



Motiv8 is a life-changing youth charity. We work with young people from age 9-19 and up to the age of 25 for young people with disabilities who are experiencing extreme hardships. We build trusting relationships and support young people through one to one mentoring, family mentoring, youth hubs and targeted provision across Portsmouth, Havant, Gosport and Fareham.

## Quick Guide

### Portsmouth

- Young People Cycle to Ukraine
- Come dine with us!

### Havant

- Returning to Education
- National Lottery Funding

### Skills and Enterprise

- Your Voice 2
- 'County Lines' Cinema Screening

### Gosport & Fareham

- Eater HAF
- Mindful Movement

### Fundraising

- Wickham Beer Festival
- St Edmunds School
- Golf Day
- Race Night



# Portsmouth

## Young People Cycle to Ukraine

The young people from the Motiv8 Portsmouth Mini Community Ambassador Programme (MiniCAP) want to give back and make a difference in other young people's lives, so in partnership with #iwill alongside Clarion Futures, they are virtually riding, on an exercise bike, to Ukraine!

The aim is to ride 1,600 miles on the bike and raise £1 for every mile and it is open to everyone to join in!

Motiv8 Mini Cap has chosen to donate the money raised to Hope and Homes for Children, a charity advocating for the protection of Ukraine's vulnerable young people, providing practical, life-saving humanitarian support, including essential items like food, clothes and hygiene kits, school supplies and winter essentials.

Get involved, your miles can count!

You can donate the miles that you may have achieved cycling to work or at the gym, email [fundraising@motiv8south.org.uk](mailto:fundraising@motiv8south.org.uk) to get involved and jump on a bike and give us a few miles towards our challenge or sponsor our miles already achieved!

You can also use the QR code to donate!



## Come Dine With Us!

Motiv8 Mini Cap young people planned and cooked a meal for their families and carers, learning valuable skills in food hygiene, food prep and event management.,

The event was sponsored by Clarion and Vivid Law Tech, which allowed them the opportunity to get feedback from the young people about the 'Ship to Shore' project, a new park project that is located next to the new Motiv8 hub.



# Havant

## Young Persons Story- Returning to Education

Motiv8 were contacted by a school to support a young person through one to one mentoring for an hour a week for 6 months. The young person was struggling with school and was often standing outside of the classroom in the corridors, hiding under tables and finding it difficult to trust staff members at school.

A Motiv8 support worker developed a trusting relationship with the young person and worked with them to identify their needs, including education, behaviour, emotional health and wellbeing and helped them to set goals to overcome these challenges. Together the young person and their support worker talked about understanding their emotions and healthy ways of communicating with others, Motiv8 helped the young person to choose mentoring support in school also and with the support of the school this was put in place.

The young person is now 3 months into their Motiv8 support and is back in full time education, entering the classroom everyday and has a more positive relationship with school and their teacher. As well as continuing their one to one support the young person is now attending Motiv8 drop in sessions which is giving them more confidence and a place to go to when they feel they're struggling.



## National Lottery Funding

A group of young people who had similar interests and thoughts about themselves and the world, started up a new Motiv8 hub, where they could come together explore inclusivity, self image, confidence, positive relationships, emotional health and wellbeing as well as support community activities to give young people a voice and a chance to volunteer.

We would like to say a big thank you to @the\_national\_lottery\_community for the funding we have just received which has allowed us to extend this hub for 12 months and allow us to continue supporting the young people and their hub.



# Skills and Enterprise

## Your Voice 2

Your Voice 2 is a collaborative community arts and heritage project with the arts organisation "Project Caboodle". The project gives a voice to young people in support and provides new creative experiences along with the tools needed to help develop valuable transferable job skills. The project involved commissioning a team of professional artists to deliver workshops where the young people created different pieces of art inspired by oral recordings they have previously made voicing what it is like to be a young person in today's society and interviews they did with elderly people about their lived experiences of historical events. Their work was then displayed in an exhibition in the Round Tower in Portsmouth during the Easter half term where they had 786 visitors across the 2 weeks!



## 'County Lines' Cinema Screening Event

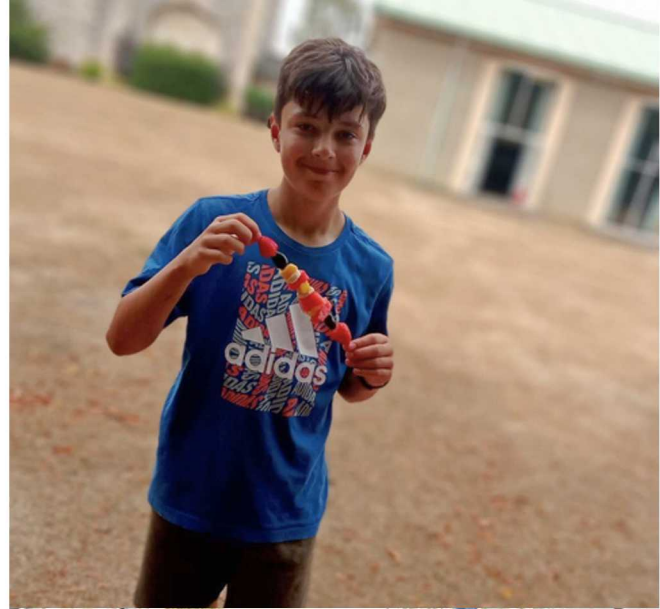


For the past few months, we have been working alongside Making Waves Film Festival, Portsmouth University, Music Fusion and of course; our amazing Motiv8 young people, to create this incredible and insightful Event Cinema.

All the ideas and planning for this event came directly from the young people. The young people chose 'County Lines' as they wanted to raise awareness of what county lines and exploitation is and the impact this can have on marginalised young people.

They hosted and lead the evening, which included a Q&A with the producer of County Lines, and Matt from Music Fusion!

# Gosport and Fareham



## Easter HAF

HAF is a programme which delivers holiday activities and food for young people in receipt of free school meals/

This Easter we supported 138 young people over the Easter period to engage in our HAF provision. We ran a variety of sporting activities and were lucky to be supported by Gosport Borough Hockey, football and cricket teams, Military Mentors, Mindful Movement and Gosport Martial Arts.

We supported children to become more nutritionally aware and independent in their cooking skills, making burgers, fajitas, fruity pancakes, using our smoothie bike and completing a blindfolded taste test, as well as a variety of arts and craft activities.

## Mindful Movement

Claire Tamplin is a Mindful Movement coach who delivered 4 group sessions at our Chill Out Tuesday hub. Claire's sessions included talks and activities around the topic of mental health, using wellbeing tools such as yoga and breath work. Claire explained that Yoga and Mindfulness gently holds the space to allow young people to learn and understand themselves and lean into their growth anatomy wise and at a deeper, spiritual level. At a time when their brains and bodies are developing at such a rapid rate, feeling your most authentic self and belonging in a community of kindness and connection is crucial.

The young people who engaged in Chill Out Tuesday participated in yoga stances, breathing techniques and mind to movement exercises.



# Comments from parents/carers about the support and HAF opportunities their children received.

We support 263 young people through hubs per week

R has made enormous progress. She has gone from not leaving the home for 10-15 days at a time to going out (with me) most days

My son has emotional difficulties and finds it hard to get on with other children. The Ninja Warrior outing gave him an opportunity to forget his worries and develop his relationship skills.

It helped my daughter talk openly about her autism which she's never really done. The support she has is amazing and I'm so thankful she has someone other than myself she can confide in.

We support 140 young people through one to one mentoring per week

Motiv8 supported him with social interactions and his confident, he has progressed massively. Previously avoiding social interactions to now thriving

It's great they have an opportunity to do fun activities throughout the holidays. I am so grateful for your services. Thank you!

It was great that they were able to build confidence doing an activity without the need of Mum being present. Developing independence & confidence to venture out with new people.

We provide opportunities for 2500 young people through summer activities



# Fundraising

Thank you for supporting us!

Wickham Beer Festival sponsored Motiv8 as their chosen charity for the festival in April. Our volunteers had a brilliant time serving drinks and the event was very successful, raising an amazing £2000 donation!

Horse Race Evening, hosted by Lyn and Les Heyhoe sponsored Motiv8 on Saturday 29th April. Our volunteers had a great time taking bets and the event raised an incredible £4343.49!

Our Annual Charity Golf Day at Boundary Lakes Golf Course, Ageas Bowl, sponsored by Travis Perkins, was another brilliant day! Despite a bit of bad weather we all had so much fun and raised £3000!

St Edmunds Catholic School raised £960, from their Cultural Appreciation Day, which the kind pupils then decided to donate to Motiv8!



## Motiv8 Has Moved

We are saying goodbye to our Portsea office and saying hello to our new office/ youth hub at;

Unit 2 and 3 Cumberland Gate,  
Cumberland Road  
Portsmouth, PO5 1AG

We are looking forward to the bigger space and being able to provide more opportunities to young people in a place they can call their own!



# Ways to Support



## Text to Donate

- To Donate £1, Text M8SOUTH to 70085
- To Donate £5, Text MOTIV8FIVE to 70085
- To Donate £10, Text MOTIV8TEN to 70085

Texts cost £1 plus one standard rate message. You will be opting in to hear more about our work and fundraising via SMS.

If you'd like to give £1 but do not wish to receive marketing communications, text M8SOUTHNOINFO to 70085

## Online Donation



<https://tinyurl.com/3mddbwea>



For £1 you can buy a ticket, giving you the chance to win £25,000 and for every ticket you buy, 60p is donated to Motiv8!



## Events Volunteering

We are always looking for volunteers to support our events so if you would like to be added to our volunteer list please get in touch;  
[info@motiv8south.org.uk](mailto:info@motiv8south.org.uk)



You can now directly support our hubs through our Amazon wishlist, you can purchase an item needed for our hubs!



## Facebook Fundraising

If you have a birthday coming up and want to support Motiv8, you can now hold a fundraiser on Facebook!