

Study shows 1 in 10 teenagers have tried a 'hard drug' by the age of 17.

A study by UCL into Generation Z has shown that 31% of young people had tried cannabis and 10% had tried harder drugs by age 17. More than half (53%) had engaged in binge drinking, 45% had tried a cigarette, while 12% were regular smokers at age 17. There has been a gradual increase of the use of most drugs amongst school age pupils over the last few years*, and use of nitrous oxide and some of the new psychoactive substances have also increased recently.

There are many reasons for this increase, but one contributory factor may be the cut in available drug prevention education for young people since 2009.

Our CEO, Sarah Brighton, says, 'Many young people have found the last year very challenging, and we are concerned that, as lockdown eases, some will turn to drug use – either to let off steam, or to help cope with anxieties about their future. Without help, some may end up starting behaviours they will find hard to stop. We have already heard stories of young people returning to university using a wide variety of substances as they meet up with friends.'

Youth workers, the UK church and other groups continued to work with young people throughout the COVID-19 crisis. Hope UK is helping individuals and groups wanting to make a difference for the young people they work with. Our educators are delivering in-person and virtual bespoke sessions for schools and youth groups. We continue to offer training and workshops to equip adults who work with, or support, children and young people. We have been training church, youth and community workers, and leading workshops to help parents support their children.

Over the last year, we have developed many resources available for free on our website for parents, youth workers and church leaders to use. These include e-learning modules covering a range of key topics, including county lines. Recently we have added to these resources and now have a suite of lessons and activities for teachers to use with all Key Stages, mapped to the national curriculum.

We are continuing to seek out opportunities to work with children, young people and the adults who care for them—you can find out more about this on our website (www.hopeuk.org) or by contacting us directly (enquiries@hopeuk.org).



* Smoking, Drinking and Drug Use among young people 2018 (published August 2019)

Events and Resources

Online Training Courses:

Hope UK is hosting a series of online, one-hour training courses for churches:

Introduction to Drugs – 8th June 11am, and 15th June 8pm.

Drug Information for Parents – 5th July 8pm and 13th September 8pm

Drug Awareness for Youth Workers – 23rd June 11am and 27th September 8pm

County Lines for Parents – 12th July 8pm and 20th September 8pm

Drugs and the Management of a Building – 28th June 11am and 20th July 8pm

Each session will be led by an experienced Hope UK trainer, and places are limited.

For more information, and to book, visit: hopeuk.org/events/

Generation Hope Events:

Generation Hope continue to host online events, for young members. The next few events will be:

'Hobbies and Habits' - 27th March

'Finance' with Christians Against Poverty—24th April

'GH Hangout—led by GH members' - 29th May

'Quiz B' - 29th June

For more information contact Hannah at h.luke@hopeuk.org.

Quiz for Hope:

Are you feeling competitive this spring? We have put together **two quizzes** and the necessary resources for you to have fun with friends, family and local church while fundraising for Hope UK.

They are designed for virtual use but can also be used face to face. Each quiz has five rounds, including a drugs round and general knowledge.

Here is a taster of some of the questions:

1. Which bible book opens with the verse "This is a record of the ancestors of Jesus the Messiah, a descendant of David and of Abraham..."
2. In the battle of Waterloo, who led the British Army?
3. Alcohol is a drug true or false?

Sign up on the link to take part: <https://www.hopeuk.org/quiz-for-hope/>

School Resources:

We have written lesson plans, and developed resources, for Key Stages 1-5. All lesson plans and activities are mapped against the national curriculum. Alternatives for COVID-Secure and Online lessons are also included. To access these resources, go to the resources section of our website: www.resources.hopeuk.org.



#AllDressedUp with nowhere to go!

You may remember our **#AllDressedUp with nowhere to go** fundraising campaign that we launched last year after the country went into lockdown and we stopped wearing our lovely clothes. Your support humbled us. You dressed up to clean the house, cook, do the dishes, shared your photos, and gave generously, thank you!

In 2021, there is a glimpse of hope as the government has given us a roadmap to a possible end to the lockdown in mid-June. Why not practice your good looks yet again for when life returns to normal by doing another round of **#AllDressedUp with nowhere to go** at the end of **May 2021** and feel fabulous!

We are inviting you to get **#AllDressedUp**, to 'walk the dog', 'mow the lawn' or something even more creative. Post your picture on your social media page and donate £5 to Hope UK. We are sure you know at least 5 of your friends who are missing getting **#AllDressedUp** and feeling fabulous. Nominate them to take on the challenge and let everyone see their efforts.

Please use the template below to nominate your friends:

"I'm **#AllDressedUp** with nowhere to go for @HopeukUK. I've donated £5 to Hope UK (Text ALLDRESSEDUP to 70085 or virginmoneygiving.com/fund/alldressedup) I nominate (Add 5 friends here). Let's see you doing something **#AllDressedUp**."

If you do not have £5, feel free to get #ALLDRESSEDUP and post on your social media your page and still nominate your friends to do the challenge.

Meet an Educator



Let us introduce you to Maureen, one of our volunteer Drug Educators from Nottinghamshire. Maureen has been one of our volunteers for the past three years gaining lots of experience in delivering drug awareness sessions to college and university students. This year Maureen has completed Hope UK's 'How to deliver a virtual session' training course so that she can confidently teach drug education online and help keep young people educated about drugs.

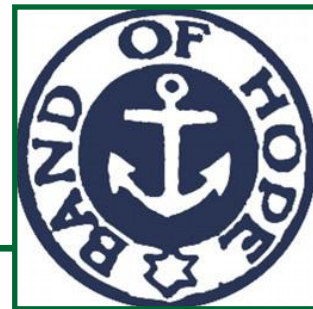
This Christmas Maureen got involved in our **#AllDeckedOut** Christmas campaign, as you can see from the picture!

Online AGM and Annual Conference 9th and 10th April 2021

You are invited to join us at our online conference and AGM.

Beginning at 7.30pm on the Friday evening with a general catch up, the event will include sessions on County Lines, Volunteering with Hope UK, Online Drug Education Activities, a Drug Update, and the new School Resources. There will also be social activities and prayer and worship. The AGM will be at 10.15am Saturday morning.

If you would like more information, please contact enquiries@hopeuk.org.



Were You Involved in the Band of Hope?

Do you remember the Band of Hope? Were you involved in a Band of Hope group, or maybe you attended a residential, such as a summer school? Or do you have friends or relatives who were involved? If so, we would love to hear from you, and from as many other former members as possible.

We would like to hear your memories and experiences of the Band of Hope, and will be grateful if you could complete a questionnaire about it for us. We are collecting this information because we would like to use it to help us to tell people about the effectiveness of the Band of Hope's work. If you would like to find out more then please phone Ian on 07889 496 684, or email him on i.michell@hopeuk.org Please also feel free to pass these contact details on to others, for whom you think it may be of interested.

And Finally!

In the last newsletter we mentioned something from our past. These days, as you know, many of our sessions are online, leading to some unusual experiences. For example, during recent sessions, beauty students would not put their cameras on as they didn't look good enough, while in another session, one girl was in a skate park during the session!

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

DONATE TO HOPE UK

Your name & address details:

Email:

Telephone:

Regular giving

Bank Name _____

Sort code _____/_____/_____

Account Number _____

Branch Address _____

Branch Post Code _____

Account Holder's Name (s) _____

Signature(s) _____ Date ____/____/____

Please pay the Bank of Ireland, PO Box 2124, Belfast, BT1 9RS to Hope UK (sort code 30-16-07, Account no 31706786)

The sum of £ _____ Monthly Yearly Starting on (date) ____/____/____ until further notice.

One off

We/I cannot give regularly but enclose a £ _____ cheque to 'Hope UK'. Or call 020 7928 0848 to give by credit card.

giftaid it

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Hope UK that I donate to will reclaim on my gifts in the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that Hope UK will reclaim 25p of tax on every £1 that I have given.

Signature _____ Date ____/____/____

I **cannot** donate under Gift Aid

I would like to be a **Hope UK Representative** in my church/workplace.

Please send information about leaving a **gift in my will**.

Or donate on this link:

www.hopeuk.org/donate

Or you can text HOPEUK £3, £5, £10 or £20 to 70085

Thank you! Please return to Sarah Brighton, Hope UK, Freepost RTXB-YJUS-GKGR, Hope UK, Latimer Church, Ernest Street, London, E1 4LS

We make every effort to only send our newsletter to people who have requested going on our database – but if we have contacted you by mistake, please let us know and we will delete your details immediately – enquiries@hopeuk.org