

# 2023 Annual Report

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# Introduction

Welcome to our Annual Review 2023.

As you will see in the next pages, Hope UK had a busy and productive year. We worked with many more people and groups than in 2022, and still had time to develop some of our own initiatives.

We were delighted to be able to work with new organisations, as well as continue to deliver sessions to regular groups. This year, our staff team and volunteer educators were active in Wales, Scotland and England, and worked with people from a wide variety of ages, backgrounds and cultures. In our Junior Citizens work alone we met with over 27,000 children age 10 and 11, from all over London and Surrey.

We hosted a quiz night and a Junior Citizens Scheme in our office in Kettering, appeared on Songs of Praise (!), spoke at various conferences, developed new activities and online learning tools, exhibited at festivals and ran our updated 'Drugs, Life and You' Course.

Halfway through the year, we learnt how to measure how many people are using our online e-learning units, and were glad to discover they are being used very regularly. Schools continue to download and use our school lesson plans and resources, and our online workshops are gradually growing.

You will see that our financial situation has been challenging, and I have made a note about this on page 16.

I am so grateful to our small, but amazing, staff team - they do their job, and then do everything else as well! You will find our finance manager and fundraiser delivering JCS to Year 6 pupils, our business manager speaking to a church group, our Sheffield local worker designing an e-learning programme, and our press officer and Northants local worker delivering online sessions along with local work. Our East Midlands local worker is currently finishing our Band of Hope survey, and our volunteer co-ordinator cooks at training events.

Enjoy reading our report - we look forward to working with you in 2024.





# Vision And Mission

## Vision

Children and young people in Britain living confident, healthy, drug-free and fulfilling lives.

## Mission

Our aim is to equip children and young people throughout the United Kingdom to develop the knowledge and life skills they need to make drug-free choices. We do this through direct delivery of programmes to children and young people, as well as training those with responsibility for them. Young people are encouraged to get involved with our work in a variety of ways, mainly through Generation Hope. We also develop local networks of community-based voluntary Drug Educators who work directly with children and young people, as well as providing training for adults.

# Overview of 2023

## Life skills and Drug Education Sessions:

In 2023, we led 2,899 in-person workshops and other drug education and life skills activities—reaching about 37,185 children, young people and adults. This was an increase of more than 600 in person sessions than in 2022. We were glad to continue to work with schools, voluntary sector organisations and others, and excited to develop work with new organisations. These new groups included the NHS, foster care agencies, The Lord’s Taverners, Denso, and Pathfinders groups. Our CEO was invited to take part in an online conference, hosted by the Westminster Forum, on the government drug strategy ‘From Harm to Hope’ – speaking about the role of drug prevention activities within this strategy. We continued to work with schools, colleges and youth clubs, The Brompton Foundation transition days, various Street Pastor/Angels groups, churches, uniformed youth organisations and many more.

Our sessions can be anything from 1 hour to a day, and can cover a range of topics, including:

- Drug information (appearance, effects, dangers, law)
- Life skills (for example, peer resistance skills, decision making, talking to your child about drugs, confidence building)
- Attitudes - a chance for participants to discuss their thoughts and ideas, what they would do in a certain situation
- Where to get help if needed
- How to help others (If relevant)

Our sessions are always bespoke - we work with the organisations inviting us, finding out what they need, how their group likes to learn, what is relevant, and then plan a session or activity to meet that need.

‘I went home last week and told my mum what I learnt, because she had a job interview – she got the job’ (Young Person - on Confidence Training)

Thank you for teaching me many skills that will help me (Young Person)



# Overview of 2023 continued

## Junior Citizens Scheme:

We continued to be involved with this scheme – mainly in London and Surrey. In 2023, we were involved in 21 schemes, working with 27,000 year 6 pupils. Students spent a morning or afternoon meeting with members of the police, ambulance and fire services, Hope UK (doing a basic drug workshop), TfL (in London) and various other organisations.

We usually cover a variety of substances, and use each one to give a relevant message. For example, we might show a bag of white power, which they will often tell us is cocaine – but we challenge them – is it? What does it look like? Would they take something if they do not know for sure what it is?

Every year we change slightly what we focus on, to reflect developments in drug behaviours – in 2023 we talked about vaping much more than previous years. Children told us vaping was good for them as they are harmless and relieve stress, so we were able to correct misinformation, reminding them that vapes were invented for smokers, not them!

## Drugs, Life and You:

We were invited to run this course 3 times in 2023. Drugs, Life and You is an 8 session programme looking at relevant life skills and includes workshops on basic drug information, healthy relationships, peer resistance skills, decision making, developing confidence, building resilience and self-esteem, and protective behaviours.

We were delighted to be able to deliver this course again, as it is designed to really develop protective behaviours and helpful skills for the participants, in a way we cannot do in a single lesson.

Thank you for this course – my son did not want to come, but after even the first session he had loved it – he talked more to me in the car on the way home than he had done for ages. (Parent, DLY)

All really good, purposeful + impactful. Hope UK particularly so, as messages not often shared with children. (Teacher, JCS)





# Overview of 2023 continued

## Exhibitions and Detached Work:

In 2023, we exhibited at a variety of national and local events. As well as promoting our work, we ran drug education activities at our stands, and had many interesting conversations with young people and adults about their own use of drugs – vaping was often a topic discussed. We were also invited to speak at some of the conferences we were exhibiting at, including 2 brief workshops at Christian Resource Exhibition and 1 session at the National Youth Ministry Weekend.

Volunteers also ran local stands where they led drug education activities with individuals – for example at a hospital, careers fair, community day and Christmas market.

## Online Workshops:

We continue to host our own online drug training workshops. In 2023, we ran 10 courses – and the number of people attending is growing gradually.

## E-Learning Units:

We have 18 e-learning units freely available for people to use in their own time. In 2023, these were used on 914 occasions from June, when we started to record use (we do not keep records on who is using them).

The trainer was so friendly and approachable, it was easy to ask questions. She made it interesting and was knowledgeable and thorough.  
(Participant, Online Course)

I've done drugs training with various organisations & this was as good as the best & better than some.  
(Street Pastor)

A Brief Introduction to Drugs (P

County Lines for Young People

Smoking (Sec)

Making Choices

Alcohol (Sec)

New Drugs

Drug Trade

# New Opportunities

## Songs of Praise:

The July episode of Songs of Praise was titled 'Temperance and Temptation' and looked at the work of temperance organisations. The programme considered the present-day work of this movement by focusing on our work. Mary, our Press Officer and long-term voluntary drug educator, was filmed taking a drug awareness session with a youth group and talking about our current work.

## Kettering Junior Citizens:

We usually take part in Junior Citizens schemes run by other organisations. However, there is not a scheme in Kettering, so we decided to host one in our building. Our local worker, Rachael, contacted various local groups, and we were delighted to be able to offer this scheme to local primary schools. We were grateful to the Northamptonshire First Responders, Fire Service, PCSOs and Healthy Schools for all their time and support – and look forward to working with them again in 2024.

## Vaping Survey:

We decided to find out what people at a summer festival knew about vaping – to compare the knowledge of different age groups. So we ran a survey with anyone who came near our stand. The full survey is available to read on our website ([hopeuk.org/2023/10/vaping-survey/](https://hopeuk.org/2023/10/vaping-survey/)). We found that young people involved with the church were less likely than the national average to be vaping, and that most parents and guardians did not feel equipped to talk to their children about vaping. Hope UK hosts online training sessions for parents and others to learn about vaping, and we have an e-learning unit available for people to use.

## New Website:

In the last few years we have added many new resources to our website, and we were aware that it needed to be clearer and simpler to find things – so our business manager, Graham, spent time re-designing a new website, which was launched towards the end of 2023.

We had an absolutely amazing time. The children are still buzzing about it now. The whole afternoon was so well-organised (Teacher, Kettering JCS)

The logo for Songs of Praise is a circular emblem with a gold border. Inside the circle, the words "SONGS" and "PRAISE" are written in a serif font, with "SONGS" above "PRAISE". A decorative flourish or scrollwork element is positioned between the two words.

SONGS  
PRAISE



# Locally Constituted Groups

## Introduction:

We currently have three local groups affiliated to Hope UK – each group has its own constitution, officers and project worker, and Hope UK supports this work by recruiting, training, and supporting the staff and volunteers, fundraising on behalf of the group, and usually receiving and managing the finances (which are shown as restricted funds in our accounts).

## Hope UK Sheffield:

Hope UK Sheffield officially came into being on 16 January 2024 and has the aim of working with young people across the Sheffield (S) postcode area. We have 3 officers that support the running of the Sheffield group – Jonathan Buckley (chair), Adele Pilkington (secretary) and Helen Shackleton (treasurer). As Hope UK Sheffield becomes established, we will be looking for local sources of fundraising to support our work. Over the past 12 months there have been 33 sessions completed in the Sheffield area including one 8 session ‘Drugs, Life & You’ course. We have reached over 500 children and young people, and more than 50 adults. As well as Andy and the officers there are two volunteers who are part way through their basic training. Together with Andy they will help increase the reach of Hope UK across the Sheffield area.

## Hope UK East Midlands:

Hope UK East Midlands was established in May 2023, and we currently have 4 educators and one member of staff in this region. Since May we have engaged with just over 900 people. This has mainly been through 15 sessions with school children, detached work at 4 events, and 3 church talks. These took place in Lincolnshire and Nottinghamshire, and we were also involved in 3 events on Zoom, 2 of which covered a wider geographic area.

In 2024, we hope to build on the work we have started, in particular, this year we hope to be able to participate in the schools’ Safety Zone (Nottinghamshire’s equivalent of Junior Citizens).

## Hope UK Northamptonshire:

This is the working name of the Kettering Temperance Society which operates to promote drug prevention and education throughout Northamptonshire.

The last 12 month period has been a busy time with more than 50 events taking place in the county including informal stands at local fairs, sessions in schools and colleges, and specialist training for Street Pastors.

We also ran a very successful, week-long ‘Junior Citizens’ event in July 2023. This event saw 150 children from local primary schools visiting our building in Kettering town centre to take part in a carousel of ‘health and safety’ activities delivered by various agencies including the fire service, police, first-responders, healthy eating team and Hope UK.

## Hope UK South Wales:

In 2023, we were asked to become sole trustees of the Phillips Memorial Charity, and plan to build a local group with a project worker in South Wales in 2024 – where we already have 3 volunteers.



# Volunteers

Hope UK continues to deliver much of its work through highly-trained and locally-based volunteers. Volunteers attend 4 training weekends and must also undertake personal study to work towards 9 Open College Network accredited units. Once trained they can offer a wide variety of activities in their area, and many also help with regional and national events. Volunteers continue to receive support and ongoing training and are vital to the delivery of our work. We have found it more difficult to recruit and retain volunteers since the pandemic, but towards the end of 2023 we were able to begin training new volunteers once again.

Currently we have 84 volunteers, many of whom have gradually become more active in 2023. We are so grateful to those who have kept going through the pandemic and since – they are the core of our work, and we appreciate the resilience and enthusiasm they have shown.

Volunteers have been involved with all the activities outlined in these pages – and we also have admin volunteers helping at our office in Kettering making resources, keeping data up to date and generally helping with the smooth running of the organisation.



A really engaging and informative session that communicated to the students without lecturing or patronising. Really worthwhile and fabulous  
(Teacher)

# Generation Hope

Our youth branch, Generation Hope, has been less active this year – mainly because we did not have the funding to employ a new youth worker. However, members did attend our Annual Conference in April, helped at various events and exhibitions and 1 member – Joseph – still represents the young people on our trustee board.

## Fundraising

We are so grateful to all the trusts, companies and individuals who financially support our work – without them we could not continue to function. Fundraising activities in 2023 included:

- A quiz night in our Kettering office. We had a full house of people from various groups and businesses who joined us for an evening of quizzing and food, donating to Hope UK for the privilege!
- 3 marathons in 3 days – Sadly some people raise money for us to remember a family member who has died as a result of drug use. Ben Sellers ran 3 marathons in 3 days in honour of his brother, Jon, who died age 33, after mixing drugs with alcohol. Ben involved his whole community and raised money for, and the profile of, Hope UK – we are very grateful.
- Coffree – people heroically gave up coffee, tea, or even caffeine, for the whole of October, and donated what they saved to Hope UK – a few even got sponsored.





# Meet Our Team



## **SARAH BRIGHTON**

C.E.O.

I have been working with young people nearly all my working life and am passionate about their right to grow up safely, have every opportunity to achieve their potential, and be equipped to deal with things life may throw at them. I want to see all young people able to lead fulfilled lives, regardless of their background, financial status, etc.



## **GRAHAM TILNEY**

BUSINESS MANAGER

I have worked for Hope UK since 2018, having previously worked for a domestic abuse charity and a drug and alcohol rehabilitation charity where I saw first-hand the issues facing people of all ages in society today. As a foster carer and father to a teenage son, I am dedicated to the ethos and services that Hope UK provides in equipping young people to live drug-free lives.



## **ANGELA BAUGH**

FINANCE

I have worked for Hope UK for a number of years, currently in the finance department. Occasionally I can be found doing a Junior Citizens Scheme. I love to hear that people are making wise decisions regarding drugs and alcohol based on informed choices that will not only affect them, but also their wider community.



## **THULI NDLOVU**

FUNDRAISING

I am passionate about seeing young people realise their full potential through choosing to lead drug and alcohol-free lives. Prior to joining Hope UK, I worked in international development, communications, fundraising and programme management at NGOs including Oxfam, Skillshare International and Oxford Policy Management.



## **DEBBIE DEVINE**

VOLUNTEER SUPPORT

I work alongside new volunteers to help them plan sessions or detached work, helping them with their portfolios, and encouraging them to generate work in their own area. I have worked for Hope UK for many years and I am still very passionate about the work we do and even more so now, as the next generation are being trained up to be peer mentors.

# Meet Our Team



**ANDY LAWLEY**  
SHEFFIELD PROJECT WORKER

I have been the local worker in Sheffield since 2019, working to develop our drug prevention work here, as well as recruit and train local volunteer educators. I want to see young people choosing to live full lives free from the influence of drugs. To achieve this, I take every opportunity to work with schools, parents, youth workers and Street Pastors.



**RACHAEL MONKHOUSE**  
NORTHAMPTONSHIRE PROJECT WORKER

I have been the local worker for Northamptonshire since 2014. In that time, we have established a small team of volunteers and have run many sessions to a variety of groups. I am also a qualified sexual health nurse with extensive youth work experience.



**IAN MICHELL**  
EAST MIDLANDS PROJECT WORKER

I am Hope UK's drug prevention worker for the East Midlands. I have been involved with youth work in a variety of settings and have worked for Hope UK since 2006. I want to see young people making drug-free choices. I am particularly keen to find volunteers to work with churches, youth organisations and schools in and around Nottingham.



**MARY DELLER**  
PRESS OFFICER

I come with a background in journalism, having worked in magazine publishing for several years. I have been involved with Hope UK since 2010, having initially trained as a Voluntary Drug Educator.



# Meet Our Trustees



**AYO  
ADEDOYIN  
(CHAIR)**



**CHRISSY  
BECARES  
(TREASURER)**



**ANN  
SMALL**



**BEVERLEY  
MAYERS**



**DANNI  
KYDD-  
SINCLAIR**



**FUNKE  
DENIRAN**



**JOSEPH  
BANTON**



**KATE  
SANDISON**



**MICHELLE  
ARTHURTON**



**YINKA  
AYENI**



# Financial Information

## Statement of Financial Position

<b>INCOME</b>	<b>2023 (£)</b>	<b>2022 (£)</b>
Voluntary income (e.g., gifts and grants from trusts/ companies)	102,501	71,090
Investment income	14,840	19,488
Incoming resources from charitable activities *(e.g., service provision)	8,555	6,338
Other income		
<b>Total incoming resources</b>	<b>123,896</b>	<b>96,916</b>
<b>EXPENDITURE</b>	<b>2023(£)</b>	<b>2021(£)</b>
General education activities	254,112	263,943
Fundraising and publicity	43,585	45,934
Investment management costs	4,303	8,416
Governance costs	4,357	4,127
<b>Total resources expended</b>	<b>306,357</b>	<b>322,420</b>

## Balance Sheet as at 31/12/2023

<b>FIXED ASSETS</b>	<b>2023 (£)</b>	<b>2022(£)</b>
Tangible assets	459	1,121
Investments	362,015	529,763
	<b>362,474</b>	<b>530,884</b>
<b>CURRENT ASSETS</b>		
Debtors	4,633	2,774
Bank & Cash in hand	14,380	26,072
	<b>19,013</b>	<b>28,846</b>
Creditors falling due within 1 yr.	(13,013)	(11,809)
<b>Total assets less current liabilities</b>	<b>368,474</b>	<b>547,921</b>
<b>INCOME FUNDS</b>		
Restricted funds	30,759	100,279
Designated funds–tangible fixed assets		0
Unrestricted funds	337,715	447,642
	<b>368,474</b>	<b>547,921</b>

# A note about finances

Our income has, for the past few years, been less than our expenditure. There has been a gradual increase of income for the last 3 years, but we have still needed to top up our income from reserves. Trustees approved a policy several years ago indicating they were happy to use our reserves until we get to 6 month's reserves plus enough money for any redundancies.

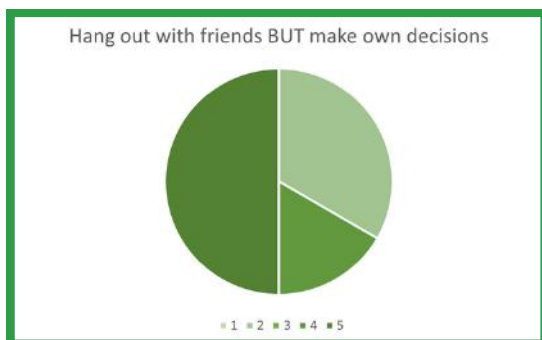
Trustees continue to monitor this closely, and have been working with the staff team on ways to increase income this year - with a variety of activities including trust applications, sponsorship events, asking individuals to give, and bidding for local, regional and national contracts.

# Feedback

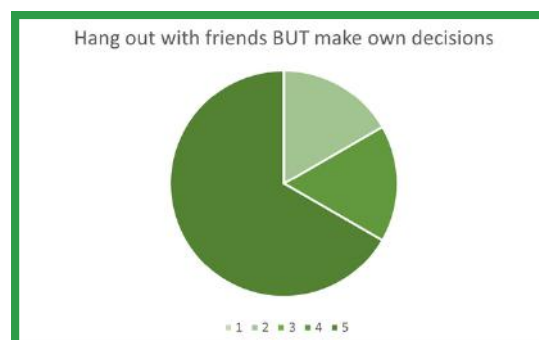
The following pie charts show the change in opinion after having attended a Hope UK session. Young people are asked to score themselves 1-5 (1 = strongly disagree, 5 = strongly agree) Please note the colour gets darker for higher numbers.

1. I like hanging out with my friends, but I make my own decisions

Before:

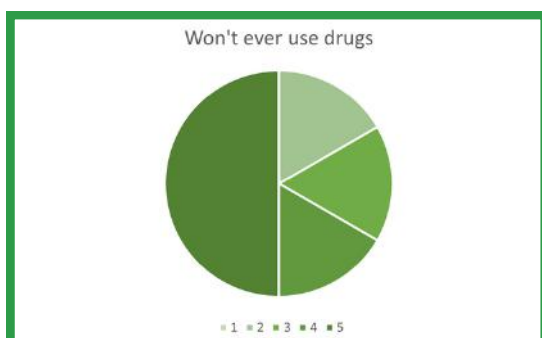


After:

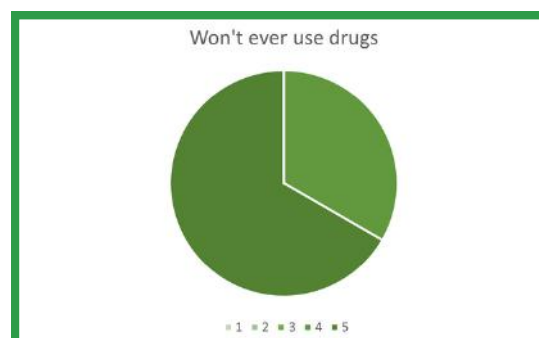


2. I don't think I will ever use illegal drugs

Before:



After:



# Feedback continued

## Evaluation Comments Included:

Just wanted to say thank you for the session yesterday, it was fantastic. Not only am I excited for the material and content you bring, I thought you were very good too. I'm looking forward to seeing the change that the next 2 months brings about! (Youth Worker)

Thank you so much, I have learnt so much from you and I am grateful you came. (Young Person)

To keep the attention of 20 young boys for 2 hours on a Saturday afternoon just once is an achievement. To continue across 4 Saturday afternoons (fortnightly) is remarkable. And the boys tell me it was such good fun they would happily do it again. (Organiser, DLY Course)

Thank you very much for this evening. We all learnt so much, and you have really helped our confidence in teaching this tricky subject. (Teacher, RSE Training)

Thank you for today - it was a really useful session which you brought to life in a very practical and relatable way. (Participant, Online Course)

Thank you - it was very interactive and not boring but also included facts that were interesting. (Year 9 pupil)

Thanks so much, feedback from all was they found your presentation really interesting and you were very professional in your delivery of session. (School Nurses Forum)





# Thanks to:

We are grateful to the following trusts for their support in 2023:

- The Three Johns Trust
- Vandervell Foundation Limited
- Mildred Duveen Charitable Trust
- Paristamen CIO Trust
- Greenwood Christian Trust
- Wyndham Charitable Trust
- Rhododendron Trust
- C Hoare and Co
- Sandra Charitable Trust
- Harapan Trust
- Doughty Family Foundation
- The Sackler Trust
- Sir John and Lady Amory's Charitable Trust
- Good Templar and Temperance Childrens Fund
- Hamilton Wallace Trust
- Mackie Foundation
- The Alexis Trust

We are also grateful to all those who ran, played sports and engaged in other fundraising activities to support our work.

To our individual donors - thank you, your support is vital.

And so many thanks to all our hard-working volunteers - both educators and admin. Your time, encouragement, professionalism and enthusiasm is greatly appreciated.





**Hope**  
**UK**

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