

### Drug Deaths on the Increase

You may have seen the news very recently that drug deaths have sadly been increasing in England, Wales and Scotland.

- ⇒ In England and Wales, drug deaths in 2020 reached 4561 (777 from cocaine) - this was up 3.3% from 2019, and the highest since 1993.
- ⇒ There were 1339 deaths in Scotland, three times higher than a decade ago, and the highest drug rate of any European country.

Many of the deaths in England and Wales were among younger 'Generation X' - the same people who would have been using the 'dance drugs' in the early 1990s. Sadly, for some people, what feels like fun in their teens can turn into all kinds of problems, including dependency and death, later in life.

We continue to offer drug education and life skill sessions to generations of children and young people, so they can make informed and healthy choices regarding their drug use. We work towards minimising the chances of death and other outcomes in later life, and instead look to help young people develop skills and habits that will be useful to them throughout life.

*Sarah*

### Junior Citizens

Every year, thousands of year 6 pupils (age 10-11) attend a Junior Citizens day or half day. At the event, pupils learn to keep themselves safe, meeting and learning from a variety of agencies. These vary from area to area, but usually include the police, fire service, water safety (often from RNLi), rail safety from Network Rail, and school nurses. Many areas now include drug awareness, and Hope UK staff and volunteers have been leading sessions at Junior Citizens events for several years.

We were able to go back to doing this in the summer term, and met with several thousand pupils in three areas, over five weeks. Staff and volunteers worked with the pupils to help them identify certain substances and learn the associate risks, while considering ways to keep themselves safe. As some of our volunteers were not yet feeling quite able to go back to working directly with young people, some of our Generation Hope members also took sessions, as you can see from the picture. We are considering recruiting and training a group of people who will be 'Junior Citizens Volunteers' - leading these sessions only, once a year when the event happens in their area. Interested? Contact Sarah—[s.brighton@hopeuk.org](mailto:s.brighton@hopeuk.org)—to find out more...



## Online Courses

These small, Zoom sessions are aimed at anyone who needs to increase their understanding or think about interventions they may need to implement, but don't have lots of time to attend longer training courses. Book at [hopeuk.org/events/](https://hopeuk.org/events/)

Title	Date	Time
Introduction to Drugs for Parents	13 <sup>th</sup> Sept	8pm
County Lines for Parents	20 <sup>th</sup> Sept	8pm
Drug Awareness for Youth Workers	27 <sup>th</sup> Sept	8pm
Nitrous Oxide – an introduction for youth workers and parents	5 <sup>th</sup> Oct	8pm
Writing a church drug policy	18 <sup>th</sup> Oct	8pm
Drug Identification and Effects	19 <sup>th</sup> Oct	8pm
Writing a drug policy	2 <sup>nd</sup> Nov	11am
County Lines need YOUR young people (training for youth workers)	22 <sup>nd</sup> Nov	8pm
Writing a drug policy for your youth group	23 <sup>rd</sup> Nov	11am
County Lines need YOUR young people (training for youth workers)	30 <sup>th</sup> Nov	11am
Writing a drug policy for your youth group	2 <sup>nd</sup> Dec	8pm

## In-person sessions are back!

Although we continue to offer online training and resources, we are also getting back to taking in-person sessions with various groups. Recent events have included training for school chaplains, two 'Drugs, Sex and You'\* courses in a school in East London, and 'Preparing for Year Seven' lessons in a primary school in the Midlands. One member of staff took sessions for Year 12 pupils, where they discussed issues around legalisation of drugs and how to manage difficult times without using a drug. They also learnt about county lines, and how children younger than them might be being exploited so that others can access drugs.

One educator led a session for parents and young people at a summer event—participants appreciated learning about the importance of self-care to help them with their parenting roles. Although the summer will be quiet(ish) we are already preparing for more sessions starting this September.



(Picture taken before March 2020)

\* Drugs, Sex and You is an eight session programme aimed at helping young people develop life skills to manage peer pressure, make healthy decisions and develop confidence.

## Raising Funds...



We are excited to announce that Myles Deniran will be running the London Marathon and raising funds for Hope UK. To see an excellent video, find out more, and sponsor him, you can go to: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=MylesDeniran&pageUrl=1> (or go to Virgin Money Giving and search 'Myles Deniran')

Meanwhile, we are already planning for Christmas! We will be taking part in The Big Give Christmas Challenge—and are looking for people willing to pledge support or give between 30<sup>th</sup> November - 7<sup>th</sup> December. More information in the next newsletter, but feel free to contact Thuli (t.ndlovu@hopeuk.org) if you would like to find out more.

**theBigGive**



## Coffree

Jabez the Coffee Bean is Hope UK's mascot for our \*Coffree\* campaign which will be taking place this October. Coffree is a fundraising event for Hope UK where participants are sponsored to give up coffee or caffeine for an entire month. Jabez is named after Jabez Tunnicliffe who, along with Ann Jane Carlile, founded Hope UK in 1855 (when it was known as The Band of Hope).

Will you join in this year—and get sponsored to give up coffee (or tea, or sugar, or...) to raise funds for our vital work? Contact Thuli—[t.ndlovu@hopeuk.org](mailto:t.ndlovu@hopeuk.org)—for more information.

## Generation Hope residentials this year.

Unless anything unexpected happens (and we know how this is a possibility!) we are hosting three residentials for young people in the coming months.

- ⇒ Chellington (near Bedford) - 24th - 26th August, for 14-18s
- ⇒ Latimer, East London - 24th - 26th September, for 18-25s
- ⇒ Chellington (near Bedford) - 22nd - 24th October, for 11-14s

All weekends will include fun (we can be quite nice occasionally!), sleep (we hope), and teaching sessions. They will also include Christian content.

If you would like to know more, please contact Hannah—[h.luke@hopeuk.org](mailto:h.luke@hopeuk.org).



## Looking for Volunteers

We are starting to train volunteers again. We are keeping each course small, so that we can keep everyone safe, but we do have spaces on the course starting in January next year.

Are you interested in helping us by training to deliver drug education and life skills workshops to groups in your local area? Or do you know someone who would be great at this?

If so, please contact us—[enquiries@hopeuk.org](mailto:enquiries@hopeuk.org)—or have a look at the information on our website: [hopeuk.org/volunteering/](http://hopeuk.org/volunteering/)



## Is your information up to date?

We hope you enjoy hearing from Hope UK, about our work. However, we are aware that we may be contacting an organisation and the person we used to mail has moved on — or maybe you would prefer not to hear from us any more.

Please contact us at [enquiries@hopeuk.org](mailto:enquiries@hopeuk.org) if you would prefer not to hear from us again (or call us on 020 7928 0848).

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