



ANNUAL REVIEW 2018

Hope UK

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Hope
UK

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EQUIPPING YOUNG PEOPLE TO MAKE DRUG-FREE CHOICES.

Note from Sarah, CEO

Welcome to our 2018 Annual Report. You may know that 2017, for Hope UK, was a year of change, where we moved buildings and restructured the organisation. In 2018, we started to build and increase both our work and our staff team, to strengthen Hope UK for the future.

In 2014, Public Health England published 'Alcohol and drugs prevention, treatment and recovery: why invest?'. They identified three key reasons for early interventions:

- 'Young people's drug and alcohol interventions result in £4.3m health savings and £100m crime savings per year.'
- 'Drug and alcohol interventions can help young people get into education, employment and training, bringing a total lifetime benefit of up to £159m'
- 'Every £1 spent on young people's drug and alcohol interventions brings a benefit of £5-£8.'

In this report you will read about some of ways our work contributes to helping young people manage drug-related situations, and to develop life skills they can use in a variety of circumstances - including those relating to drugs.

In 2018, we increased both our outreach work and our work with Generation Hope young people (the Hope UK youth branch). In particular, we focused on developing longer term and regular work with children and young people, in order to increase our effectiveness. Much of our work focusses on helping them develop useful life skills, resilience training, and also providing safe environments where they can be themselves without pressure to engage in harmful behaviours. The quotes throughout this report are from young people themselves, explaining what they learnt or enjoyed as we worked with them.

We are grateful to all those organisations and individuals who generously gave time and money in 2018 to help us help young people - not only for the economic outcomes identified in the 2014 report above, but also for the health and other positive lifestyle results.

GENERATION HOPE AT SOUL SURVIVOR

We encourage Generation Hope young people to get as involved with what we do as they want - so that they can develop communication, leadership and other skills. In 2018, a team of young people ran a detached, interactive drug education stand at Soul Survivor.

They met hundreds of other young people and encouraged them to play a variety of games and activities, all with the aim of helping the young people learn something about drugs, or themselves, or (hopefully) both.

The beer goggles were a great way to draw young people and their leaders. Someone suggested we use beer goggles to drive a model car around a track or throw balls around. Following this we had both a ball and a frisbee available to throw and catch successfully, to show what we offered - especially to those who had been on previous days and had already 'walked the line'. Once they engaged with us it was then easy to say "Come and look what else we have on the table"



OUTREACH WORK IN 2018

Summary

In 2018, we took 2250 sessions and detached activities in the UK, compared to 1,500 in 2017. These were nearly all led by our team of highly trained and dedicated volunteers, working in their local areas. We reached more than 75,000 children, young people and adults.

Sessions

Hope UK increased the number of drug education sessions in 2018. These sessions are sometimes a one-off session as part of a school or youth group's drug education programme, or they can also be a series of sessions - including the eight-week life skills course 'Drugs, Sex and You'. In 2018, we took sessions in schools, youth groups and colleges in Yorkshire, Northamptonshire, London, Hertfordshire, Lincolnshire, Cheshire, South Wales, Buckinghamshire, Berkshire, Bedfordshire, Surrey, Derbyshire, Lancashire, Hampshire, Devon, Manchester and many other areas. We also led sessions for adults in businesses, trained student support workers in universities and helped parents in different areas know what to look for and how to help their children.

Detached Work

We have a table or a stand at an event and do informal activities with passers by, to chat to them about their own behaviours, knowledge and attitudes about drugs. In 2018, we did this in libraries - especially in Mitcham, Leicester and Northamptonshire, in cafes - for example in Scotland, and outside - particularly in Swansea, Northamptonshire and London (outside Tate Modern, for example!). Hope UK and Generation Hope also led detached work at events like Soul Survivor, Festival of Life, and Summer Madness (N Ireland). Volunteers also hosted tables at events in their community - including a family fun day in Pollards Hill, a summer carnival in Kings Langley, a well-being event at a school in Hertfordshire and football events in London and Reading.



GENERATION HOPE ACTIVITIES IN 2018

As well as working at Soul Survivor and helping at many of our outreach activities, it was a busy year for Generation Hope.

We put on themed days for young people - open to anyone who wanted to attend. In 2018, the days were:

- Building Resilience
- Applying to University
- Drug Awareness
- Science and the Bible
- Identity and Self-Esteem

During the summer holidays, Generation Hope organised a series of days out for young people in London - including a trip to the seaside, ice skating and visits to various parks. And for the first time, in 2018, Generation Hope hosted their own ball. (Formal dress 'compulsory').

Generation Hope also had four residential weekends - one for 11-14s, one for 15+, a girl's weekend, and a GH stream at the Hope UK Annual Conference.

In the autumn, Hannah Luke, our youth worker, left us, and Charmaine Smith, our new National Youth Coordinator started with us in January 2019, with the challenge of making all of the above happen in other parts of the UK.



HOPE UK FAMILY 2018

Staff

In 2018, we continued to build our staff team, in order to create resilience within Hope UK.



Joe Griffiths
Deputy CEO



Thuli Ndlovu
Fundraiser



Graham Tilney
Senior Admin



Charmaine Smith
National Youth Coordinator

Volunteers

Our volunteers continue to be the bedrock of our work - giving their time and skills to help us equip young people. As well as all the various sessions and detached work they ran, volunteers also organised a 'Hope UK walk' - as a remembrance of former 'Band of Hope' walks, and to raise money for our work. They sang carols in Kettering and London, helped run the Christmas party for Hope UK and Generation Hope, and engaged in various fundraising activities. Others worked behind the scenes, assisting with admin and making the resources used by our volunteers when out taking activities. Meanwhile our trustees met regularly and worked together to ensure the well-being of Hope UK.

I love being there. There was so much for you to do. It was a great experience. I love every activity. From the first game that we played when we got there (2 truths and a lie) to the last thing we done.



FEEDBACK ABOUT OUR WORK

After each session, we take feedback from the participants, and the data below is collected from evaluations in 2018:

Our impact...



1. Know a lot about drugs...



2. Comfortable talking to parents about drugs...



3. Hang out with friend but make their own decisions...



4. Won't ever use drugs...

Diagram 3. Visual representation (to scale) of the impact of the how young people responded to Hope UK education sessions

Comments from young people included:

'I had never heard of this from my family. I found it useful.'

'All drug sessions should be like this. Other people tell us not to do drugs, but you have given us so much information we know why we shouldn't use them. This was the best drug session we have ever had'

'I liked how she used lots of activities and games, made everything easy to understand, made sure we understood.'

'Very good trainer, treated all of as equal and respected everyone's opinions and personal stories. Made us all feel comfortable and confident with sensitive subjects.'

Comments from adults included:

'Thank you for an informative talk. This is really beneficial for the children before they head off to year 7. It gives a host of information & an idea of how school life may change.'

'Very useful course & really useful to include information relevant to our organisation; the trainer was very knowledgeable & kept the pace of the course moving well.'

STATEMENT OF FINANCIAL POSITION

INCOME	2018 (£)	2017 (£)
Voluntary income (eg, gifts and grants from trusts/companies)	122,092	85,445
Investment income	37,225	14,917
Incoming resources from charitable activities *(eg service provision)	2,871	1,645
Other income		841,226
Total incoming resources	162,188	943,233
EXPENDITURE	2018 (£)	2017 (£)
General education activities	356,868	334,277
Fundraising and publicity	15,486	13,125
Investment management costs	12,616	4,609
Governance costs	4,573	4,042
Total resources expended	389,543	356,053

Balance Sheet as at 31/12/2018

FIXED ASSETS	2018 (£)	2017 (£)
Tangible assets	38	194
Investments	1,113,321	1,241,160
	1,113,359	1,241,354
CURRENT ASSETS		
Debtors	2,716	3,752
Bank & Cash in hand	42,340	220,367
	45,056	224,119
Creditors falling due within 1 yr	(15,485)	(16,127)
Total assets less current liabilities	1,142,930	1,449,346
INCOME FUNDS		
Restricted funds	123,314	132,630
Designated funds—tangible fixed assets	0	0
Unrestricted funds	1,019,616	1,316,716
	1,142,930	1,449,346