

Celebrating 165 Years of being a national youth organisation!

On a cold Wednesday in February, we had an afternoon reception to celebrate being 165 years old.

The first Band of Hope group started in 1847, and by 1855 there were so many Band of Hope groups that the national 'United Kingdom Band of Hope Union' was formed. The Union went on to work with children throughout the UK in what was considered to be, for its time, cutting-edge youth work. Over time, the Band of Hope focussed more on health education – talking about the risks of alcohol (and later other drugs) and promoting healthy lifestyles. Later, the UK Band of Hope Union changed its name to 'Hope UK'.

The day started with a small group walking from Hope House—our former head office—to the church we were using for the main event.

Staff, trustees, volunteers, Generation Hope young people, former Band of Hope members and invited guests spent the afternoon eating cake, chatting, taking part in drug education activities and hearing a bit about our past, present and future.

Andy, our Chair, reminded us of the many events that had occurred during the past 165 years, including two world wars, the Olympics in London (three times!), thirty-eight Prime Ministers and six monarchs. Thuli gave us a brief outline of the story so far, and Rachael got everyone involved with a sample drug education session—including trying to persuade each other to eat sweets! (Quite easy, you would think?) Mary shared her experiences of being a volunteer educator in Hitchin, and Hannah, Phoebe and Rosie spoke about Generation Hope. CEO Sarah finished everything off by explaining why we do what we do, what has happened recently, and what our plans are. (Some plans will be explained in this publication, and some will be revealed later in the year.)



Mothers' Day, 22nd March 2020

In December, Mercy shared with you how she had been devastated by finding out that her son was taking cannabis. Mercy's story resonates with a lot of mothers around the UK. While most mothers across the country will be celebrated by their children this Mothers' Day, a mother may find out that her child is taking drugs, her son or daughter has been recruited by a gang to transport drugs on their behalf, or their child has overdosed.

Hope UK is committed to helping young people live healthier lives, building their resilience so that they can resist peer pressure and manage challenging situations. In 2020, Hope UK is excited to be hosting evenings that support parents, youth workers and carers to equip their children or young people to make drug-free choices.

The first events will be in Kettering on March 17th and Market Harborough on November 20th. This Mothers' Day give mum a gift that will help her watch her children grow and thrive:

"I feel the work of Hope UK is essential for educating parents and young people about the terrible damage that drugs inflict. I wish I had known more about hard drugs and how easy it was to get them. It's easy to look back and say I wish I had done this, or I wish I had done that. I will live with these regrets for the rest of my life."

- £5 is the cost of reaching one young person
- £10 will pay for a set of drug samples for us to use with adults (these will not be real drugs!)
- £25 will pay for a handbook with over 100 activities, for workers to use when planning sessions or informal work

A regular gift allows us to plan for the future and provides us with a steady income that we know we can rely on. Please consider giving a monthly donation.

County Lines

You have probably heard of County Lines in the news recently. These are where gangs and organised crime networks groom and exploit children to sell drugs. Often the children travel across counties, and they use dedicated mobile phone lines to supply drugs.

Hope UK are being asked more often to include teaching on county lines as part of the sessions we take. We have developed new activities—both to help adults understand what county lines are, what to look for etc. and for young people, so they might be able to identify early on if someone might be looking to 'recruit' them—and what to do, and where to go for help. (Or to help their friends).

You may remember 'Rita's story' from our Winter Newsletter—an example of how a young person was able to quickly identify and manage what might have been a difficult situation, as a result of her learning with Generation Hope. Of course, life is often a lot more complicated than this—but our educators work in all kinds of environments and with a wide variety of young people, so are continuing to develop ways to help each group.

This is just one example of the many ideas our educators bring to each group when they work with them—and these are constantly being adapted to reflect best practice and be as effective as possible.

Junior Citizens

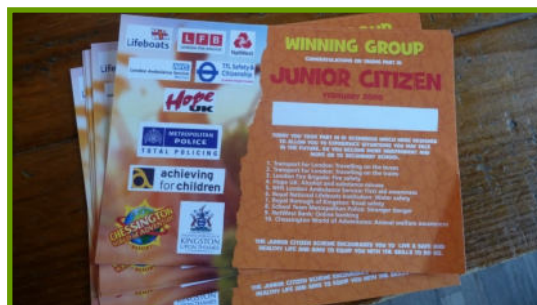
Every year, local authorities and groups host 'Junior Citizens' - an event aimed at all Year 6 pupils in schools in their area. Year groups are taken by coach to a central venue, and are put into small groups.

Each group then visits between six and ten different organisations, who teach them various practical safety skills and information. For example, they may learn about internet safety from the police, water safety, what to do in a fire, healthy eating and the importance of exercise.

Where possible—usually where we have volunteers who can help us deliver this—Hope UK takes part in the delivery of these courses. Our session looks at a range of common drugs and whether or not they would be safe for the young people (age ten-eleven) to use. They learn, for example, what to do if they find a syringe or needle dropped somewhere, and about dangers associated with solvent misuse. They discuss what to do if someone offers them something when they have no idea what the substance is, and whether or not cigarettes and alcohol are a good idea for people their age!

Already in 2020, Hope UK has participated in two Junior Citizens events—one in Kingston, the other in Reigate. Each event lasted two weeks, and we worked with about four thousand young people.

Special thanks must go to two of our trustees—Alan and Kate—who each year give up at least two weeks of their time to work at these events. Kate has already run our session at the Kingston Junior Citizens this year, and Alan will be running sessions at events yet to happen this year.



Week of Hope 2020 (or 165 events for 165 years of drug education)

11-18 MAY 2020

Join us in continuing to celebrate 165 years of Hope UK (Band of Hope). We will be having a 'Week of Hope' and are inviting you to help us achieve our goal of 165 activities that week!

Whether it is a fundraising event, an awareness activity or a drug session, do something during our Week of Hope so that we can collectively do 165 things for Hope UK.

IDEAS OF THINGS TO DO

1. FUNDRAISE AT YOUR LOCAL BANK (SPEAK TO US FOR ADVICE)
2. DO A TALK AT YOUR LOCAL CHURCH
3. GET SPONSORED TO RUN A 5K
4. BAKE CAKES, AND SELL THEM
5. GET SPONSORED TO LOOK SILLY
6. SPEAK TO YOUR LOCAL MP ABOUT HOPE UK
7. DO A DRUG WORKSHOP AT YOUR LOCAL SCHOOL
8. HOST AN ALCOHOL-FREE DRINKS PARTY FOR FRIENDS
9. 'SWISH' YOUR OLD CLOTHES
10. HOST A COFFEE MORNING
11. POST ABOUT HOPE UK ON SOCIAL MEDIA
12. LEAVE LEAFLETS AT LOCAL SCHOOLS, YOUTH GROUPS OR CHURCHES.

WHATEVER YOU CHOOSE TO DO, PLEASE LET US KNOW, SO WE CAN SUPPORT YOU AND PROVIDE YOU WITH RESOURCES AND INFO.

IF YOU WANT HINTS AND TIPS WITH THESE IDEAS, OR YOU WANT TO DISCUSS OTHER IDEAS, CONTACT US AT 020 7928 0848 OR EMAIL GRAHAM (G.TILNEY@HOPEUK.ORG)



Generation Hope News:

Sadly, Charmaine left us at the end of last year to move on to a new role. This left us with a vacancy, but also a question—what next for Generation Hope (GH)?

Young people and adults involved with attending or leading GH events got together to discuss this. We are still working out details, but for now Hannah Luke will work part time to keep various GH events going. The Youth Council (seven young people who act as a steering committee) will help with this.

Events planned for this year are:

- University Discover Day (21st March)
- 11-14s Residential (28th—30th July)
- 15-18s Residential (23rd—25th October)

Opportunities for young people to be involved in our work this year include:

- Big Church Day Out (23rd—25th May)
- Limitless (7th—11th August)

Annual Meeting and Conference


Why not join us at our conference and Annual Meeting weekend?

We will be at All Nations College, Ware, Hertfordshire on **17th—19th April 2020**. (Generation Hope 15-25 year olds will start on 16th).

The Annual Meeting will be held at 9.30am on the Saturday (18th April) you are welcome to attend the meeting and/or the whole weekend.

A great opportunity to meet our staff, volunteers and GH young people, and find out more about our work.

If you would like to attend or want more information, contact g.tilney@hopeuk.org



Want to join our mission to equip young people to make drug-free choices?

Volunteer as a Drug Educator

Please visit www.hopeuk.org/volunteering or call 020 7928 0848 for your free information pack.

50 Gold Street, Kettering, Northamptonshire, NN16 8JB
020 7928 0848 | enquiries@hopeuk.org | hopeuk.org

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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