

## Generation Hope At Keswick...

This year, 9 members of Generation Hope and 4 leaders went to Keswick to promote Hope UK and do detached drug education. Here are some photos and comments from the young people involved.



"...it has been a fantastic experience and I am so grateful for the opportunity. The people I worked with were incredible and the faces of the youth as they learned the effects of alcohol or the contents of cigarettes was amusing to say the least!!"



"I really, really enjoyed Keswick. Despite some rubbish weather it was a really fun week. We spoke to loads of people about Hope UK and Generation Hope and imparted some of our drug-wisdom on them which was fab. Also the whole group who went really gelled well together and there were no issues or falling out; everyone just got on so well together. So yeah, all in all I had a really wonderful time!"



"The Generation Hope stand attracted many young people of all ages during the open hours. They would come every day to participate in the activities that we had set out; beer goggles, dangerous drugs, pour a unit; everything was there for them to play and learn with. We all had interesting discussions."

## VAPING—LESS HARMFUL THAN SMOKING?

The two statements below by expert researchers in America sum up the concerns Hope UK has about the practice of vaping:

"Providers should not routinely recommend e-cigarettes to patients until we have far more data on their safety and effectiveness compared to established, FDA-approved medications. There are very few therapeutic devices that we recommend that aren't regulated, that have potential and real side effects, and that are addictive. There are safer and more effective smoking cessation products for the same condition."

*(Adam O. Goldstein, MD, MPH, a UNC Lineberger Comprehensive Cancer Center member and professor in the UNC School of Medicine)*

The researchers described notable safety and health concerns about e-cigarettes. Batteries inside e-cigarettes have caught fire or exploded, and particulate matter from e-cigarettes, which has been shown to be present in similar numbers to cigarettes, can increase the risk of cardiovascular and respiratory diseases."

<http://medicalxpress.com/news/2016-07-doctors-shouldnt-routinely-e-cigarettes-smokers.html>

"A new study debunks the popular belief that electronic cigarettes are merely a substitute for cigarettes among teens. Instead, the study suggests that some teens who never would have smoked cigarettes are now vaping. In 2014, about 14 percent of 12th-graders said they had either smoked or vaped. A decade earlier -- before e-cigarettes were sold in the United States -- 9 percent of surveyed teens in this age group reported that they had smoked."

<https://www.sciencedaily.com/releases/2016/07/160711092301.htm>

Although this research comes from America, it is likely to be valid wherever the practice of vaping has taken hold.

It is evident that the jury is still out about the safety of vaping, though it does appear to be less harmful to health than smoking for those already addicted to nicotine.

However, there is a real danger that vaping will introduce many young people to an addictive substance they need never have been exposed to and that is why our Drug Educators discourage the practice .



### What's going on here?

This is one of the many activities we use on our stands to attract children and young people. How does it work? The Educator (in this case, Chrissy Becares) approaches a young person with a nicely wrapped gift box and says "There's something very precious in here—would you like to see what it is?" Invariably, the response is positive. The Educator then lifts the lid and the young person peers inside the box to find

their own reflection staring back at them from a mirror at the bottom. What does this have to do with drug education?

Healthy self-esteem is an important component in building resilience and helping young people resist peer pressure. There is much more to effective drug prevention than just presenting the facts!

### New Generation Hope leaflet

We are grateful to Antony Clegg, a Blackpool printer, for designing and printing 5,000 copies of a new Generation Hope leaflet. If you know of young people who would benefit from being part of Generation Hope, please request a copy(ies) to pass on.

AND SO, LORD, WHERE DO I PUT MY HOPE? MY ONLY HOPE IS IN YOU.

For more information contact us

Email: [generationhope@hopeuk.org](mailto:generationhope@hopeuk.org)  
Phone: 0207 928 0848 (9am-5pm)  
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Website: [www.genhope.co.uk](http://www.genhope.co.uk)

generation Hope

Generation Hope is a project that equips young people with the skills to confidently live a Christian lifestyle that can inspire, develop and empower those around them.

Join Hope UK's youth branch

Hope UK is a registered charity (England & Wales registration no: 1044479; Scotland registration no: SC218250) and a company limited by guarantee (no: 3022478)

# Around the UK...

**In Scotland,** Jo Pickford, our Scotland Representative, continues to work with Aberlour Youth Point and has delivered another Drugs, Sex and You course with a group of young people aged 13-20. She was asked to focus specifically on positive relationships as some of the young people had been putting themselves at risk online and face to face.



Feedback from the young people included the following comment:

"Everyone should do this Drugs Sex & You course, it's so much fun and yet I get how it all links together now" (13 year old)

Educators George Smith and Margaret Bruce continue to deliver drug education from the Buckie bus on a regular basis with young people at risk.

Efforts have been made by the Scottish team to recruit new Drug Educators at Keswick Buckie, and recruitment sessions will be held in various churches and a local theological college.

**In Leicester,** a newly trained team of Drug Educators are up and running, recently providing drug education from a stand at the Leicester Caribbean Carnival.



**In Sheffield,** Ian Michell, our star Educator recruiter, is busy contacting and visiting churches to promote the voluntary Drug Educator Training Programme.

Recruitment is also going on in **Watford** and **Newton Abbot**.

**In Southampton,** Project Worker Ann Galbraith continues to recruit Educators. She was very involved in the Big Church Day Out, supporting Generation Hope members and promoting our voluntary Drug Educator Training Programme. She also did her bit for fundraising, using material from our new fundraising packs to hold a coffee morning at her church.



**In South West Wales,** we don't have a Project Worker but we do have a brilliant team of Educators who are working in schools and from a stand in Swansea Town Centre once per month to deliver drug education to people of all ages. Educator Rhian Butcher is developing Generation Hope in her area (Bridgend).

**In Northampton,** Project Worker Rachael Duthie is in great demand and has provided numerous sessions in schools and colleges as well as supporting local Drug Educators like Gloria Goyns and Audrey Browne as they create more opportunities to do detached drug education in markets, shopping centres and on the street.



**In the North of England,** Project Worker Sharon Murphy is taking sessions and recruiting Drug Educators. As a youth worker, she is also very involved with Generation Hope, roughing it with the young people in a windy campsite at Keswick and helping our youth workers at the GH activity weekends.



Don't forget **Hope UK's Special Weekend 7/9 October** when we want to encourage all our volunteers, members, supporters and, of course, staff to 'get connected' and be involved in promoting Hope UK's work in some way during the weekend. Everyone's endeavours will help us to continue our work of enabling children and young people throughout the United Kingdom to make wise and informed life-style choices.

## MEET AN EDUCATOR—Nab Mills-Robertson



I became a Hope UK Voluntary Educator in September 2013. Hearing about Hope UK in one of the Stratford leadership meetings, I was very encouraged to join, since I was involved as a volunteer for Teen Challenge (a Christian charity) which enables addicts to be free of their addiction. I felt the best way is to help prevent the use of drugs and alcohol. As a young person I used to drink heavily and that nearly cost me my life one evening in 1981; a year later I gave my life to the Lord.

I am married with four children; three girls and one boy. I have served in church leadership for the past 30 years and most of my responsibility was related to outreach. With this background, I accepted the call to assist with the work in Hope UK as a Trustee and have been a Trustee since 2014.

## INVITATION

# Hope UK

## OPEN DAY

### THURSDAY, 15TH SEPTEMBER

10.30 am to 4 pm

25 (f) Copperfield Street

London SE1 0EN

Please come and visit us, meet the staff and some volunteers ... and enjoy some refreshments. We would love to tell you more about what we do and show you how we do it!



**Hope UK, 25(f) Copperfield Street, London SE1 0EN**

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