



If there is an Educator volunteering in your area you can nominate Hope UK for Waitrose's Community Matters scheme. Shoppers are given a token and they can choose from three charities that have been nominated by local people. One of our volunteers, Liz, asked her local Waitrose whether they would have Hope UK as one of the three charities and her nomination was accepted. Previously we have received hundreds of pounds from Waitrose, with very little effort! If you have a Waitrose near you, get in touch with Hope UK to see whether you could apply. It's very easy and we can provide a letter to send to the Manager. **Greggs** the bakers and **Wilkinson** are also looking for nominations for charities to help.

### Interactive

When Hope UK says its sessions are interactive what does it mean? Sometimes it means playing games to provide memorable, stimulating ways to get the information across. One game is called 'Pour a Unit'. People are asked to pour water into glasses to show what they consider to be a unit of beer, wine or Alco pop. People are often surprised at the results. Paul Coppeard, Trainer, says: 'It's great to see the young people discussing and sometimes arguing about the game and then seeing their faces when the answers are revealed.'

### Come and see us

To see a session in action please call Debbie to check spaces. Sessions will be in: De-zives, St Albans, Grove Park, Epsom, Hull, Barking and central London amongst others.

### Let's Talk

Our staff and volunteers are contacting people that we have not heard from for some time to check whether they would still like to be involved with Hope UK.

### Citizenship

Did you know Hope UK's Drug Educators can take Citizenship, PHSE and RE lessons? Call to see whether an accredited volunteer can help your school.

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

T: 020 7928 0848

E: [enquiries@hopeuk.org](mailto:enquiries@hopeuk.org)

[www.hopeuk.org](http://www.hopeuk.org)

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### Call, email or use this slip to find out more

(Autumn 10)

- Please send me \_\_\_\_ (number) further copies of the poster
- 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 so that I can make a gift in memory

Title:

Name:

Address:

Postcode:

Email Address (if you are happy to be contacted in this way):

# Hope UK New Hope

Supporters rarely get to hear from the Finance Manager of charities unless it is about money, but Roland is not your average Finance Manager. Roland started working with Hope UK in 2000 after a career in IT and payroll. He was motivated by a desire to return to the charity sector and particularly to an organisation committed to improving the lives of children and young people. He spends many of his evenings doing counselling work for a community counselling service and once or twice a month goes out onto the streets as a Street Pastor.



### Snapshot

- One in five teenagers admitted drink driving.
  - After drinking, 11% of young people engaged in unprotected sex.
  - Alcohol plays a big part in antisocial behaviour, crime and violence. One in five 12-13 year olds and over a quarter of 14-15 year olds caused damage while drinking.
  - There has been a 24% rise in levels of moderate and severe alcohol dependency in England. The cost to the public sector could be as high as £3.7 billion per year if nothing is done.
- (Figures from [www.drinkaware.co.uk](http://www.drinkaware.co.uk) and Alcohol Concern).

*'Our team deal with lots of the problems that stem from alcohol: aggressive behaviour, disorientation, falls and upsets. One young woman we helped was very drunk and did not recognise her friends who were trying to help get her home. She was afraid of them and began shouting at them to go away. It was good to be around to help calm things down and care for her and her friends.'*

Roland regularly sees the end result of alcohol and drug use. The people he helps are not much different from the rest of us; but perhaps stressed by work or domestic issues, or just out to have a good time. These are ordinary people who occasionally, or regularly, make ill-informed and sometimes dangerous decisions about their drinking. What is the solution? There are many ways to tackle it. Hope UK's goal is to stop it happening in the first place. Prevention work helps people to understand the dangers and make sensible decisions. Roland sums it up: *'What I see on a Friday night saddens me, but it's the tip of the iceberg. There are so many drink-related problems in society today, that I often find myself wishing that people would realise how their drinking impacts on both their own lives and those around them.'* I hope that Hope UK's desire to work locally with existing organisations such as Street Pastors will better educate and so provide new hope to people.'

Open here for a poster to use in your home or church.

Hope UK's ambition is that 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 drug awareness sessions for young people and parents, enabling them to make drug free choices. Hope UK was previously called the Band of Hope and was established in 1847. Its work today holds to many of the core values whilst remaining relevant to today's young people.



## It's Not OK– Let's Make it Better

Alcohol awareness is what Hope UK have been up to for over 150 years, but with the Alcohol Awareness weeks in October, we are extending a special challenge to you to do something to help raise awareness. You could:

- Give to Hope UK
- Put up this poster in your church or work-place
- Give up alcohol for the week– or longer!
- Run a Ties for Hope event
- Have a coffee morning (Hope UK coasters available)
- Do a sponsored event
- Join our prayer list



...and much more. In England and Wales the week is 18-24th October. In Scotland the week runs from the 4-10th October.

### Peckham Rye® Ties for Hope

LONDON

Ties for Hope days are similar to non uniform days in that people wear a silly tie to work, church or school in return for a donation to Hope UK. Please help us make Ties for Hope a success by organising an event at your school, church or workplace, ideally in Alcohol Awareness week. Download a pack from the website or request a paper copy by phone. It's a fun event with designer ties to be won that have been donated to us by Peckham Rye®. Organiser can win M&S vouchers. What a lovely, gentle but fun way to introduce people to Hope UK!

### In Memory

If you would like to do something positive in memory of a loved one who has died please consider giving to Hope UK. Through Justgiving you can set up a webpage for donations made in memory ([www.justgiving.com/hopeuk/Remember](http://www.justgiving.com/hopeuk/Remember)) or you can set up a regular standing order by requesting a form from the office. You may like to remember the person's birthday or other special day.

### Educators

We are pleased to welcome new Educators. Educators are trained and accredited to work with young people, parents and youth workers. They run interactive training sessions and are volunteers. If you would like to become an Educator then please call for more information.



As a small charity Hope UK was stunned but excited to have the chance to exhibit to MPs at the Houses of Parliament.



## It's not OK

More than one in 25 adults is dependent on alcohol

Britain has one of the highest rates of binge drinking in Europe

Up to one in three adults is at risk of alcohol-related liver disease

**Do something. Visit [www.hopeuk.org](http://www.hopeuk.org)**