

2020, JUST LIKE RUDOLPH, 'YOU'LL GO DOWN IN HISTORY!'



From Junior Citizens to virtual sessions via a website

Well, what a year 2020 turned out to be! Although the spectre of COVID-19 was on the horizon in January, who'd have thought we would have spent a year living through a pandemic? But although it may have been a surprise to us, it certainly wasn't to God. He saw it coming and He was/is/remains in control. And it hasn't stopped Hope UK being active. We began 2020 with a full programme of events, exhibitions and activities planned right through to the end of the year.



Back in February we celebrated 165-years since the founding of the UK Band of Hope Union. Some intrepid people walked from Hope House in Westminster to St Paul's church in Marylebone. There were even some historical costumes. We recognised the work of the Band of Hope through the ages with a series of short presentations and even

sang a Band of Hope song.

This was soon followed by our most ambitious support of the Junior Citizens programme in Surrey. With

55 days of sessions planned, meeting (on average) 200 pupils a day, that's drug education for 11,000



children! Inevitably, lockdown started before Junior Citizens had finished, but we still reached around 5,000 young people. This is awesome! Thank you if you helped make this happen. Lockdown came on 23 March (in case you've forgotten) and face-to-face sessions ground to a halt. The question for the staff team and trustees was, "What next?"

With schools closed (to us *and* pupils) but the need for drug education no less, we needed to find new ways of delivering drug education and so began our move into the world of at-home learning and E-learning.

If you've not been to look at our new resources website, you'll find it at resources.hopeuk.org. Why not check it out now?

Basic training has still been progressing. In January, we finished training our second group from 2019 and started with a new group. Unsurprisingly, we have had to change the way we do the face-to-face weekends, but with a small group, two trainers and no caterers, (don't worry, there was still food) we managed Basic 3 with social distancing. Then tiers came along and put paid to Basic 4, for now. We have introduced virtual training for the drugs units. Sarah and Andy have been training our next group of recruits over zoom for the last few weeks and it seems to be working really well. After a pause in live sessions things are opening up again as schools and youth groups begin going back to normal. Mary, Rachael and Andy have all delivered in-person sessions over the last month or so, and virtual sessions are continuing too.

Generation Hope have are still getting together online to support, encourage and pray for one another. They even attended a virtual festival. Have a look back at the Autumn newsletter for more about this.

And we've also had...

Coffree Conqueror Challenge

#Alldressedup

#Causeforhope

Friday prayers with volunteers

Training for volunteers to lead virtual sessions
Tea at three (T@3) when the staff get together to discuss important issues like politics and The Great British Bake Off

Christmas socials

...and more besides!



This may not have been the year we planned but it has still been busy and productive. Finally, as Tiny Tim said, "God bless us, everyone."

#aldeckedout

Are you wondering what on earth you will do this December in the run up to Christmas? Fed up of being indoors but still not really able to go out? Why not join us by taking a picture of yourself dressed in Christmas decorations or a lovely Christmas jumper and post it on social media! Use the hashtag #aldeckedout, explain a bit about Hope UK and what we do, and encourage your friends to join in—just for fun. (Although if they also want to make a donation to our work that would, of course, be lovely!!)

As we haven't been able to attend exhibitions and events this year we have been relying on social media more and more as a way to promote our work. Although this is usually through slightly more serious media - have you seen any of our videos? - we like to have fun as well.

Here are some of our pictures, to give you ideas. Feel free to e-mail us the pictures you use - maybe we will print them in our next newsletter (with your permission).

More information at hopeuk.org/alldeckedout



Elsewhere on Social Media

Look for us on social media—our Facebook page is [hopeuk/official](https://www.facebook.com/hopeuk/official). We also Tweet—[@HopeukUK](https://twitter.com/HopeukUK), and you can follow us on Instagram—[hopeukuk](https://www.instagram.com/hopeukuk). Follow, like, share, etc. Thank you!

Coming in 2021

Since we do not know what will happen in 2021, we are planning for all kinds of scenarios. Here are a few things you can look out for:

January Quiz. The first few months of any year can always be a bit quiet, and with potential lockdowns and tiers it is likely we will spend more time at home than during a usual January. So why not get your family, friends or church group to host the Hope UK online quiz? During this year we have become quiz masters, and have put together 10 of our favourite quizzes for anyone to use. The quiz, with videos and instructions, will be available on our website from January onwards—and available for use all year round. As well as a drug quiz (obviously), rounds will include 'Guess the book of the Bible by the first verse', a 'Ditloid Quiz' and an Emoji Movie round. Keep an eye on our website or e-mail enquiries@hopeuk.org for more information.

Virtual Sessions: Are you a church or community leader, a youth worker, a parent or someone who works with children and young people? As usual, we will be available to take bespoke sessions and courses for you and your group—and we can do this virtually and face to face when it is permitted. We will also be hosting our own online courses from 2021, so if you are not part of a group but would like training in various drug-related issues, keep an eye on our website. Our hosted sessions will include topics like 'I manage a building, what are my responsibilities regarding drug use?' and 'Drug use and children: How can I help my child stay safe?'

Online Resources: Our resources section of the website already includes a number of E-learning units (a really quick way to educate yourself), and activities you can use with your family, youth group or church. Next year Hope UK will add ready made sessions for use in schools, matched against the National Curriculum.

Virtual Sessions

So, what does a session look like, when you can't meet people face to face? As you know, if you have ever attended a session or training course led by a Hope UK educator, we are great believers in interactive learning, with as much participation from those attending as possible.

Although we have been able to run 'real' sessions since September in schools, most of our work is currently online. Each session looks very different, and we have been learning what works (and what doesn't) as we have developed this side of our work. One lesson was delivered to two classrooms simultaneously, with one screen in each classroom, and our educator at home! The pupils were all socially distanced from each other, and each had a workbook we had sent to the school, so the educator could run quizzes, use case studies and get discussion going, also using a presentation from their computer.

In a few cases, we have led sessions with small groups where each person is in their own home. For example, we took a training session for the trustees of a housing charity. Since the group was small it was possible to us to have discussions, answer questions and share information as we went through the session.

One educator took a session for families in the flats where she lives. She prepared resources for each family, left them for a week, and then each family collected a resource box from her garage. For the session, each family sat together in their own flat and used the resources as the educator took them through the session from the comfort of her own living room!

Probably the most challenging sessions are where everyone leaves their cameras switched off, so the educator takes a session talking to their computer screen – quite off-putting!





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- There's a handy app
- There are over 4,000 stores!

www.giveasyoulive.com/join/hopeuk?utm_source=charitytoolkit&utm_campaign=CTChristmas2Campaign

Hope UK—165 Years Old

You may remember that at the start of the year we celebrated 165 years since the founding of the United Kingdom Band of Hope Union. (It feels like we must be at least another 10 years older by now, it has been a long year!) As former members were locked down and shielded they found time to sort through their personal archives and some have sent us items from their past with the Band of Hope. We thought you might enjoy some of the stories from our past, and will occasionally mention them in this newsletter. This news item, from the [Band of Hope Chronicle, October 1953](#), caught our eye—a great explanation of what Band of Hope groups got up to in the 1950s:

"Bon Voyage.

Best wishes to all the Bands of Hope that are now in full swing, including those that are starting for the first time.

At Hanover Chapel, London, one of the oldest Congregational Churches in the country, a Band of Hope has been started on Thursdays in conjunction with a Junior Church held on Sunday mornings. Full membership in this joint organisation will include the total abstinence pledge. On Thursdays, besides the usual Band of Hope session, groups will include drama, modelling, stamp collecting, choral work and games. There will be a Quiet Room for reading and doing homework. There are six adult leaders, and several Church members who are old Band of Hoppers have asked permission to attend."

And evidence that the Band of Hope spread quite widely(!):

"From Down Under.

The autumn visitors to Hope House included Mr. Allen G. Garrett, President of the Band of Hope Union and Youth Temperance Council of New South Wales. He returned home with samples of the equipment issued by our Union."

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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