












## Motiv8 FREE SUMMER 2021 ACTIVITY PROGRAM FOR YOUNG PEOPLE







As part of SSYP, Motiv8 have a number of exciting free to access activities over the summer. Please use the links below to find out more and to book a place.

 <p>TUESDAYS - 10:30-11:30</p> <p>Motiv8 Summer Activities  <b>SWIMMING</b></p>	<p>We have teamed up with Hilsea Lido to offer some exclusive swimming session for young people aged 10 – 16 years every Tuesday through the holiday from 10.30 – 11.30. Hilsea Lido lifeguards will be on duty supported by youth workers from Motiv8. The session is <i>FREE</i>. Only young people who have been pre booked through Eventbrite can to take part. To find out more and book your place please scan or click on the QR codes below to open the Hyperlink to the Eventbrite booking page.</p>			
Tues 27 <sup>th</sup> July	Tues 3 <sup>rd</sup> Aug	Tues 10 <sup>th</sup> Aug	Tues 17 <sup>th</sup> Aug	Tues 24 <sup>th</sup> Aug
				

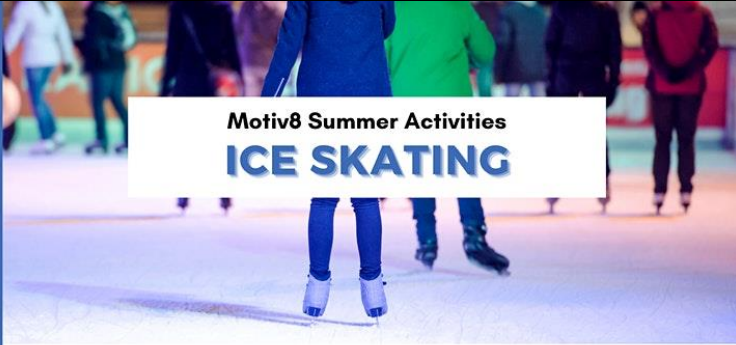
# Motiv8 Inspire Me – Inspirational Sessions Promoting Good Wellbeing

The Motiv8 Inspire Me activities are completely **FREE** and open to young people **aged 10 – 18**. **Wednesdays 16.00 – 17.30**. Only young people who have been pre booked through Eventbrite can take part. To find out more and book your place please scan or click on the QR codes below to open the Hyperlink to the Eventbrite booking page.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">21<sup>ST</sup> JULY</p>		<p>21<sup>st</sup> July 16.00 – 17.30. This activity will be at the Blue Lagoon in Hilsea together with Amy from Love to Doodle who will be encouraging everyone to think kindly and creatively and create our own doodles on what makes us happy.</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">28<sup>TH</sup> JULY</p>		<p>28<sup>th</sup> July 16.00 – 17.30. This activity will be at the Blue Lagoon in Hilsea and together with Cheryl from BizKidz Academy. You will be show how to create your own business and how you can do this just by using your pocket money. This is a fun workshop and gives young people the opportunity to ask questions to people who have started their own business!</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">4<sup>TH</sup> AUGUST</p>		<p>4<sup>th</sup> August 16.00 – 17.30. This activity will be at the Blue Lagoon in Hilsea where you will enjoy a yoga session with Ivy from Glow Up. You will be shown techniques for clearing your mind and having the opportunity to take some time out.</p>	

<p>11TH AUGUST</p>	 <p>Motiv8 Summer Activities <b>RADIO WORKSHOP</b></p> <p><small>motiv8</small> <small>the chance for young people</small></p> <p>Inspire Me</p>	<p>11<sup>th</sup> August 16.00 – 17.30. This activity will be at the Blue Lagoon in Hilsea where you will be shown the skills that are needed to run a successful community station as well as being shown all things radio! If you know a budding DJ this is the workshop for them!</p>	
<p>18TH AUGUST</p>	 <p>Motiv8 Summer Activities <b>BREATH WORKSHOP</b></p> <p><small>motiv8</small> <small>the chance for young people</small></p> <p>Inspire Me</p>	<p>18<sup>th</sup> August 16.00 – 17.30. This activity will be at the Blue Lagoon in Hilsea and Max from the Max Effect will you to understand how breathe is really important and share easy ways to use breathing to stay calm and relax.</p>	
<p>25TH AUGUST</p>	 <p>Motiv8 Summer Activities <b>GRATITUDE WORKSHOP</b></p> <p><small>motiv8</small> <small>the chance for young people</small></p> <p>Inspire Me</p>	<p>25<sup>th</sup> August 16.00 – 17.30. This activity will be at the Blue Lagoon in Hilsea together with The Grateful Hearts Club who will be exploring gratitude and how being grateful is a positive habit that can help in everyday life.</p>	

PLANET ICE - GOSPORT



Motiv8 Summer Activities  
**ICE SKATING**



Aged 10 – 16. Join us for a visit to Planet Ice in Gosport for an exciting FREE Ice Skating session. Skates are provided but you will need thick socks to ensure that they fit comfortably. Long trousers and long sleeved tops should be worn to protect yourself from the cold ice.

The session is suitable for all levels from those with lots of experience to first timers. We will be meeting at Howard Road Community Hub at 10.00 and departing at 10.15 to travel via minibus to Planet Ice. We will be returning to Howard Road at 12:30. We recommend that you bring a snack and drink with you.





Only young people who have been pre booked through Eventbrite will be allowed to take part. To find out more and book your place please scan or click on the QR codes below to open the Hyperlink to the Eventbrite booking page.

**Monday 26<sup>th</sup> July 10.00 – 12.30**

**Monday 16<sup>th</sup> August 16.00 – 17.30**





 <p data-bbox="241 443 271 564">NEW FOREST</p> <p data-bbox="548 405 860 480"><b>Motiv8 Summer Activities</b> <b>FUN 2 FISH</b></p> <p data-bbox="638 676 741 735">   <small>Life chances for young people</small> </p>	<p data-bbox="1140 293 2033 480">Aged 10 – 16. Why not join us for a day fishing at Orchard Lakes in the New Forest. All tackle, bait and instruction is provided absolutely free by qualified coaches from Fun2Fish. All you will need to bring is suitable clothes for the weather, a well stocked packed lunch, plenty to drink and some sunscreen and a hat.</p> <p data-bbox="1140 528 2033 676">We will be meeting at Howard Road Community Hub at 09.00 to travel on the minibus to Orchard Lakes and returning for around 15.30. The journey will take just over an hour each way so be prepared and bring something to keep you self entertained.</p> <p data-bbox="1140 724 2033 873">Only young people who have been pre booked through Eventbrite will be allowed to take part. To find out more and book your place please scan or click on the QR codes below to open the Hyperlink to the Eventbrite booking page.</p>
<p data-bbox="439 884 882 938"><b>Thursday 5<sup>th</sup> August</b></p>	<p data-bbox="1352 884 1823 938"><b>Thursday 19<sup>th</sup> August</b></p>
	



Motiv8 Summer Activities  
**GET COOKING**



Aged 10 – 16. Fancy doing some COOKING? Why not join us for a cooking session at the Pompey Study Centre, Southsea. Learn some new skills that will make you a wiz in the kitchen. All the ingredients, equipment and instruction is provided absolutely FREE and you will even get to take your culinary creations home.

Only young people who have been pre booked through Eventbrite will be allowed to take part. To find out more and book your place please scan or click on the QR codes below to open the Hyperlink to the Eventbrite booking page.

**Tuesday 17<sup>th</sup> August**



**Tuesday 24<sup>th</sup> August**



**Tuesday 31<sup>st</sup> August**



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