

Just in time for Christmas—a new alcohol-free drink

For adults who don't like soft drinks because they are too sweet, W P Hopper's Soft Brew offers a great alcohol-free alternative for the Christmas period. Made with natural fruit sugars but with a third the sugar content of a regular soft drink, Soft Brew looks—and tastes—like an adult drink. It comes in three flavours, Apple, Blackcurrant and Citrus, each brewed with malted hops and barley. Available from Amazon, Waitrose, M & S and Selfridges, it costs just £1.25 per 275 ml bottle.

*Hope UK has **not** been paid to advertise this drink!*



Cash for Cartridges

If you are into recycling and want to support Hope UK at the same time, visit www.cashforcartridges.co.uk and find out if your printer cartridges could be recycled for cash. If they can (and it is important to check first because we will be charged for any that can't be recycled), then send them to Cash for Cartridges, Freepost RLZL-EUJG-ZYEL, 13 Mail Street, Keyworth, Nottingham NG12 5AA quoting Hope UK's reference: **R12571**

Find out if there is a Hope UK Drug Educator near you

Although we are working hard to develop local teams, we continue to support about 160 Drug Educators in other parts of the country. If you would like a trained speaker to visit your school, church, Mothers' Union group, parents' group or youth club.....

e-mail Debbie Devine at d.devine@hopeuk.org or call 020 7928 0848.

Call, email or use this slip to find out more

(Winter 11)

- Please send me information on doing sponsored events
- Please send me information about how I can become a Voluntary Educator
- Please send me a guide to making a gift in my will to Hope UK.
- Please send a regular giving form

Title: _____ Name: _____
Address: _____
Postcode: _____
Email Address (if you are happy to be contacted in this way): _____

Please return to: Hope UK, 25(f) Copperfield Street, London. SE1 0EN.

T: 020 7928 0848

E: enquiries@hopeuk.org

www.hopeuk.org

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Drug Education must start early

Elizabeth Burton-Phillips is one of the many parents who have lost a much-loved child to drugs. She describes, in her book *Mum, Can You Lend Me Twenty Quid?*, how her twin sons became caught up in drug misuse at the age of 13, culminating in heroin addiction. For fourteen years, she and her husband tried to support and rescue them as their lives became increasingly chaotic. Their drug habit led her sons into a downward spiral of petty crime, violence from dealers whose bills they couldn't pay and repeated episodes of homelessness.



Elizabeth Burton-Phillips

Sadly, one son, Nick, committed suicide. The other, his twin, was shocked into turning his life around and is now a successful IT consultant and a father.

With hindsight, Elizabeth wishes she had done more to educate her sons about the dangers of drug use when they were younger. She is now convinced that drug education is vital.

"Drug lessons in the classroom are good, but the message needs reinforcing by well-informed parents as well—and it needs to start when children are small. The teen years are too late."

Like others whose lives have been touched by drug tragedies, Elizabeth is now trying to help families who struggle to cope with drug misusing children. She started the Buckinghamshire-based charity DrugFAM in 2006 in memory of Nick, the son who died.

Hope UK wants to see families spared the pain of losing loved ones to the very preventable cause of drug and alcohol misuse. Drug and alcohol education ensures that children and young people have the knowledge they need to make informed choices. But we do more than just give them the facts. Our Educators also help them to gain the lifeskills that enable them to resist peer pressure and think for themselves—skills that will stand them in good stead in every area of life.

'Mum, Can You Lend Me Twenty Quid?' is published by Piatkus Books.



Elizabeth's son Nick

Hope UK wants to see children and young people grow up to fulfil their potential. Sadly, the use of alcohol, tobacco and illegal drugs results in many failing to do so. We train Voluntary Drug Educators who provide interactive drug awareness sessions for young people as well as those who have responsibility for them (eg, parents and youth workers), enabling them to make drug free choices.



Watford GP signs up as Drug Educator: impressed by Hope UK's training

Kate Carter talks about Hope UK's Voluntary Drug Educator Training programme.

"In July 2011 I started Hope UK basic training in Watford and went into it thinking I knew plenty about drugs and lots about communication (I am a GP with experience of working in substance misuse and alcohol teams and some experience of teaching in church).

I soon found that there were huge amounts to learn in terms of 'drug facts' and far more to learn in terms of teaching skills and learning styles. **The training has been so valuable in learning many new skills** and the local team training with me have been great to work with.

I was very impressed by the training we received from Hope UK. We learnt by example the importance of thorough preparation, organisation and clear communication. I also rediscovered my inner naughty child whilst being the audience for other trainees' sessions. Think.. fingers stuck together with glue from the drugs box, uncontrollable fits of the giggles... The training weekends were also memorable for the hospitality of local churches, the generosity of Sarah Brighton's parents in giving us space in their house, and fantastic cooking along the way.

It has been quite a hard journey for the local group; many of us have had illness and discouragement along the way but I believe that we have become stronger as a group, with a strong desire to support each other practically, and with prayer.

I am now raring to go with more sessions and to explore local opportunities for Hope UK. I am thankful for all the people that are supporting Hope UK in so many different ways."



Local Team Progress

Kate is one of a team of 12 volunteers from **Watford** who have recently completed their training and have also begun taking their first sessions in their community, watched by a staff member or experienced Educator. Most of the new **Newham** team of Drug Educators have taken their first observed drug awareness sessions. The **Bexley team** have their second training weekend this month. Belvedere Baptist Church have kindly allowed us to hold the training sessions there.

In 2012, we plan to start training teams in **North East Scotland, Northern Ireland, Northamptonshire** and **Buckinghamshire**. Recruitment continues in **Cornwall, Southampton, Poole, Bournemouth, Sheffield** and **North East and North West England**.

Britain has some of the worst drug stats in Europe – again

More British young people are choosing not to use drugs or alcohol. But we still have some of the worst drug use statistics in Europe, according to a recent report of a survey by the European Monitoring Centre for Drugs and Drug Addiction.

Cocaine is a particular worry, with more British 15-34-year-olds having used the drug in the past year than in any other country in Europe. But there is a new even bigger threat—legal highs that anyone can easily get from internet suppliers that cost less than illegal drugs.

Only by capturing the hearts and minds of children and young people can the drug and alcohol culture of the UK be reversed—that's what we are working hard to do. As you can see from the comments below from pupils and teachers who took part in our sessions, we're giving youngsters the knowledge and skills to make wise choices.



What people say about Hope UK's drug awareness sessions

"I just wanted to say a big thank you for the work you did with our year 5 & 6 pupils on Monday. Both classes have talked about what they have learnt with great enthusiasm. Again, many thanks for the hard work."

Teacher, St. Andrew's CEVA Primary School, Northampton (November 2011)

"Everything was excellent, from the start of my initial enquiry to Hope, to the end of the last lectures which were extremely well prepared and individualised to suit our specific needs. Mr. Bass was very communicative with me prior to the lectures and his delivery was excellent. He engaged the students and quickly developed a friendly yet respectful relationship with them. In short, I could not have asked for more."

Teacher, Bede Academy, Northumberland (September 2011)

"I have learnt that in life you have choices and I need to use those choices wisely!",
Pupil, Marshgate Primary School, Richmond, Year 6 (October 2011)