

## Welcome to Communic8

**Valerie Hopkins, Chair of Trustee's**

In the last 3 months, we have grown and adapted our services to ensure young people can continue to access advice, gain skills, improve resilience, and be connected to the opportunities they need to thrive.

In this issue of Communic8 we will share how our staff, volunteers, and supporters have come together with passion, ingenuity, and determination to support young people, families, and communities when they need it most.

## Quick guide

### One-to-one mentoring support is online! p.2

One-to-one mentoring support online, by phone, through Whatsapp, and Zoom.

### Targeted group support p.4

Weekly competitions, home sports session, and much more.

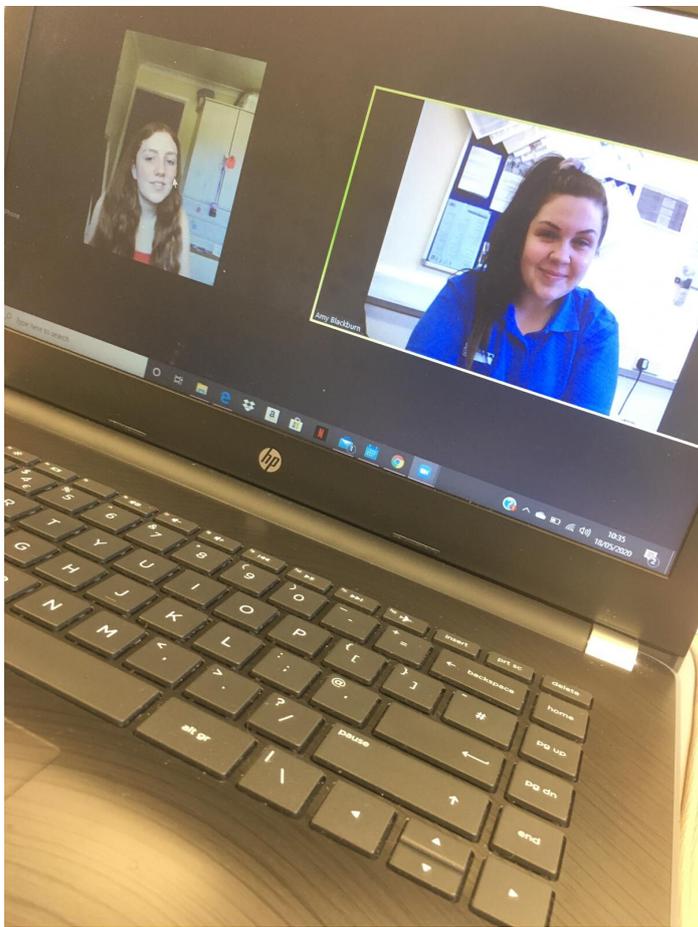
### Fundraising Update p.6

Read about some of the great positive fundraising which took place in April and May.

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# One to one mentoring



**In the last 3 months we have been determined to maintain and build positive and trusting relationships with young people.**

**We have rapidly adapted face-to-face mentoring into remote online mentoring including virtual meet ups, messaging, phone calls, and emails.**

Photo - Amy Blackburn Supporting a young person on zoom.

## Young people we support are telling us:

We live in a small house and everyone is getting on my nerves.

I'm worrying about when I can go back to school or start college.

**I'm tired of talking to people online.**

I do not have access to the internet to do my school work.

I'm bored and I struggle to find motivation.

We have no food at home.

My school work it is too hard and I do not know who or how to ask for help.



**I miss my old life.**

I miss my friends and family and I want to see them they make me feel good about myself.

My Grandad died and I couldn't say goodbye and I have no one to talk to about it.

Sometimes I get angry and it upsets everyone at home.

A friend of a friend has asked me to help them deliver some things and I might get paid, we need money so I'm going to help them out.

I lost my Saturday job at the hairdressers, I have no money for the things I need.



These young people were supported with positive activities to keep them busy while they are at staying at home.

Photos left to right - A family received a den making kit which helped to create a calm space on busy days. A pizza making home baking kit was delivered to create fun and tasty positive engagement. A socially distant face-to-face support session at Toronto Place.

# March to May 2020

**65%**

of young people and their families have requested increased contact with their support worker during the crisis. They are now receiving support between three and five times per week.

**44** 11 - 17 year olds who were attending Motiv8 group work or open access hub sessions are now engaging with new virtual one-to-one mentoring support.

**250**

families have been supported with their emotional health and well-being.

**100 +**

educational resource & positive activity packs have been delivered.

**55**

families delivered basic essentials, utilities & food.



# Targeted Group Work



Support workers from all across Motiv8 have been creating and hosting positive activities for young people and families. These activities were aimed at young people who might have dropped into our regular open access community hubs. Activities include creative writing, quizzes, competitions, emotional health and well-being peer support, and weekly bulletins with helpful links and information. There is a weekly employment support session and sexual health guidance. To find out more info find and follow us on Facebook @motiv8south.org.uk

**motiv8 Virtual hubs!**

<b>Monday</b>	Open inbox support service, 3pm-4pm, 13+.
<b>Wednesday</b>	Arts and Crafts, 10am-11am, 7+. Open inbox employment support, 3pm-4pm, 16+.
<b>Thursday</b>	Creative writing, 3pm-4pm, 14+ Family quiz night, 6pm-7pm
<b>Friday</b>	Open inbox parent / carer support service, 3pm-4pm

Motiv8 South | COMMUNITY FUND | motiv8

# Community and Enterprise

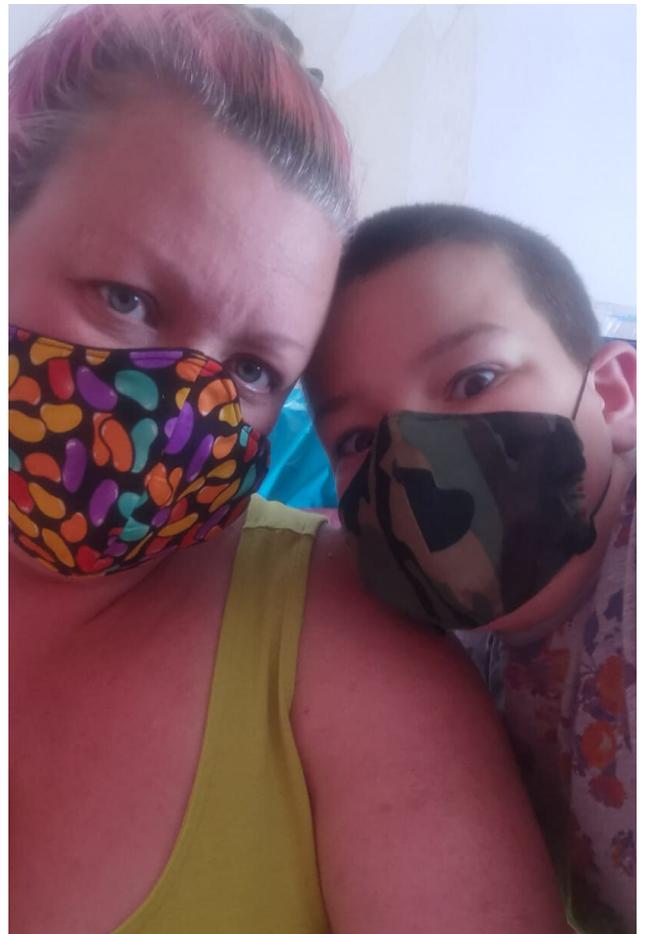


In partnership with our funders, Hampshire and Isle of Wight Community Foundation, Wave 105 Cash for Kids, Hive Portsmouth, Neighbourly, and Tesco we have been able to support local families in need through the purchase and delivery of food parcels, educational resources, tablets to support school work or positive well-being activities, and assistance with utility bills.

This picture is of a young person who has struggled with anxiety and motivation in the last 6 weeks who is participating in a positive mood boosting activity supplied by his Motiv8 Support Worker.

## Future Plans

We recognise that young people and families will continue to face a number of challenges emerging from this difficult period. Over the coming weeks and months, we will be considering and progressing plans to safely increase our face-to-face support in line with Government guidance. We are working closely with our partner schools, community safety teams, and other support services to adapt so that we can all be there for young people across our local communities, when they need it most, ensuring they have the opportunities they need to thrive.





# Fundraising

Thank you to our generous partners and funders

Pictured: Mary O'keefe, Fundraising Volunteer who raised a huge £850 for Motiv8 as part of the 2.6 Challenge in May by swimming 260 times around her blow up pool in the garden. We would like to thank everyone who took part having fun and raising much needed funds: Karen Spurway, Hedy & Brockli, Alice & Cooper, Sarah & William, Nicola & Austin, Clare & Patience, Portia & Family, Becky & Cecilia, Lacey & Issac, Sophie, Lucy & Reeve, Charlie & Family, Vicki L, and Charla Grant



## Wave 105 Cash for Kids



We received a rapid response fund grant from Wave 105 Cash for Kids to support up to 50 families who are experiencing financial worries during the crisis. We have so far given support to 27 families in just 3 weeks and we will continue throughout July and August. Thank you to Wave 105 for this much needed support.