



ANNUAL REVIEW 2020

Hope UK

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Hope
UK

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Cover Photo: A team of volunteers finish their training - just before lockdown!

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DRUG EDUCATION DURING A PANDEMIC



Welcome to Hope UK's Annual Report for 2020.

We started the year planning all kinds of activities and knew that we would be very busy. We hosted an afternoon event in February to celebrate 165 years since the founding of the UK Band of Hope Union (more later), and staff and volunteers got busy taking sessions, including leading Junior Citizen sessions in Kingston, Reigate, Epsom and Woking, seeing 6,480 year 6 students. We finished training one group of volunteers (a couple of whom got started immediately) and started training another group.

However, everything came to a sudden halt with lockdown. Staff were able to start working at home immediately thanks to Dominic and David, who had set us up with remote working capabilities. But how do you do drug prevention work if you can't go anywhere?

We decided to use the time to begin to convert our resources to online activities, for people we might usually take sessions for to use at home or, eventually, with their groups. This led to a whole new area of our website*. We now have activities to use at home, for youth workers and for churches, e-learning modules, access to our accredited OCN drug units and a few videos for people to use. We then began to get requests for online sessions - so we quickly learnt how to use various platforms, practiced on each other, and started to deliver our work online. This led to starting to train volunteers to do the same.

You can read more about all of this in the report, but I want to acknowledge the amazing work of the staff team in 2020. Everyone had to learn new skills and technology, and most found themselves having to do things that were not what they signed up for. They have responded with grace, humour, kindness to each other, and a huge amount of professionalism. In many ways the team has got closer together, even while we are so far apart.

Meanwhile, we continue to be concerned about drug use in the UK. Reports were already showing that use of most common drugs - apart from alcohol and nicotine - was already increasing among young people, and we consider that the events of 2020 may lead to further drug use. Although lockdown did restrict the activity of county line gangs, and several were stopped by various police forces, lack of finances or opportunity may encourage young people into similar risky behaviour once lockdowns end.

Our work continues to be vital and I would like to thank you for your support of and interest in our work.

* To see our new resources go to www.resources.hopeuk.org

EQUIPPING YOUNG PEOPLE IN 2020

Summary

In 2020, we took 1857 sessions and detached activities in the UK, compared to 3042 in 2019. These were mostly led by our team of highly trained and dedicated volunteers, working in their local areas. We reached about 30,000 children, young people and adults. (Note that this was less per session than usual, as online sessions are much smaller than in-person sessions.)



Sessions

The year got off to a great start - by March we had delivered 832 sessions, compared to 608 in the same period in 2019 but overall, our sessions were down compared to 2019. This was because of the limitations of being able to offer in-person sessions during lockdown, school closures and the tier system. However, staff and volunteers did visit schools, colleges and other groups where possible, and we began to deliver online sessions. These included parent's evenings, school lessons, youth groups and community organisations. One volunteer arranged an event in the flats where she lived - each family received a parcel of resources to use when attending the online session.

Detached Work

Having planned to attend various festivals and events in 2020, we were able to do very little detached work - even as lockdown was lifted we decided we could not deliver this in a COVID-secure way. However, our volunteers instead got busy doing informal online activities with families and friends.

NEW RESOURCES

Staff spent several months adapting and developing our resources for others to use. We started by re-writing activities we would normally use in a classroom for parents to use while home-schooling. We went on to develop resources for youth and church workers. Two staff members learnt how to use new software so that we could develop e-learning modules - many linked to the national curriculum. We put all of our accredited drug units online, for people to access, and began to add videos. Plans for 2021 include lesson plans and resources for teachers to use - all linked to the national curriculum.

"Thank you so much for the [virtual] training - I know I got a lot out of it, and we will discuss the best way to take this forward, as it is such important stuff." (Chair of Trustees for a London Charity)

"Thank you so much for this evening. It was good to have engagement from parents and I thought the [virtual] session was really interesting, varied and delivered information parents absolutely want to learn about. I've received emails from parents who were really pleased to have attended this evening." (Head of Year, Secondary School)

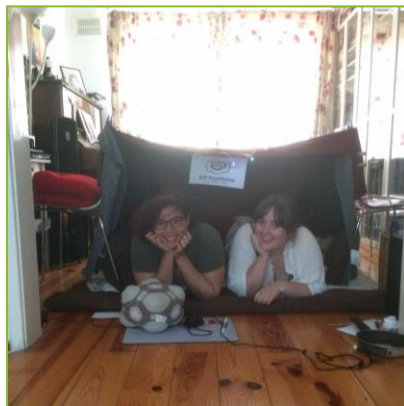
GENERATION HOPE IN 2020

Generation Hope (GH) is the youth branch of Hope UK. Overseen by a council of young people, GH usually 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'. However, in 2020, we had to do things very differently. Our youth worker, Hannah, supported by the older GH members, staff and volunteers, ran a variety of online events for the young people. These included a once-a-week hangout (changing to once a month when they went back to school) and some online workshops.

Generation Hope members also attended an online festival - Limitless - together, from the comfort of their own homes. They built tents in their rooms, watched sessions together, and then discussed what they had learnt, played online games and ate meals.

Staff and volunteers helped Hannah support the young people, many of whom struggled with being able to access lessons, etc., online as they had limited access to the internet. Hannah and her team kept in touch with these young people using a variety of methods.

The youth council met together online to discuss what they would like to see happen, and they were very supportive towards the other young people.



OTHER ACTIVITIES IN 2020

YEAR 165:

Although the first Band of Hope meeting took place in 1847, the UK Band of Hope Union (as we were previously named) started in 1855 - meaning 2020 was our 165th birthday! We were able to have a celebration in February - with invited guests, and support from other groups, including YBHU (who dressed up and joined our CEO in a walk from Hope House in Westminster to the venue near Oxford Street). Annemarie McAllister, from the University of Central Lancashire (and Band of Hope expert!), led us all in a rousing temperance song, and we had presentations from GH members, a highly experienced volunteer, and various staff members, as well as the chair of trustees. There was a chance for guests to view some of our historical resources and have a go at some of our more recent activities.



SOCIAL MEDIA

As we were unable to promote our work at events, we used social media more to share about our work. Campaigns included #AllDressedUp, where people stuck at home dressed up to do normal activities like walking the dog, and #AllDeckedOut, where people decorated themselves for Christmas (Ian made some great videos!). We encouraged people to give up caffeine for one month with our 'Coffree' event, and shared online stories about what it was like working from home - including pictures of Milo the pheasant and Graham's chickens. Our followers and online engagements increased throughout the year. Follow us at Facebook: HopeUKofficial, Instagram: hopeukuk, Twitter: HopeukUK.

HOPE UK TEAM 2020

Staff

Our staff usually work in two small offices - one in East London and one in Kettering, but in 2020 mainly worked at home:



Top: Andy (Sheffield Local Work), Angela (Finance), Debbie (Volunteer Support), Graham (Administrator)
 Bottom: Hannah (Youth Work), Ian (Watford Local Work), Rachael (Northants Local Work), Thuli (Fundraiser)
 Sarah (CEO) can be seen working at home at the top of page 3.

To maintain the team experience, staff have 'met' daily via Teams or Zoom. We meet at 9.30am, and again at 3pm (T@3) and have become surprisingly creative at quizzes!

Two members of staff left us in 2020 - Joe left to train to be a vicar, and Chloe to work for a charity supporting vulnerable young people.

Trustees:

Many of our trustees have volunteered with Hope UK for several years, as well as serving as trustees. In 2020 we had two new trustees join us - Ayo Adedoyin, a pastor from Jesus House, London, and Ann Small, whose work involves recruiting and supporting foster carers. Our other trustees include Andy Lawley, a pharmacist and part time Hope UK local worker; Chrissy Becares, Query Resolution Manager; Joseph Banton, student; Ruth Groome and Alan Earwaker, both local councillors; and Kate Sandison, actor.

We were sad to lose Josephine Hart and Yemisi Odejayi, who both stood down as trustees in 2020, after many years of supporting Hope UK (both remain volunteer educators).

VOLUNTEERS 2020

Most of our outreach work is delivered by our team of 144 local volunteers. Each volunteer undergoes a rigorous recruitment process (to check they are suitable to work with children and young people) and are then trained to nationally recognised standards. They attend four training weekends and have homework in between. In 2020, we completed the training for seven new volunteers, and had just started training another five when lockdown happened. A further four volunteers started training by learning the drug information part of the course through online sessions, and all nine will continue their training once face-to-face learning is possible.

Our volunteers started the year very active - as well as involvement in delivering the Junior Citizens workshops, sessions led by volunteers included ones in schools and colleges, youth clubs, churches, and community organisations, and informal drug education in a prison, GP surgery, FE college, and a street market. Initially, when lockdown began, all activity by volunteers stopped, but gradually our volunteer support worker encouraged them to find new ways to deliver drug education. Some did socially distanced informal activities with their neighbours, while others started to lead online activities and sessions. As schools reopened, a few volunteers went back into schools, learning to lead very different kinds of interactive sessions! Hope UK continued to support our volunteers - several of whom live alone or have had to shield.

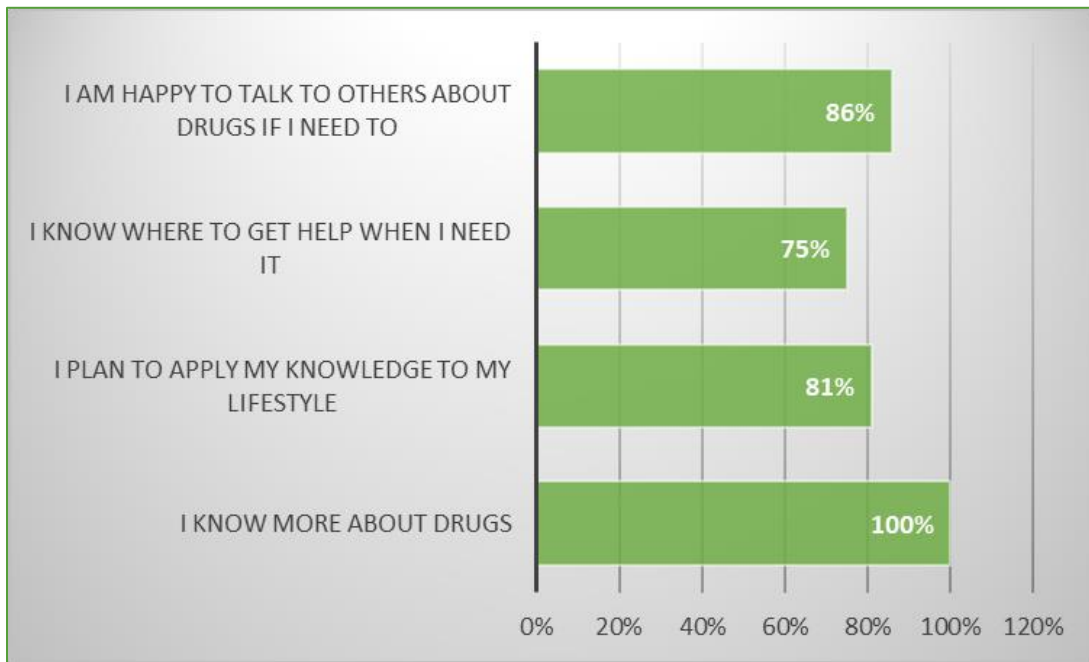
We ended the year with fewer volunteers than we began the year with - mostly because people left as their circumstances changed, but we were saddened by the sudden death of Lurna Mitchem, following a road accident. We are grateful for all her support for our work and will miss her.

"When I joined my organisation you were there ... offering support and guidance. I went to the most fantastic drugs and alcohol course with you and learnt so much about drugs. And then you kindly came to my Samaritans branch and delivered the same course. I can honestly say the volunteers still talk about it now." (Comment on the work of one of our volunteers.)



FEEDBACK ABOUT OUR WORK

After each session, we take feedback from the participants, and the data below is collected from evaluations in 2020:



Graphs showing the % change in participants indicating agreement with the statements on the left.
(Please note that there was much less data available for 2020)

Comments from participants included:

'I understand better how to help young people & what to do. This answered lots of questions in my mind about County Lines. I liked the balance of group work, talking & videos.'

'Really knowledgeable & put over in non-patronising, non-judgemental way; very relaxed & informal, but energetic & engaging. Delivered at right pitch; great approach, practical & interesting.'

'Fantastic training for parents & community. Helped us to be aware of what's going on in the drugs world & how to prevent, intervene etc.'

'Would like to have these talks on a regular basis; need more.'

'I learnt that a heart is an organ. I learnt lots of new facts about the body and organs. I liked the Mexican wave.'

STATEMENT OF FINANCIAL POSITION

INCOME	2020 (£)	2019 (£)
Voluntary income (e.g., gifts and grants from trusts/companies)	268,215	85,196
Investment income	22,202	30,631
Incoming resources from charitable activities *(e.g., service provision)	1,577	3,118
Other income		
Total incoming resources	291,994	118,945
EXPENDITURE	2020 (£)	2019 (£)
General education activities	244,760	367,582
Fundraising and publicity	38,976	38,826
Investment management costs	8,288	10,643
Governance costs	3,127	4,428
Total resources expended	295,151	421,479

Balance Sheet as at 31/12/2020

FIXED ASSETS	2020 (£)	2019 (£)
Tangible assets	2	2
Investments	811,375	879,643
	811,377	879,645
CURRENT ASSETS		
Debtors	4,496	3,468
Bank & Cash in hand	164,539	88,194
	169,035	91,662
Creditors falling due within 1 yr.	(11,712)	(17,267)
Total assets less current liabilities	968,700	954,040
INCOME FUNDS		
Restricted funds	126,092	127,302
Designated funds—tangible fixed assets	0	0
Unrestricted funds	842,608	826,738
	968,700	954,040