

### Accredited Courses for Professionals

Earlier this year, several of our most experienced educators took an extra course to equip them to deliver our two OCN accredited courses—'Drugs, Young People and the Role of the Youth Worker' and 'Drug Prevention for Family Workers'.

Taught over two days (or four half days) these courses are designed to equip youth, family and community workers to manage drug issues and incidents within their role.

The courses include learning what drugs looks like and do, how to recognise drug use, helpful interventions (for both education and when there are issues) and much more. Learners can, if they wish, then do extra work to gain credit from the Open College Network. Both courses are mapped against nationally recognised standards and good practice.

Previous course participants have found the training extremely helpful, saying 'the whole course was helpful – I gained more knowledge, heard examples of real life stories, learnt games to play with young people, factual information; questions & answers were very helpful; packets of drugs to identify; everything was an eye-opener'.

In 2020 we hope to increase the number of courses we can deliver (hence training more educators!), as the need for support for young people regarding drug use is sadly vital at this time.



### Drugs in the News

You are probably aware that there have been some challenging, and sad, statistics in the news this year regarding drug use and drug deaths.

- ⇒ Scotland had 1,187 deaths attributed to drugs in 2018, the highest in Europe
- ⇒ Approximately 50 young people are excluded from school every day because of drugs and alcohol
- ⇒ 'County Lines' drug dealers can use young people to help move the drugs from place to place

These, and other headlines, have caused the debate about decriminalisation to increase—although the Home Office currently has no plans to change the drug laws.

There is always a need for our work—helping equip young people to have the information and skills they need to make sensible choices about the drugs they come into contact with. We do this by working with locally-based, highly-trained educators, delivering workshops and courses to young people, based on best practice, as well as offering training for parents and those who work with young people.



WE INVITE YOU TO ATTEND

2020:

*Celebrating 165 years of  
Drug Education*

*Wednesday 19<sup>th</sup> February*

THREE to FIVE O'CLOCK PM

St. PAUL'S CHURCH, ROBERT ADAMS  
STREET, LONDON, W1U 3AF

PLEASE RSVP BEFORE 13TH DECEMBER TO  
[2020@hopeuk.org](mailto:2020@hopeuk.org)

THERE WILL BE AN INFORMAL RECEPTION FROM 15.00-15.30  
FOLLOWED BY A PRESENTATION OF OUR WORK.  
LIGHT REFRESHMENTS WILL BE SERVED.

FOR MORE INFORMATION PLEASE CONTACT  
[2020@HOPEUK.ORG](mailto:2020@HOPEUK.ORG) OR 020 7928 0848

## About Us

We would love it if you could join us for the event featured on the left.

If you feel you already know enough about Hope UK, why not help us by inviting someone to attend the event with you—a teacher, church leader, community worker—someone who may find our work interesting or helpful.

And if you are very keen, join us for the sponsored walk from Hope House (our former office, in Westminster) to the event!

To book to attend, tell us who you are bringing (or who we should invite) or to find out more about the walk, contact [2020@hopeuk.org](mailto:2020@hopeuk.org).

## GH Events for 2020

As well as the above event, we are planning a variety of events hosted by Generation Hope next year. You can find out more on our website ([hopeuk.org](http://hopeuk.org)) or the Gen Hope website ([genhope.co.uk](http://genhope.co.uk)).

### For Young People:

- ⇒ Fun Fest (8th February)
- ⇒ University Discover Day (21st March)
- ⇒ Youth Careers Day (27th June)
- ⇒ 11-14s Residential (28th—30th July)
- ⇒ Money Management (26th September)
- ⇒ 15-18s Residential (23rd—25th October)



### For Youth Workers:

- ⇒ Mental Health Awareness Day London (9th May)
- ⇒ Mental Health Awareness Evening Kettering (12th May)

## Can you help us this Christmas?

When it comes to county lines (county lines refer to gangs and organised crime networks that groom and exploit children to sell drugs), children are the most vulnerable. The Children's Commissioner estimates that there are 46,000 children in England who are involved in gang activity. 4,000 young people in London alone are being exploited through county lines. **County lines are a big threat to our society, they destroy young lives, destabilise families and make communities unsafe.**

### Rita's story

Rita, 15 (not real name), has been asked by friends who are in gangs to sell drugs on their behalf.

"I grew up in an area where there is a lot of drugs, gangs and knife crime. A friend of a friend who is a gang member saw me and asked if I could take his bag across the road to someone. I said, 'No, I can't I'm on my way somewhere' and walked away. I was so confident when I said NO!

Before being involved with Hope UK, I knew about drugs and county lines because of where I grew up. Being part of Hope UK has made me understand more about drugs and gangs, I am more vigilant.

I have my life ahead of me. I can't drop everything for drugs. I can't risk it all by selling drugs and end up in prison."

**This Christmas we aim to raise £5,000** to help more young people like Rita to make healthy choices and to build their peer resistance so they can navigate their way in challenging situations.

**Could you organise a fundraising event for Hope UK?** Here are two ideas to help you fundraise for Hope UK this Christmas:

- **Bring your cake to work** – It's festive season, your colleagues will love you forever for bringing cake to the office while raising funds for Hope UK.
- **Host a mince pie day or evening** – Have friends and family come together for a mince pie afternoon, raising money for Hope UK.

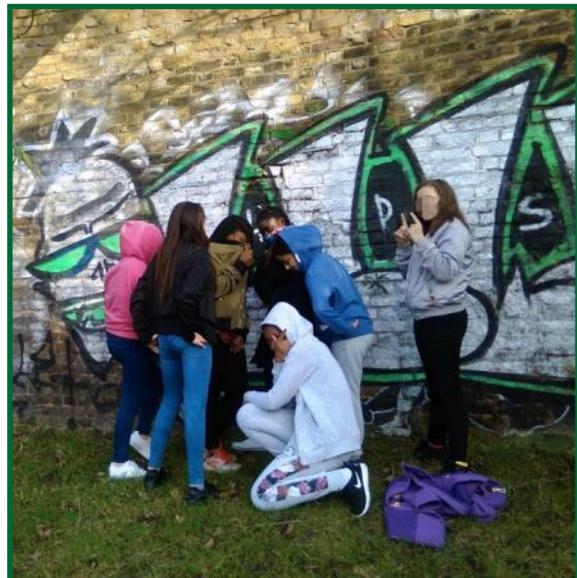
### Carol Singing

If you can't arrange a fundraising event, why not join ours? We will be singing carols at St Pancras Station on Wednesday 18th December, 5pm-7pm.

You can join us for the whole time, or just for one hour.

If you would like to join us, please let us know, so we are expecting you!

Contact Chloe on [c.dengel@hopeuk.org](mailto:c.dengel@hopeuk.org) for more information.



## A mother's Christmas experience.

Every Christmas, Christians all around the world remember a young mother-to-be called Mary who had the shock of her life!

Sadly, this Christmas, some mothers may have a very different shock, when they find out that their children are using drugs.



This is Mercy's story;

"Years ago, I fell victim to an ignorant, holier than thou attitude of myself, congratulating myself unknowingly that our children were good and would never do anything wrong.

"A friend of the family made us aware that one of my sons was taking cannabis. That was the beginning of a long and torturous journey ever since.

"Looking back, I wish I knew about organisations like Hope UK who offer excellent drug education and other works that could arm our children from potential experimentation with drugs.

"Things like confidence building, the right to say no without feeling guilty, the right to resist pressure from friends to take drugs etc."

Find out more about how we work with mothers, parents and carers in our March 2020 newsletter.

## Help Needed:

We are looking for someone who might be interested in helping us with an evaluation project next year (as a volunteer). If you would like to help, can you contact Sarah ([s.brighton@hopeuk.org](mailto:s.brighton@hopeuk.org)) for more information.

## Introducing a local worker



This is Andy, our new Local Project Worker. Having been a volunteer for 10 years, he started work in Sheffield in September with the dual aims of recruiting new educators and delivering drug prevention sessions. At the same time, he is also training to train our new educators. In the coming year he is aiming to recruit enough people in the Sheffield area to be able to run the training locally rather than in London. Finding new volunteers is essential because the need for sessions is greater than he can achieve on his own. He is hoping to create a pool of educators that can reach out into the Sheffield area to change the lives of young people.

# LET'S TALK ABOUT... DRUGS

AN EVENING EQUIPPING PARENTS TO TALK  
TO THEIR CHILDREN (ALL AGES) ABOUT DRUGS

Are you a parent or someone concerned about young people? Want to know more about drugs, young people and what you can do to help (or at least know what you are talking about if your children want to talk)?

Join us for Let's Talk About... Drugs, an evening equipping parents to talk to their children (all ages) about drugs.

To find out more information and/or to book your place, please email [enquiries@hopeuk.org](mailto:enquiries@hopeuk.org), or call Joe on 020 7928 0848.

## Kettering:

17th March 7.30pm—9.30pm

## Market Harborough:

20th November 7.30pm—9.30pm

## Volunteer as a Drug Educator



Children and young people are at the heart of Hope UK's mission.

Our mission is to equip young people to make drug-free choices.

Our vision is to see young people develop the knowledge and life skills needed to make healthy choices around drug-use, and to be able to transfer these skills into other areas of their lives.

"Overall, we have learnt not to take drugs because we are beautiful smart children"  
- Student, London



### Hope UK's Drug Educators...

- Volunteer in their local community
- Take sessions/informal activities with young people and adults
- Are trained to help prevent drug related harm
- Receive accredited training and ongoing support

If you...  
Share our vision

And are...  
A drug and alcohol-free Christian

...We'd love to hear from you.

Please visit [www.hopeuk.org/volunteering](http://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](mailto:enquiries@hopeuk.org) | [hopeuk.org](http://hopeuk.org)

## Annual Meeting and Conference 2020

Don't forget 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 on 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 [c.dengel@hopeuk.org](mailto:c.dengel@hopeuk.org)

## 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).

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

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[www.hopeuk.org](http://www.hopeuk.org)

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