

## National Curriculum:

As the PHSE curriculum will become compulsory in September 2020, including alcohol and other drug education, we mapped all of our current resources against the new curriculum.

## Alcohol-Free Today

Alcohol-Free Today (AFT) is a low-cost project involving a brightly coloured wrist band which, when worn, signals a young person's intention to be alcohol-free for a period of time or on a particular occasion, acting as a reminder to them as well as friends who may want to encourage them to drink. A Facebook page enables young people who use the wrist bands to share their experience of being alcohol-free and post light-hearted videos demonstrating fun activities that don't involve drinking.

## Drugs, Sex and You course

During 2019, Drugs, Sex and You courses were delivered by specially trained Drug Educators in different parts of the UK. Delivered over 8 sessions, the course includes self-esteem and confidence building, life skills and sexual health education as well as drug and alcohol information. Although the course has been very well received by both young people and youth workers, opportunities to deliver it were limited in 2019 by a combination of Educator availability and lack of time by our staff team to publicise it widely.

The course is particularly effective with disadvantaged young people who often lack the confidence to benefit from the education in these areas provided in schools and at home.

## Professional Courses

Hope UK has two accredited courses that can be delivered to youth workers and family workers – we delivered two courses in 2019, and there was a growing interest in them – particularly the course for youth workers. A small group of experienced volunteer educators were trained in how to lead these courses, as we are looking to promote these courses more widely.

## Online and Other Resources

Having renewed our website in 2017, we are developing web-based resources for organisations to use. In 2019, we produced the Yes/No Challenge for schools, which encourages pupils to play the 'Yes/No' game for a day and gives teachers lesson plans and resources to help them run lessons on peer resistance skills.

Towards the end of 2019 we added to our resources on 'County Lines' as service users receiving bespoke sessions have been requesting this more frequently.

## Films

In 2018, Hope UK produced six films to use in our work. Two were based on the Magic Lantern shows of the Band of Hope – to be used later in sessions for schools wanting to explore Victorian youth work. In 2019, one Magic Lantern film 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 have also had Official Selections at Madura Film Festival in Indonesia, The Art of Recovery in Florida USA, Care Awards in Paris, Olympus Film Festival Los Angeles and Inshort Film Festival in Lagos. Within these festivals we were sometimes nominated in four categories and received a lot of positive feedback - people feel Hope UK are doing an irreplaceable job. We often beat films with huge budgets that have taken years to make.

## Coffree

In 2019 we piloted a month long give up coffee (or caffeine) for a month, inviting people to join in 'Coffree' in September. 25 people heroically 'gave up', donating the money they saved to Hope UK. We plan to repeat this in 2020, increasing the profile.