



ANNUAL REVIEW 2019

Hope UK

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**Hope
UK**

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EQUIPPING YOUNG PEOPLE TO MAKE DRUG-FREE CHOICES



In 1847, the first 'Band of Hope' group started in Leeds. Within eight years there were so many 'Bands of Hope' that the United Kingdom Band of Hope Union was formed to help co-ordinate and manage national events*. Which mean that 2020 is the 165th anniversary of the founding of the Union. The Union was eventually re-named 'Hope UK'. Staff and volunteers have been working with children and young people throughout those years to help them develop the knowledge, skills and resilience they need to live a drug-free life.

In 2019, we were able to increase the number of children and young people we were able to work with, thanks to our dedicated team of voluntary drug educators who work both locally and nationally. Many of our volunteers live or work in areas of the UK that score highly in terms of deprivation, and through them we are able to reach young people who might otherwise not have access to this kind of help.

This Annual Review will both explain what we did in 2019 and give you relevant statistics about our work. All comments in boxes are from evaluations we received in 2019.

We are so grateful to our funders, volunteers, staff and others who support and help us in this vital work, to help young people make healthy choices not only about drugs, but also around the issues relating to drug use.

Sarah Brighton, CEO



* For more information about our history, go to our website www.hopeuk.org

EQUIPPING YOUNG PEOPLE IN 2019

Summary

In 2019, we took 3042 sessions and detached activities in the UK, compared to 2250 in 2018. These were mostly led by our team of highly trained and dedicated volunteers, working in their local areas. We reached more than 92,000 children, young people and adults.

Sessions

Hope UK helps equip young people to make drug-free choices by taking sessions in schools and youth groups. Sessions are sometimes a 'one off' and are part of a wider course being led by the school or college, who invite us to be part of their programme. Other times we might take several sessions - including our eight-session course, Drugs, Sex and You. Sessions are bespoke - designed for the knowledge, experience and needs of the group we are visiting - and mapped against the National Curriculum. Activities might include recognition of drugs and what they do, legal issues, looking at reasons for drug use and what other, safer, activities might get the same result (e.g. how to be more confident socially without needing alcohol!). Life skills work develops from this - decision making skills, peer resistance, self-esteem and resilience might all form part of sessions for young people.

Detached Work

Some young people are hard to access through traditional groups like schools and youth groups, so we go to them, setting up stands in shopping centres, libraries, and other locations. We have a variety of activities we can do with people who walk past, to help discuss drug-related issues with them.

Training Courses

As well as working directly with children and young people, we train adults who look after and work with them. We have two nationally accredited courses - one for youth workers (Drugs, Young People and the Role of the Youth Worker) and one for community workers (Drug Prevention and Interventions for Family Workers). We also continue to deliver bespoke sessions and courses to parents, teachers, youth workers, faith leaders, social workers and other interested organisations.

“The sessions are so interactive and informative, and the student feedback is incredible. Students who received the workshops on Tuesday had told all the other learners who were due to receive the sessions throughout the week. The buzz within the department about how good the sessions are was apparent and really lovely to witness the students getting excited about the session and learning more about the different types of drugs.”

GENERATION HOPE IN 2019

Generation Hope (GH) is the youth branch of Hope UK. Overseen by a council of young people, GH hosts day workshops, weekend residentials and summer activities. The aim is to help young people develop life skills and make and maintain friendships with others in a safe environment. 'Equipping young people for life'.

Youth Council

These are the young people who oversee GH. In 2019, they were:



Joseph (Chair)



Josh



Ben



Matthew



Phoebe



Rosie



Esther

'The weekends are always good because the people are friendly and inclusive which means a lot to me.'

Events 2019

Generation Hope hosted a variety of events in 2019, including:

- Applying to university day
- Mental Health First Aid day
- Fun Fest day
- 11-14 weekend
- 15+ weekend
- Detached drug education stands run by young people at Soul Survivor, Flame and Big Church Day Out
- A summer programme of days out in London
- Generation Hope Christmas ball

OTHER ACTIVITIES IN 2019



Coffree - in 2019 we piloted a 'give up coffee for a month' activity. We encouraged people to give up coffee (or even caffeine) and let us know how they got on. 25 people got involved, donating the money saved to Hope UK.

Yes/No Game - we developed a game for schools to use, with a pack of resources to help teachers deliver peer resistance lessons. Pupils participating see if they can go for a day (!) without saying 'Yes' or 'No' (except when it matters, obviously)



Hope UK Films: We won Best Costume at London International Cinema Festival, Best Editing at Nice International Film Festival, Merit Award at New York Christian Film Festival, Best Director at Madrid IFF and Best Editing at Milan World Cinema. We had Official Selections at Madura Film Festival in Indonesia, The Art of Recovery in Florida, Care Awards in Paris, Olympus Film Festival Los Angeles and Inshort Film Festival in Lagos.

Conference: More than 100 volunteers, staff, trustees and GH members met together for our Annual Conference and Meeting, in April 2019. Guest speakers and staff/volunteers updated us on relevant issues and helped us develop new ideas.



HOPE UK TEAM 2019

Staff

For the first time in a few years, following a restructure and move in 2017, we had a complete staff team. Staff work in two small offices - one in East London and one in Kettering, when not out taking sessions and helping our volunteers.



Joe - Deputy CEO



Thuli - Fundraiser



Graham - Admin



Charmaine -



Debbie - Volunteer Support

GH Coordinator



Angella - Finance



Chloe - Admin



Hannah, Nathan and Tricia - sessional youth workers



Local Workers:



Rachael - Northants



Ian - Watford



Andy - Sheffield

“Thank you and your wonderful staff for giving our students an amazing experience! We debriefed yesterday and our Hope UK volunteers were the most enthusiastic about their experience. They were deeply inspired by your scope of outreach activities and your compassion. Thank you for what you do to make our society a better place!”

VOLUNTEERS 2019

Most of our outreach work is delivered by our team of 149 local volunteers. Each volunteer has to go through a recruitment process (to check they are suitable to work with children and young people) and are then trained to nationally recognized standards. They attend four training weekends and have homework in between. In 2019, we trained 13 new volunteers.

Once they have completed their 'basic training' they start to take drug awareness and life skills sessions in their area, with support from staff and experienced volunteers. They may also run 'detached' stands or help with Generation Hope events.

Our experienced, and highly committed, volunteers go on to do all kinds of activities, both in their local area, and at national events. In 2019, this included involvement in Junior Citizens programmes in Kingston, Epsom, Guildford and Reigate, training youth mentors in London, parent sessions in Hitchin and Teignmouth, and sessions in schools in Swansea, York, Devon and Hertfordshire. The volunteers took sessions with foster carers and young carers, trained adults in various businesses, worked with Samaritans, Street Pastors, resident's groups, local churches, and many others.

They visited youth groups and organisations in areas including Kettering, West Sussex, Southampton and London, and led activities at community events like mental health awareness days and local fairs. Volunteers ran detached stands in a variety of areas, including Northampton, Bankside, Inverness and Swansea, as well as helping us at the national events we attended - Big Church Day Out, New Wine, Soul Survivor, Festival of Life, CRE and the Youth Work Conference.

"Overall, it was very enjoyable & informative, the children really enjoyed this trip & were excited to share all of their experiences. I think it's very valuable & aids them in the transition to secondary school."



FEEDBACK ABOUT OUR WORK

After each session, we take feedback from the participants, and the data below is collected from evaluations in 2019:

2019 in Numbers

74 74% increase in the number of young people who 'strongly agree' that they know a lot about drugs.

21 21% increase in the number of young people who 'strongly agree' that they feel comfortable talking to their parents about drugs.

14 14% increase in the number of young people who 'strongly agree' that they make their own decisions when with friends.

18 18% increase in respondents who report a positive attitudinal shift away from using drugs in the future (changes in responses to 'strongly disagree' and 'strongly agree' to the question 'will never use drugs').

Comments from young people included:

'The trainer is amazing, and fun and knows so much about the different drugs'

'That drug session was so cool - loved it'

'The drug session was awesome, fun, informative'

'The different types of drugs are so interesting, and the trainer knows loads about the different drugs.'

'It was good that we didn't really write anything - it helped me to remember better'

'I got lots of information & will use it for the rest of my life; my knowledge of how to deal with dangerous situations has increased; He was chatty & clear about everything.'

Comments from adults included:

'This was the most engaging parents' forum session that we have had for some time. Parents were very keen to ask questions and to support other attendees by sharing their personal family experiences.'

'Students engaged with the session well. The nature of the tasks allowed for an open discussion about drugs and alcohol which facilitated a greater understanding of the risks involved with the misuse of substances.'

'An excellent and practical and worthwhile experience'

STATEMENT OF FINANCIAL POSITION

INCOME	2019 (£)	2018 (£)
Voluntary income (e.g., gifts and grants from trusts/companies)	85,196	122,092
Investment income	30,631	37,225
Incoming resources from charitable activities *(e.g. service provision)	3,118	2,871
Other income		
Total incoming resources	118,945	162,188
EXPENDITURE	2019 (£)	2018 (£)
General education activities	£367,582	356,868
Fundraising and publicity	38,826	15,486
Investment management costs	10,643	12,616
Governance costs	4,428	4,573
Total resources expended	421,479	389,543

Balance Sheet as at 31/12/2019

FIXED ASSETS	2019 (£)	2018 (£)
Tangible assets	2	38
Investments	879,643	1,113,321
	879,645	1,113,359
CURRENT ASSETS		
Debtors	3,468	2,716
Bank & Cash in hand	88,194	42,340
	91,662	45,056
Creditors falling due within 1 yr	(17,267)	(15,485)
Total assets less current liabilities	954,040	1,142,930
INCOME FUNDS		
Restricted funds	127,302	123,314
Designated funds—tangible fixed assets	0	0
Unrestricted funds	826,738	1,019,616
	954,040	1,142,930