

Right now, one in four teenage girls in the UK is depressed. Self-harm is on the rise, and self-esteem levels for young women plummet during high school. These problems are getting worse for young women in the UK. We want to change that.

Girls Rock London believes that joy is a revolutionary force. We improve girls' self-esteem through empowering them to make music, take up space, try new things, work together and make noise!

At our rock camps every summer, girls work together to learn an instrument, form a band, write a song and perform it at a gig...in just six days. Parents have told us that our camps are truly life-changing for their daughters, and now we're looking for our first regular donors to let us reach more young women and gender non-conforming youth.

If we can raise £10,000 a year, we'll be able to run activities all year round, changing the lives of more girls and reversing the huge drop in young women's self-esteem.

Help us make it happen – donate £10 a month to change a girl's life

FAQs

What will I get in return for my donation?

The most important thing you will receive in return for your donation is knowing that you are part of a community that is having a real impact on the lives of girls and women in this city. Our work is life-changing and we couldn't do it without your support.

In addition, if you donate a one-off amount you will receive:

- A specially designed thank you card illustrated by [Kat Kon](#)
- Your name on a list of donors on our website

If you sign up to donate monthly you will receive:

- A specially designed thank you card illustrated by [Kat Kon](#)
- Your name on a list of donors on our website
- **A customised thank you video from our GRL music team**
- **An invitation to the girls' camp summer showcase (a private event)**

What will GRL do with the money raised?

We will use money raised to pay for the costs of our year-round programming for girls and women.

To date we have run four successful rock camps, where we have seen real impact in terms of continued music-making, and increased self-esteem and confidence levels of participants.

We want to keep working with young and adult women all year-round, increasing the reach, quality and impact of our work. If we can improve a young woman's self-esteem in six days, imagine what we can do in a year!

Who does GRL work with?

We work with young and adult women from all over the UK, with a particular focus on the London Borough of Hackney, where our activities are based. Hackney is a borough with extreme income inequality, and we have made it a priority to fundraise for free places at all our activities for young women from low-income households. A minimum of 50% of places on all of our programmes for young people go to those who would otherwise not be able to afford to attend.

Although the core focus of our work is with young women, we also run programmes for adult women. We want to see more young and adult women making and performing music, whatever their age! Music has the power to transform people's confidence, and we think everyone should have that opportunity.

Can I give a one-off donation?

We welcome donations of any size and appreciate that not everyone can give monthly.

The reason we are asking for monthly donations is that a guaranteed regular income will have a huge impact on our ability to deliver year-round programming.

It will mean that we know money is coming in every month, which will help us to cover upfront costs for things like venues and musical equipment, and also allows us to guarantee to subsidise a minimum of 50% of our places on all activities for young women from low-income households.

What will my donation do?

- £5 per month could buy resource packs for our six-week music programme, meaning girls can keep learning and making music even after camp has finished
- £10 per month could pay for all equipment we need to hire for our six-week music programme for young women
- £15 per month could cover 25% of a young person's place at our summer rock camp
- £20 per month could pay for travel for eight girls who wouldn't otherwise be able to afford to go to rock camp
- £50 per month could completely fund one girl's place on our six-week music programme

How do you know GRL's work is effective?

We have two aims: to improve the confidence and self-esteem of young women and girls we work with, and to increase the number of women and girls making music. We know that our

work is effective because we measure the success of these aims in the following ways:

Participant surveys measure self-esteem, confidence, resilience and body image before and after the camp. At our camp for young women in 2017, there was a 13% overall rise in scores across the group, and a 46% change in specific areas including improved body image. In addition, participants reported leaving with new friendships and a positive experience of working with people from different backgrounds to their own.

We also keep track of what participants do after their time with us. Participants of our camps have gone on to make, perform and record original music.

- E M Briar, a Women Rock London participant, has written and recorded an EP, and had her music played on BBC 6 Music
- Concrete Bones, a band formed at one of our women's camps, has successfully raised funds to record their first EP
- Sabine Zoellner, a Women Rock London participant, has joined the band Purple Beagle, and performed live all over London, as well as writing her own music.
- Five participants from our girls' camp will be performing on stage to hundreds of people at the Young Women's Rally at the Southbank Centre in March.

Why does GRL's work matter?

Young women are facing a mental health crisis in this country:

- One in four girls age 14 is depressed
- Twice as many 14 and 15 year old girls than boys are unhappy with their appearance
- There has been a 68% rise in hospital admissions because of self-harm among girls under 17 in past decade

Young women's self-esteem plummets during high school years, and evidence shows that low self-esteem 'journeys' with people throughout their lives. This means that women are more likely to suffer from the effects of low self-esteem later on in life. Group music-making and performance has been shown to improve confidence and can be politically and personally transformative.

But the music industry in the UK is steeped in gender inequality, meaning that girls and women are much less likely to reap the benefits of music-making than their male counterparts. For example, over the past decade, a reported 95.5 per cent of Reading and Leeds Festival line-ups have been dominated by male-acts.

We attempt to tackle the issue of women's representation in music, and low well-being of girls and women, by providing activities for girls and women where they can learn skills which improve their confidence and give them the skills to carry on making music. We also use our platform to raise issues of gender inequality in the UK music industry, speaking on panels, at film screenings and conferences, and in the media.

I can't afford to donate - is there another way I can help?

Yes! We know that not everyone will be in a position to donate money to Girls Rock London, but there are several other ways that you can help us achieve our goals:

- you can share our campaign on your social media, and help us spread the word as far and wide as possible
- you can get involved as a volunteer - our volunteer training weekend is coming up on the weekend of April 21 and 22 and it is open to all women, trans and gender nonconforming folk (email us for details)
- you can tell women and girls you know who might benefit from attending one of our camps about Girls Rock London
- if you are connected to any Hackney community organisations working with young people or adult women, we would also love to hear from you!