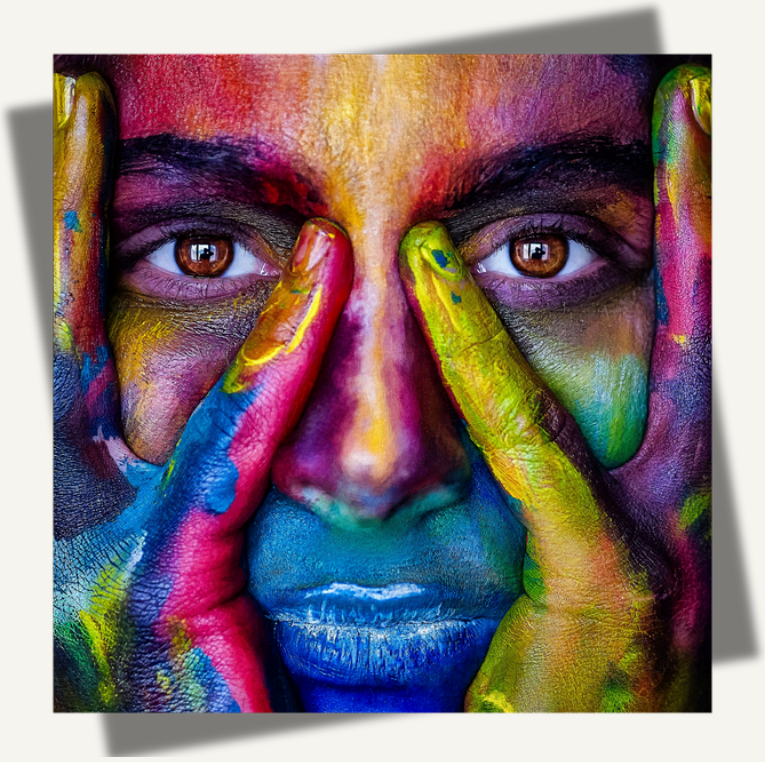


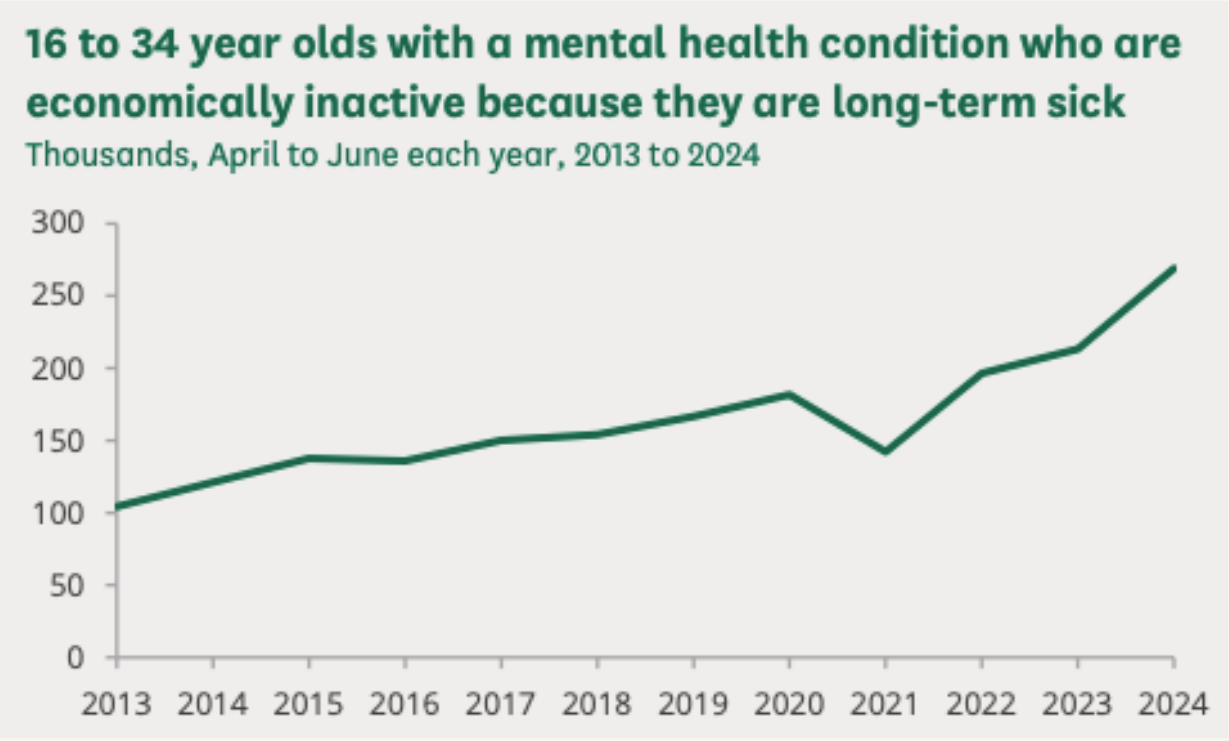
The unemployment rate for 16 to 24 year olds increased from 11.9% in 2023 to 16.4% in July 2026.



Statistics sourced from Office for National Statistics

INACTIVITY DUE TO MENTAL HEALTH





Since the onset of the pandemic, there has been a rise in the number of young adults who are economically inactive due to long-term illness, primarily driven by mental health conditions.

The accompanying chart illustrates the number of individuals aged 16 to 34 with a mental health condition who are economically inactive due to long-term sickness. It’s important to note that their inactivity may not solely stem from their mental health issues, as it could also be related to other long-term illnesses.

Nearly 1 in 4 people out of work due to ill health are under 35

Yound people with mental health conditions are 5x more likely to be economically inactive

OUR SERVICES

The Foundation's primary objective is to provide guidance to young people in the local community by offering advice and support in their transition from education to their careers. We want to inspire and teach them through regular talks, workshops, activities, and mentorship schemes on these foundational aspects of the working world.

CAREER TALKS



We welcome professionals from diverse industries to conduct talks in our quarterly support sessions.

This initiative showcases the numerous career paths available to students after graduation. We encourage students to start evaluating their motivations and career goals during this important phase of their lives.

CV WRITING AND LINKEDIN WORKSHOPS



In our CV and LinkedIn workshops, we cover the essential tools required to craft an effective and functional CV and LinkedIn profile.

From highlighting the key components of a CV to offering tips on enhancing its appeal to potential employers, we equip students with valuable insights on how to make their profiles stand out.

INTERVIEWING WORKSHOPS



Our interview workshops aim to help young students prepare for interviews and familiarise themselves with the process before meeting potential employers.

We focus on essential techniques, as they are crucial to success, and our goal is to instill best practices and boost confidence for the interview experience.

HOW TO SUPPORT US

FACILITATE

We are seeking volunteers, including professional role models and facilitators, for our workshops. If you're interested, please reach out to us via email.

foundation@inghamjones.com

DONATE

If you’d like to contribute to the growth of our programs, and the scope of our reach, we would greatly appreciate your donation.

PARTNER

The Foundation is committed to building lasting relationships with schools, colleges, universities and like-minded organizations, so please feel free to reach out to discuss partnerships.

Ingham Jones | Foundation | Contact Us



020 3355 9912

The Dock Hub, Wilbury Villas,
Hove, BN3 6AH

foundation@inghamjones.com

www.inghamjones.com/foundation

WWW.INGHAMJONES.COM/IJ-FOUNDATIONS