

Coffee Challenge

You are grounded!

During September 2019 many of our supporters will be **grounded**, as they will take a break from **coffee** for the whole month, while raising funds for Hope UK.



Meet Charmaine, one of the **COFFREE conqueror champs** who will be breaking new ground this September!

"The **COFFREE Conqueror challenge** has been the catalyst for change in my life."

"I have wanted **to give up coffee** for a long time."

"I believe **the removal of caffeine** in my body **would aid better sleep and produce better health benefits for me**. The levels of oestrogen in my body have been playing havoc with my thyroid and some commentators have argued that coffee could be a contributing factor to oestrogen dominance. I cannot say for definite, however, this month-long coffee elimination may well prove this to be the case."

Is it going to be easy? No!



"It will be a blow to my morning routine: no more mocha en-route to work, negotiating the aroma of the drinks emanating from the cups of my fellow commuters and increased agitation of not having coffee."

"With all said and done, I am looking forward to a new spring in my step aided by my coffee alternatives of water, green tea and chicory and I believe I will be at least £68 richer by the end of the month!"

"I will also be raising money for a good cause."

Sign up now to be part of the COFFREE Conqueror Champs!

www.hopeuk.org/coffee



Generation Hope this summer



The rain won't dampen our spirits! This summer has been great for Generation Hope - we've been running activities every Thursday during the school holidays, to get young people together and have fun! First off, we had **Water Wipeout** where some of the GH members were slipping and sliding into summer with a smile. Wetsuits, obstacles and a huge lake, what more could you want for the hottest day of the year? With a couple of minor hiccups involving the trains, our team rallied around to save the day and get everyone home safely. A successful activity and one we hope to do again next year!!

Next up, we went **Ice Skating**, perfect for those who were jaded from the summer heat. We saw confidence grow on the ice as initially young people nervously clung to the edges, but an hour later were gliding around. We were delighted to host this activity which some GH members hadn't tried before (or hadn't done for a while) watching them go from strength to strength in their abilities and trying something new!



Blend In - Stand Out: An exciting time for young people to join us at the 11-14 weekend, happening this coming week: two nights away with a faith based programme looking at topics such as friendship and peer influence with lots of time for games and outdoor activities.

We're also at **Soul Survivor** next week! (Week B). It's all go here! If you know a young person coming, send them our way!



Thurs 22nd Aug 2019 - **Indoor Trampolining** (Stratford)

If you haven't seen an indoor trampoline park before, it's quite a spectacle! Small trampolines covering the floors and part way up the walls, pits to jump in and platforms to jump off, it is fantastic fun and we still have spaces available, please email generationhope@hopeuk.org for more information.



Playing monopoly

Thurs 29th Aug 2019 **Treasure Hunt** (Westminster)

This activity promises to be exciting! A Treasure Hunt around Westminster using good-old-fashion maps. Two teams will compete to find the treasures and win the champion title! Some of you will remember the monopoly challenge and get a serious case of nostalgia (see photo).

During the monopoly challenge young people took buses around London to take photographs to get photographs with monuments. We can't wait for the Treasure Hunt but who will win this year?

Hope UK Resources

As many people have recently asked to hear about our work, we thought we'd give a brief outline of some of the things Hope UK can offer your church/youth group/organisation.

Obviously, all of this is based on our main aim 'to equip young people to make drug-free choices'.

Sessions

Hope UK can visit your group to take bespoke sessions. We can work with any age, and take sessions of any length (ideally at least one hour). Although we talk to you to see what would be best for your group, ideas can include:

- Drug information, including what they look like, effects, risks
- Life skills (e.g. peer-resistance skills, decision making)
- Legal issues
- How to help

Drugs, Sex and You

This eight-session course for young people looks at:

- Introduction to Life Skills
- Drugs
- Healthy relationships
- Peer pressure
- Decision Making
- Self Esteem
- Confidence
- How can we use this

(It can be a seven-session course if you want to miss out the relationships week)

Professional Courses

Although most of our sessions are designed specifically for your group, we offer two courses accredited by the Open College Network. Each course takes two days and learners can gain credit if they attend the course and then do some personal study afterwards. The courses are for:

- Youth workers
- Family workers (can include social workers, community workers, church leaders and similar roles)

Generation Hope

Our youth branch aims to provide safe, fun alternative activities for young people age 11-25.

It also encourages skill development among all the young people we work with.

Young people are involved in running Generation Hope and leading events and activities.

For more information go to www.genhope.co.uk

Churches

Although a lot of our work has no reference to Christianity, as we work mostly in settings outside of the church, our staff and volunteers are able to offer specific work to churches—for example speaking in services.

We also have packs church leaders can use for sermons and group studies—you can find them on our website: www.hopeuk.org/churches

Volunteer Training

We have a nationally recognised training scheme for volunteers. Once trained, the volunteers can lead drug awareness sessions and other activities in their local area.

This training is free as the person will become a local rep for Hope UK. However, you may find that having someone trained in your church or organisation will also help you with your community work.

Volunteers train in London (accommodation provided) over four weekends—with a six week gap between each weekend.

Hope UK at New Wine

It's always good to get out and about meeting people and sharing a little about the work that Hope UK does in equipping young people to make drug-free choices.

And so, for two weeks at the end of July / beginning of August, Hope UK exhibited at the 'United 19' event hosted by New Wine. This huge Christian event took place at the East of England Arena at Peterborough bringing together 21,000 people from all over the country for prayer, worship, bible-teaching and more!

Our teams, made up of staff, volunteers and Generation Hope young people, ran the stand chatting with delegates and telling them about the work of Hope UK. Over the course of the event, we did a variety of interactive drug and alcohol education activities which people found very interesting and helpful.

The children particularly enjoyed having a go with the beer goggles (these impair your vision, and we encourage the user to think about personal safety and other issues relating to being drunk). One activity was trying their hand at controlling a remote-controlled car around a track! A (slightly silly) reminder not to drink and drive.



Our very own Drug Educator Maureen Miller will be running a **Protective Behaviours** training day for young people in November! Please keep this day free!

What does this mean?
See opposite...

Protective Behaviours

A day of learning and friendship for young people.

All 11 to 25 year olds
are welcome!

Protective Behaviours is a practical approach to personal safety. The training will empower and help you develop strategies for self-protection

Please keep an eye on the new and improved Generation Hope website for details! www.genhope.co.uk or book through <https://protective-behaviours.eventbrite.co.uk>

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 if you would prefer not to hear from us again (or call us on 020 7928 0848).

Hope UK, 50 Gold Street, Kettering, NN16 8JB

T: 020 7928 0848

E: enquiries@hopeuk.org

www.hopeuk.org