

Go
COFFEE-FREE
this September,
raising money for Hope UK,
and claim the title of
**COFFREE
CONQUEROR!**



The 2020 Coffree Conqueror Challenge is underway. It's not too late to get involved, visit www.hopeuk.org/coffree to sign up and for more details and to get your daily email from ground support! (Pun intended.)

At the time of writing, it is day three of the Challenge. A number of us are feeling the effects of caffeine withdrawal—headaches, fatigue and lack of concentration. But, those who did this last year will know it's only temporary and soon the energy levels return and the headaches fade.

You know, what we are experiencing is a very mild version of what drug users experience when they stop using. Smokers, heroin users and drinkers all experience withdrawal when they stop. Wouldn't it be better if people never started using? Of course, that is where Hope UK comes in. Find out on page 2 what we've been up to since our last newsletter.

How are you getting on? Let us know how you're doing on the COFFREE Conqueror Facebook page, or by emailing enquiries@hopeuk.org.

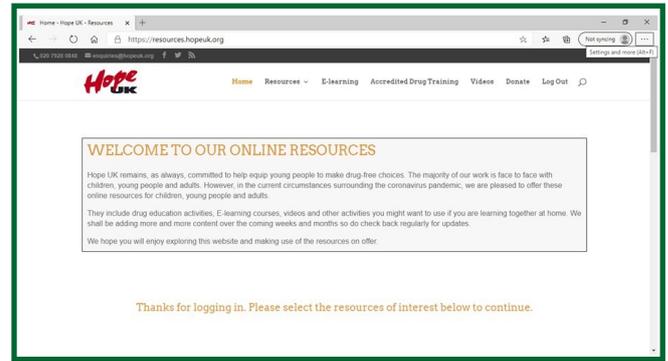


Kicking the habit for Coffree



What have we been up to?

In our last newsletter we told you about our brand new resources website (resources.hopeuk.org). Well, it's not brand new now but there is plenty of new content. There's E-learning, videos, activities for home and resources for churches. Coming soon will be resources for schools to help them deliver the Drugs, Alcohol and Tobacco modules of the new PSHE National Curriculum. If you are a teacher we would love to hear from you about the kind of resources you would like to be able to access. Get in touch via enquiries@hopeuk.org.



We have also been experimenting with delivering drug education via Zoom. I'm sure that six months ago most people had never heard of Zoom, now it has taken on verb status (to Zoom, like to Hoover, or to Google) in everyday life!

So far we have had Zoom sessions in two classrooms, simultaneously(!); a session for a church youth group and even one with neighbours. We are learning a lot about how to deliver drug education remotely and we would love to hear about any experiences you have had. If you would like a virtual session for your group, contact enquiries@hopeuk.org.



And, very excitingly, we are going back in to schools in some areas! So if your group would like a 'real life' speaker, contact us.

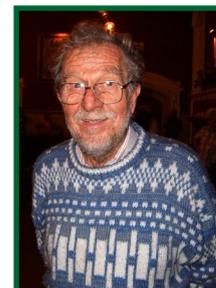
Hope UK on social media

Did you know that Hope UK has a Facebook page (@HopeUKofficial), an Instagram account (@hopeukuk) and twitter (@HopeukUK) page?

We have often said that more people need to know that we exist. So, if you don't follow us why not go and find our pages today and click 'follow'?

We think that you are the best advert for Hope UK, but you can't be everywhere. Social media is a great place to promote our work, and you can help us. So, why not follow and then share (or retweet) posts to get our name out and about.

In the last few months we have featured stories on Facebook about a number of our educators that you may have missed. These stories of ordinary people doing extraordinary things will truly inspire you. You will find stories from Stephen, Charlene, Mary, Elizabeth, Sue, Alan & Jenny, Josephine and David.





Generation Hope has also had to adapt since the start of lockdown. So, we asked some GH members to share their experiences and this is what they said:

Our lockdown summary with Hope UK

At the start of the lockdown, Hope UK was offering Thursday prayer sessions and Saturday hangouts over Zoom.

During Thursday prayer sessions we prayed collectively for a range of things from sufferers of COVID-19 to re-opening of schools and people's loved ones. The prayer sessions were enjoyable as it taught us we could come together during the pandemic and offer each other help through prayer. It was also a safe haven.

Saturday hangouts were a time where we could have fun, let loose and also be proactive. The Saturday hangouts had more people. This allowed us to socialize with more people.

We played a variety of exciting games. The top 3 games for us were; skribbl.io, murder mystery and Guess the Song. Skribbl.io is a free online game like Pictionary. Murder mystery involved a group of people role playing characters and reading from their scripts. The aim of the game is to collect clues and find who the murderer is. And in Guess the Song we watched a YouTube video of different songs and we had to guess the songs/artists. Both Skribbl.io and Guess the Song had a point system, this made them more competitive.

There were special sessions in partnership with Limitless. They took place on Friday and Saturday in August. We joined for 2 of the sessions on Saturday. The 2 sessions were named Life with God and Life at Uni. Both sessions were insightful as they touched on topics which were important for our age groups. We were able to ask questions which made it more interactive. We then took things a step further by discussing what was stated in the previous sessions.

Lockdown was more positive for us because of Hope UK.

By Anu & Samuel

"During lockdown we did lots and lots of Zoom calls. We also talked about Bible-ly stuff. We talked about Job and Rosie's simplified summary of it was absolutely amazing! We also did Limitless and it was absolutely awesome!!!" Isobel

Okay so basically Job was sad because everything was bad (like all his kids crops and cattle were dead oof.jpeg)

And then his friends show up and are like "OI JOB you're not allowed to be sad even if things are bad because like God said you can't be sad and this is all probs ur fault anyway lol cheer up and stop being a saddo"

And Job is like 😞 and 😞 and 😞😞😞
😞

And his friends are like `_(\`)/`

And then God turns up and is like 😞 no Job its okay to be sad I'm glad you're honest with me let's talk about this mmkay boo xoxoxo

ALSO OI FRIENDS OF JOB LET HIM BE HONEST LET HIM BE H O N E S T

Yeah and then Job gets more children and a lot of farm stuff so I guess that's fine idk

*Editors note—if this doesn't make sense, ask a young person!



Limitless Festival was going to be a new adventure for Generation Hope this summer. Like so many events since the outbreak of coronavirus, it was, sadly, cancelled. But, it moved online. This allowed the Generation Hope young people to still 'attend' together via the wonders of zoom and have discussion time about the seminars they watched.

Prayer

The staff team pray every day. If you would like us to pray for you please let us know.
If you would like to join the Friday morning prayer time (via zoom) do get in touch.

WANTED – volunteer educators

We need more educators just where you are to reach more young people so that they can make drug-free choices.
And, YOU are the best advert we could take out. Chances are that someone you know told you about Hope UK. Who do you know that could train with us?

Fundraising

Like many charities Hope UK has to think about where our money comes from and how we spend it. Could you do something to help? A sponsored event? An afternoon tea? A bun sale? Or become a personal supporter?
See the Hope UK website or contact enquiries@hopeuk.org.

Specialist training

As well as drug education sessions, Hope UK can also provide specialist training to equip youth workers and family workers to understand drug issues and use their knowledge in their work.

The two-day courses (other options are available) include Open College Network accreditation for those interested.

These professional courses give participants the skills, knowledge and resources they need to support the young people and families they work with.

Churches could come together in an area to host this training for their youth workers. Or maybe you have local contact with the youth and family services in your area.

More information is available at hopeuk.org/training-courses/.



Congratulations to Osas and Alex

On Sunday 6th September Osas and Alex (educators in Leicester) welcomed their latest addition to the family — Jotham .

All at Hope UK send their love and best wishes.



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).

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