



**WASH MY PINK  
JUMPER**

# VISION FOR WASH MY PINK JUMPER

## JANUARY 2013

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### FOUNDING SCRIPTURE

Isaiah 66:10-13

<sup>10</sup> “Rejoice with Jerusalem and be glad for her,  
all you who love her; rejoice greatly with her,  
all you who mourn over her.

<sup>11</sup> For you will nurse and be satisfied at her comforting breasts;  
you will drink deeply and delight in her overflowing abundance.”

<sup>12</sup> For this is what the Lord says:

“I will extend peace to her like a river,  
and the wealth of nations like a flooding stream;  
you will nurse and be carried on her arm  
and dandled on her knees.

<sup>13</sup> As a mother comforts her child,  
so will I comfort you;  
and you will be comforted over Jerusalem.”

### THE JOURNEY

#### BETHS STORY

Bethany was already into clubbing and experimenting with alcohol and its intoxicating effects long before she went to university. Once there however, it felt obligatory. She felt alone, but excited – she was not going to be left out of the social side of uni – she was not a stick-in-the-mud. She was bombarded with invitations to go ‘partying’ firstly she was hit with ‘fresher’s week’ (which turned out to be fresher’s month, and indeed continued in one form or another throughout the academic year), at the same time, all the students, who had never had their own ‘pad’ before were having house-party after house-party. It didn’t seem to matter whether you knew them, word got out and then you met more and more people, who could feel lonely? Opting out was frowned upon as if it were a judgement on the inviter, and anyway she wanted to experience everything!

The journey was agonising, lectures missed, essays unwritten, warnings, penalty marks. She started to socialise in order to distract herself from the negative stuff. Soon it felt wrong not to be going out. Even when others seemed to be settling into a more ordered routine – they were being ‘boring’, and then in her mind, they were jealous, didn’t understand her, hated her. She didn’t remember stumbling in, waking everyone up, shouting, being sick, making messes in the kitchen and bathroom. She didn’t believe them when they told her. So the ‘friends’ who did go out and go ‘clubbing’ were her real friends. They perpetuated the lifestyle – they were all about validating each other whilst leading each other further into the alcohol fuelled world. Even as, in rare moments of lucidity, Beth began to suspect that she would prefer a different way of living, she turned around to find she had no friends to help her, or join in with. Her *club friends* however were always there, always with an invitation to go out, ‘chillax’, hang out or ‘whatever’.

Soon Beth hated herself, hated her lifestyle but felt trapped. She looked for a support organisation, but there was nothing, meanwhile family and friends were trying to say she had a problem.... She didn't feel she really had, what did they know? At some really dark moments, she called out, but they just said 'get help' but where was it? The only thing she read and heard over and over was 'you are an alcoholic' so she went to AA, she tried several meetings in different places – but they seemed to be full of middle-aged or even old men mostly, who were, in their own words 'gagging for a drink'. There was no one who Beth remotely had anything in common with. The process was also alien to her, a person told their story, the leader said thank you and then they moved onto the next person. No support strategies, discussions or direction. Also, Beth felt uncomfortable and vulnerable amongst these people who by their own admission behaved badly. She didn't want to be followed home or bothered in some other way and so gave up on the idea. She began to feel that it was fate for her to descend into a lifestyle that would take her further and further down – she was already doing things she didn't want to think about, things she struggled to admit even to herself. She felt she was already in hell.

Fortunately, Beth came from a close family, and had been brought up with a fighting spirit. She wasn't going without a fight. She organised some therapy and painfully, made progress, she stopped drinking completely for 18 months. There are still big things to tackle in her life and it's not perfect, but she is on her own journey. Her courage is immense, and she wants others to not feel trapped, to be able to get out at the point of the decision crossroads. Some intervention is necessary – 'it doesn't have to be inevitable'

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## BACKGROUND

This isn't a Uni issue. It is about the culture that young women between 16-30 experience in everyday life. It is all about confidence and feeling secure in oneself. 'there is something in our society that causes young women to behave badly' Joanna Lumley, see Appendix C

The problem is well documented at government level; see 'Donaldson Report' in appendix. Also academic research has been undertaken, see Appendix A

I really feel that there needs to be something instantly that young women can connect with and receive the support and encouragement they need in order to be able to really have a choice about the way they live, to have the freedom to make the best decisions for themselves.

Currently, in the UK I cannot find any organisation that would do this. The message has to be narrow and focused and clear – otherwise it will not be heard. These young women are the mothers of the next generation, they might marry our sons, or grandsons – they deserve a fighting chance at a decent life.

Close role models are not available to these young women, and strong families are not the norm anymore. Grandmothers, aunts and close family friends are not available. For young women these close female relationships are vital and they need to be readily available – but where could they find them?

## OBJECTIVES

- To be accessible at point of need
- To have local support
- For the support offered to be relevant and appropriate
- To break the chain
- To educate and inform Government, local authorities and influential organisations about the issues and potential solutions
- To enable the church to reach out to these 'Mary's in love

## WHO WILL THE CHARITY BENEFIT?

Young women between the ages of 18-25. They might be living at home, or sharing a house/flat. They could be uni students. They are experiencing life as an adult for the first time. For their influences see Appendix B.

## ACTIVITIES

- Meetings appropriate to their needs
- Outreach (incl. social networking)
- Helpline (telephone, email, facebook, text)
- Counselling service
- Respite accommodation
- Advocacy

## WHO ARE THE SUPPORTERS?

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### THE VOICE

To begin with, support will be sought from the UK church. A model is being formulated that would enable the local church(es) to be able to use this platform as an outreach into their communities, much like Street Pastors & CAP have done, and ask others to speak on our behalf to bring both the problem and the solution before the Christian community.

This is a Christian service, which as we know brings souls into the kingdom...

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### FUNDS

Funds will be needed for:-

- Firstly to establish a presence, message and response to that message, including 'listening' training for participating church members
- Later, the funds will be built up to provide a place where young women can go and live for a week, a month or longer, in order to regroup and change direction
- Funds will be needed for professional counselling services
- Education and awareness information to churches and educational establishments, local leisure businesses, and government both local and national

## FACT SHEET FOR WASH MY PINK JUMPER

### ARE WE DRINKING SAFELY AS A NATION?

- 1 in 4 women between the ages of 16-24 is exceeding safe drinking levels defined as 14 units a week. A unit is a half pint of beer, a glass of wine or a measure of spirits
- Twice as many women from 18-24 as men are drinking at danger level or above
- Alcohol related harm is estimated to cost around £21 billion per year in England: this comprises NHS costs, alcohol related crime and lost productivity
- There were nearly 10,000 "drink drive" casualties in Great Britain in 2001
- Deaths directly related to alcohol rose by 22% between 2001 and 2010
- Hangovers are expected to cost UK businesses £126 million in sick leave over the Christmas period alone
- Alcohol Abuse is increasing more rapidly among young women in Britain than in anywhere else in the Western world
- The Royal College of Physicians estimates that alcohol abuse could account for 12% of total NHS expenditure-up to £3 billion alone

### THE EFFECTS OF ALCOHOL ON OUR HEALTH

- According to The Lancet (2012) for persons aged 15-49 years old the leading risk factor worldwide for death and disability was alcohol abuse
- Alcohol is associated with sixty medical conditions - including cancer, various heart conditions, and dementia. It can stunt the growth of unborn babies. Cirrhosis of the liver now kills 1,600 women annually which is 400 more than 7 years ago
- Binge-drinking can increase the chance of developing diabetes
- Drinking alcohol can worsen allergic symptoms
- Drinking alcohol, especially beer, can increase the chance of a person developing psoriasis. For example a woman who drinks 2 or more pints of beer a week is 72% more likely to develop the condition
- The chronic dehydration caused by alcohol abuse can cause "drinkers" to look older than their peers

### ALCOHOL AND THE YOUNG

- Alcohol is now 44% more affordable than in 1980 and there has been a 25% growth in the number of off-license premises
- Young people aged 15-16 years old in the UK are more likely than those in almost any other country to have been drunk in the last month and are more likely to have been drunk by the age of 13
- 63% of 16-24 year olds agreed that cheap alcohol promotions encourage drinking to get drunk

### ALCOHOL AND THE UNITED STATES

- There are 23,000 estimated annual deaths attributed to excessive alcohol among women. Of these binge-drinking was responsible for more than half
- 38 million adults in the US binge-drink. 1 in 8 of those are women
- In 2011 more than 12.5% of US adult women engaged in binge-drinking an average of three times a month (nearly 14 million women)
- 50% of the alcohol consumed by US adults was during a binge-drinking session and 90% of young person's

# Wash My Pink Jumper

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## Statement of Faith

### WE BELIEVE IN...

- The one true God who lives eternally in three persons—the Father, the Son and the Holy Spirit.
- The love, grace and sovereignty of God in creating, sustaining, ruling, redeeming and judging the world.
- The divine inspiration and supreme authority of the Old and New Testament Scriptures, which are the written Word of God—fully trustworthy for faith and conduct.
- The dignity of all people, made male and female in God's image to love, be holy and care for creation, yet corrupted by sin, which incurs divine wrath and judgement.
- The incarnation of God's eternal Son, the Lord Jesus Christ—born of the virgin Mary; truly divine and truly human, yet without sin.
- The atoning sacrifice of Christ on the cross: dying in our place, paying the price of sin and defeating evil, so reconciling us with God.
- The bodily resurrection of Christ, the first fruits of our resurrection; his ascension to the Father, and his reign and mediation as the only Saviour of the world.
- The justification of sinners solely by the grace of God through faith in Christ.
- The ministry of God the Holy Spirit, who leads us to repentance, unites us with Christ through new birth, empowers our discipleship and enables our witness.
- The Church, the body of Christ both local and universal, the priesthood of all believers—given life by the Spirit and endowed with the Spirit's gifts to worship God and proclaim the gospel, promoting justice and love.
- The personal and visible return of Jesus Christ to fulfil the purposes of God, who will raise all people to judgement, bring eternal life to the redeemed and eternal condemnation to the lost, and establish a new heaven and new earth

## I CAN'T DO THIS ON MY OWN

I truly can't, I'm not being defeatist, one person cannot achieve what I have set before me to do. How can one woman rescue hundreds of young women from lives blighted by alcohol and unthinking choices? How can one person be there, available day and night for when Annie, Rose or Millie call out and say – 'I've had enough! Please help me?'

Every day, in every town, in every community, there are young women who are living lives they don't remember, going places they don't know, meeting strangers, what happens to them whilst they are sleep-walking? How do they break free?

The evening – excitement builds..... Am I pretty? Do I look smart? Where shall we go? Everyone's going, don't be left out..... what clothes shall I wear, what shoes, as high as possible to make my legs look so loooong. Bright lipstick for my amazing smile and extra lashes for my big beautiful blues. The anticipation, I can hardly bear it, friends crowding together in a bedroom, trying on things, doing hair. A bottle of wine 'to get the party started' because 'girls just wanna have fun' right? Laughing, drinking, dancing, time passes, more wine – procrastination my middle name, 9 o'clock, 10 o'clock, 11pm, are we ready girls? Will we knock 'em dead? 'let's go girls!' Shots 1-2-3!

Where shall we go? Oh no I don't want to go there, but everyone else is going, I can't go somewhere else on my own..... they go into one place looking for excitement, love, happiness, a man. Drinks are bought, compliments showered like confetti. More wine. A warm glow envelopes her like she is in a movie, she is in a movie, in her head, she tries writing the script, positions herself to make the big love story happen right here in your town..... When it doesn't, she can't quite believe it, it must be 'Sleepless in Seattle' a series of near misses that will end in eternal bliss on the top of the Empire State building – surely? More wine.....

Dancing will get her noticed.... Whoops, really high heels, giggles it's all so funny! Shots 1-2-3! He looks nice, a tall dark stranger..... a drink? Don't mind if I do..... balance is a little tricky now, feet are hurting, let's go somewhere else? Seeing through a glass darkly, streets a little out of focus, but someone is holding her up and helping her walk..... She doesn't know where she is going.....

The morning – struggling into consciousness, wrapped in bedclothes, whose? Ooops, was I sick? Remember, remember, it's all black, I don't know..... *'please help me'* need a drink, wake up? What happened last night? *'please help me'* no food, can't cope. Texts, voicemails, emails, where are we going? *'please help me'* excitement builds.....

I can't do it alone, Mark 10:51 'What do you want me to do for you?' Jesus asked..... Jesus has His hand in mine, I am not alone, it is His plan, His plan that these young women be heard when they cry out, His will that they be rescued when they call.....

# WHY 'WASH MY PINK JUMPER'

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When my girls were small, we set rules about 'playing out' they must let me know where they were at all times, if they wanted to go to the park or someone's house, they had to come back and tell me. They had to come back every ½ hour anyway so I knew they were safe (and not too far away). They must always come in before dark, regardless of what the other children were doing. 'you are my girls, the 'Crème de la crème' and you are loved, you are not in the dark, but at home where you are safe..... they were and are good girls, they always followed the rules, I never had to worry about them, they didn't cause me anxious moments in that way.

When Bethany was about 12, in senior school, she came to me one day and asked me.. 'Mummy, can I stay out until 9pm this evening with my friends?' (that would make it after dark) 'why?' I asked. 'no special reason' she said 'just to hang out with them at the chippy' (the chippy was directly behind our house, I could watch her from the bedroom window if I wanted to)

I considered her request, she was a good girl, I wanted to show her that I trusted her, that I considered her to be responsible, to show that I could see she was growing up. She was now at senior school..... I decided to say yes – just this once mind..... I opened my mouth and said....

'No.' I could hardly believe it myself, but as I said no, Bethany let out a big sigh of relief, she said ' oh good, I knew you wouldn't let me, I told them that. I didn't want to hang out at the chippy' you see, Beth had promised to ask me, so she did. After that, we decided we needed a code, I might make the wrong decision next time..... so we decided that if she was asking me for permission to do something that she really didn't want to do, she needed to let me know, in code. As she was asking, she could just add onto the request – 'oh and Mummy, could you please wash my pink jumper?'

## WASH MY PINK JUMPER

It means, 'will you rescue me please? I feel unable to help myself, I am being pressured to do something I don't want to' it is my job to respond, to get her out of there..... that code will always be available to my daughters, until the day I die.....

Jesus said to me, 'what do you want me to do for you?' I said, let me be part of rescuing these young women, let them be able to say 'please help me, I can't do it on my own'.....



# CONTACT DETAILS

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## CONTACT A HUMAN BEING

Telephone: 01993 834976

email: [tellmemore@washmypinkjumper.com](mailto:tellmemore@washmypinkjumper.com)

skype: washmypinkjumper

## WHERE TO GO FOR INFO

The web: [www.washmypinkjumper.com](http://www.washmypinkjumper.com)

Blog:

## FRIENDLY SOCIAL NETWORKING

Facebook:

Twitter: @WMPJumper

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