

### Drug Education Vital!

In a world with so many issues, drug education can often come low down the list of priorities. As you can imagine, schools have had to focus on keeping their pupils on track (as much as possible) with core subjects such as English and Maths. This year, schools are gradually re-introducing drug education into their timetable, and inviting organisations like Hope UK to help.

In a school recently, working with a class of Year 8s (age 12-13), we were discussing which drugs are most commonly used in their age group. One girl was insistent—everyone her age was vaping (using e-cigarettes). A few weeks later, we were invited to another school—year 8 again—and the school asked us to focus on vapes. During the lesson, one boy was so surprised to find out that nicotine was a drug, that he kept coming back to the issue. He had no idea that the addictive substance in cigarettes was nicotine, although he did know nicotine is in many vapes. This was a common response in all the classes we worked with that day.

We were thinking about this afterwards—usually pupils learn about cigarettes and nicotine in primary school. Then we realised. Current year 8s were in year 6 when the pandemic began. They have missed the drug education they would have had in years 6 and 7. And this may well be seen in their behaviours and choices. At the moment we can only observe from our own experience that young teenagers appear to be using vapes, possibly at a higher rate than previous years. The official statistics won't be available until later this year. However, it is clear from our conversations that the young people we are working with do not know about nicotine and its addictive qualities.

### Vaping—Information

An e-cigarette, or vape, is a device that allows the user to inhale nicotine in a vapour rather than in smoke. E-cigarettes do not burn tobacco and do not produce tar or carbon monoxide.

They work by heating a liquid that typically contains nicotine, propylene glycol and/or vegetable glycerine, and flavourings.

Using an e-cigarette is known as vaping.

A major UK National Institute for Healthcare and Research (NHIR) funded clinical trial was published in February 2019. Involving nearly 900 participants, it found that in Local Stop Smoking Services, a standard e-cigarette was twice as effective at helping smokers to quit compared with the quitters' choice of combination nicotine replacement therapy.

#### **Introducing young people to nicotine:**

There are vape products that do not contain any nicotine at all, and can be used as recreational and social activities. However, vapes containing nicotine are aimed at helping smokers quit, or for using nicotine in a safer form; they are not meant to be targeting young non-smokers. No-one yet can be sure what the long-term consequences of vaping might be, particularly when a user starts at a young age. However, a long-term nicotine dependency can be expensive, and difficult to stop if/when desired.

#### **Vapes and THC:**

Some people add THC—the active ingredient in cannabis—to vapes. This is illegal and carries its own risks for the user.



## Current Activities

We are so glad to report that our work is gradually getting back to normal. We thought you might like to know what is happening here...

- \* Currently we are preparing for, or participating in, FOUR Junior Citizens events—in various London boroughs.
- \* We have just exhibited at Big Church Day Out (did you see us there?).
- \* And we ran a stand at a Jubilee street party!
- \* We have workshops and lessons planned with schools, school chaplains, Scout and Cub groups and other groups.
- \* We are running detached drug education stands at various summer events and carnivals.
- \* Six current volunteers are attending a re-visiting basic training weekend, as they have been out of action for a while.
- \* We are re-writing our 'Drugs, Sex and You' course—it will now focus more on healthy relationships and friendships, and will get a new name—'Drugs, Life and You. The whole course is mapped against the new(ish) RSE national curriculum.
- \* We are planning an 'Open Day' in Kettering in early October—to showcase our work. (Let us know if you would like to attend.)
- \* And we have three or four new people to train as volunteers, starting in September—would you like to join them?



## What People Say About Us

Recent feedback comments have included:

"Very informative and well received by participants – informal and engaging delivery kept people interested." (Street Angels)

"I loved Hope UK's workshop – I never knew about the warnings on aerosol cans. Our school needs Hope UK's work." (Teacher, JCS)

"You were really fun I want you to teach us again. Please teach us again, you are so nice." (School pupil)

"It was a pleasure to host you and your trainers last week and thank you to you all for leading the sessions. I have recommended you to our PSHE leads at school so I hope to see you again in the future." (Teacher)

"Very informative—I liked how she spoke with the children" (Teacher JCS)

"Brilliant, really engaging and welcoming. The information was brilliant, very easy to understand and relate to. The trainer was well informed and her delivery was very clear" (Street Pastors)

"She was very informative and friendly. I liked games to help understand things." (School pupil)

"The level of teaching, discussion and interactive quizzes etc were excellent. Overall a brilliant training, thank you!" (Youth worker—Online training course)

## Band of Hope Survey

Don't forget to complete our Band of Hope survey—and tell friends and family to as well! We can send you a paper copy, or you can access the online form at [hopeuk.org/bandofhope/](http://hopeuk.org/bandofhope/)



## Get involved!

If you don't have time to be a volunteer with us perhaps you might like to support us by helping to raise awareness about our work—and maybe even raising a bit of money! There are various ways you can help us in this:

**#AllDressedUp**—we are running this campaign on social media this year from June 30th to July 4th. It is VERY easy. All you have to do is dress up and get someone to take a picture of you doing a daily task. For example, wearing a suit to take the bins out, or your favourite party outfit to clean the bath! Then you post it on your social media of choice, and say something like 'I am supporting Hope UK to equip young people to make drug-free choices. #AllDressedUp'. You can then tag or encourage your friends to join in—the more outrageous the better!



**Promotion Pack**—We can send you leaflets, booking forms, social media posts, sample press releases and more. If you would like to help us by promoting our work, contact Graham—enquiries@hopeuk.org—and he will send you what you need.



**Coffee Conqueror**—Join us in October as we give up coffee (or tea or caffeine drinks). More news on this in the August newsletter, but you may want to start planning now. What you save on coffee, you can donate to Hope UK! Warning—if you give up caffeine altogether it's tough! (You don't have to go that far...)

## Events

Don't forget to book for the following events:

### Online Workshops:

16 June 11.30am: *'What Every Church needs to know about Drugs'*

21 June 11.30am: *Life skills for your child/ youth group 1 – Making Decisions*  
(For parents/carers and youth workers)

27 June 11.30am: *Life skills for your child/ youth group 2 – Peer Resistance*  
(For parents/carers and youth workers)

More coming later in the year—watch this space!

### Generation Hope Residentials:

11-14s Weekend Away: 21st - 23rd October

18+ Weekend Away: 11th - 13th November

## Volunteers Needed

We are (always) looking for people to join us as **volunteer educators**, to help deliver local drug education.

We train you—to nationally recognised standards—and support you to offer this service to your community. If you would like to know what is involved, or to chat about whether it is for you, feel free to contact enquiries@hopeuk.org and ask to talk to someone about our volunteering opportunities.

If you prefer to have a look at information first, we can e-mail you a pack, or you can go to <https://www.hopeuk.org/volunteering/> to find out more.

We are also looking for **admin volunteers** to help us in our office in Kettering, and **Junior Citizens volunteers** to help us with this project (training for both provided!).

Looking forward to hearing from you!

# Hope UK and Temperance History

In September 1832, Joseph Livesey and John King met in Livesey's Preston cheese shop and drafted a pledge committing their lives to total abstinence (a complete abstinence from drinking alcohol). Nine days later, the historic pledge was signed by the 'Seven men of Preston' (John Gratix, Edward Dickinson, John Broadbelt, John Smith, Joseph Livesey, David Anderton and John King) in the old Cockpit on Stoneygate in Preston, Lancashire. Many others followed their example, with 4,000 pledgers by 1834 in Preston alone. The British Temperance League was formed and grew to almost 1,000 Temperance Societies in Britain, with a membership of more than 300,000.

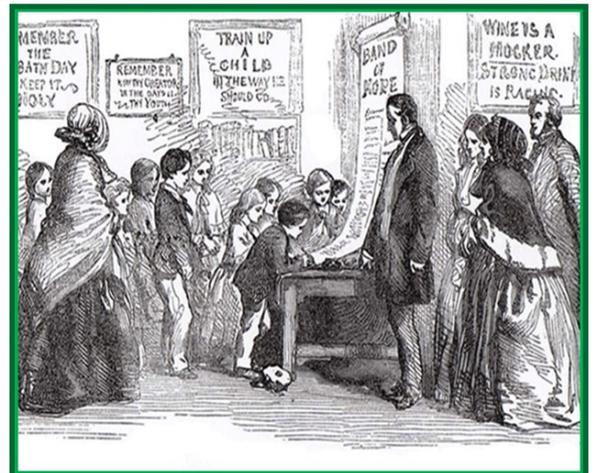
At one Temperance Society, in Leeds, Rev Jabez Tunnicliff expressed his concern about excessive drinking among young people. Ann Jane Carlile was invited to speak on the issue at Sunday Schools, day schools and women's meetings, and several young people 'signed the pledge'. This led to the formation, in 1847, of the first Band of Hope group. This temperance group was established for children under 16 which taught Christian principles and encouraged a healthy, alcohol-free lifestyle. Those taking the pledge were presented with pledge certificates after committing to abstinence 'to the glory of God and in Christian self-denial for my own protection and as an example and encouragement to others'.



By 1900, it was estimated that 10% of the UK population were teetotal. Whilst numbers declined during the 1st World War, the Temperance movement and Band of Hope remained community focused. Temperance Tea parties were popular and there was a growing market for cold, ready-brewed beverages based on traditional herbal drinks such as Dandelion and Burdock, Sarsaparilla, and new brands such as Vim Tonic (later Vimto) and Irn Bru.

September 2022 sees 190 years since the signing of the first 'total abstinence' pledge—and there have already been several events to celebrate. Dr Annemarie McAllister, from the University of Central Lancashire, developed a programme of events in Preston and Lancashire more widely with fellow historian Dr Jack Southern, UCLan students, and partner groups The Friends of Winckley Square and Chorley Heritage Centre Support Group.

You will be aware that we are currently undertaking a survey of people who used to be part of the Band of Hope (or attended some events), and we plan to release our results later this year. While we are now a drug education charity, our staff, trustees and volunteers choose to be drug free (including alcohol, but not medicines!). This is partly to do with our history, but mainly because it helps us hugely when taking workshops with young people. When looking at drug laws, the question 'why shouldn't I smoke weed (or similar) if people drink alcohol' is a reasonable and legitimate question. We obviously discuss this with the young people, but can at least say that we choose to be drug free for the sake of our work, regardless of the law.



## 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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