

Welcome to Communic8!

We hope you enjoy reading our news and information about our youth support work with local young people and their families, through one-to-one mentoring, group work and through the Skills and enterprise hubs.



One-to-One Support in the Sun

Quick Guide

Well Meadow

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Celebrating our new outdoor space in Leigh Park, Havant

Youth Voice

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A look at how our new youth voice project is putting the voices of young people front and centre

Skills Hub

pg.6

Spotlighting all the wellbeing work we've been doing at our newly revamped Skills Hub



Like, follow, and share
our social media!





Updates

We've had lots going on at Motiv8 in 2021. Adapting back to being in lockdown to now transitioning back out, the resilience of both our staff and the young people that we support has been incredible.



We're excited to start being able to open more hubs again and see more people face-to-face. For more information on what is currently running or to get involved, contact us at:

info@motiv8south.org.uk or call 02393 832727

Some of the Amazing Challenges

#CaptainTom100 Challenge

Over the early May Bank Holiday Motiv8 took part in the #captaintom100 challenge to celebrate and honour Sir Captain Tom Moore.

A huge thank you to everyone who took part in our challenge of running around a Motiv8 logo 100 times. With your support we're able to help more young people when they need it most.

 CAPTAIN TOM 100

WHAT'S YOUR 100?



Havant

Session at Well Meadow - making the most of the space

Everyone's emotional health and wellbeing has taken a big hit this year with the pandemic, particularly the wellbeing of young people. Missing face-to-face education, and unable to access regular support from trusted adults, we've seen just how much young people are struggling.

At Havant, we've been really lucky to gain access to a new space - Well Meadow within Staunton Country Park - a special outdoor space where we create positive activities alongside wellbeing support. The space is great, and the Havant team have been able to create some brilliant activities, including putting up hammocks, making a rope swings, doing some slackline rope walking, or simply relaxing to the sounds of nature. We've already had some young people make use of the space, but we're excited for more to enjoy it.

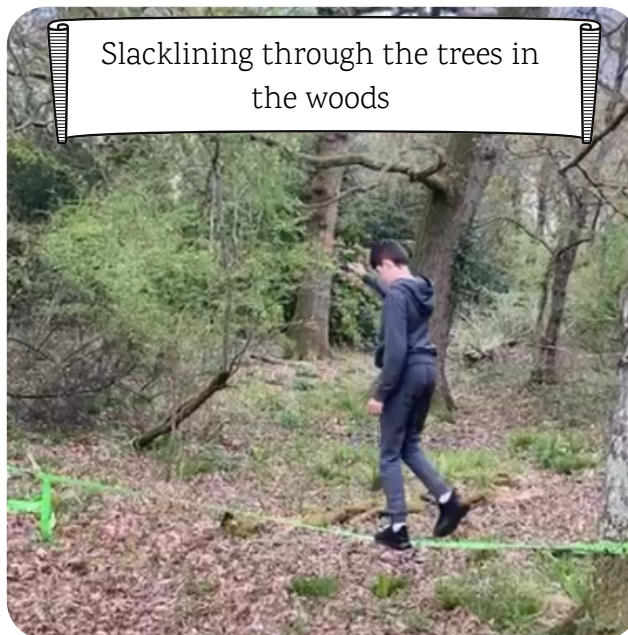
Drop-in sessions @Well-Meadow

We have started a drop-in session at Well-meadow every Tuesday, where young people can get involved in regular activities, from 2:30-5pm. For more information, contact info@motiv8south.org.uk or call the Havant office at 02392 470484.

Team Visit to Well Meadow



Slacklining through the trees in the woods



Hammock and slackline set up



Lord Mayor and Lady Mayoress Visit Motiv8!

The Portsmouth team had a really exciting visit in April from the Lord Mayor Cllr. Rob Wood and Lady Mayoress Debra Wood. They came to see the detached work, hubs, and skills space that we run from the Blue Lagoon, Hilsea.

The Lord Mayor and Lady Mayoress were able to talk to lots of young people and have valuable conversations about young people's views on what they need next. They both also got to see our skills hub space, where young people can come along and learn valuable life skills to help them thrive in life.

The Lord Mayor had the following to say about the visit:

'It's been great to see the fantastic work Motiv8 are providing for local young people. Young people have been hit hard by this pandemic and that's why it's really important that we get behind local youth charities like Motiv8 who are providing vital support for young people. It was great to hear directly from youth workers and local young people about issues affecting them and what more we can do to help young people emerge from this pandemic positively'

Portsmouth



Healthy Living and Wellbeing

In January when we all went into lockdown again, the Portsmouth team didn't stop! Taking the healthy living and wellbeing hubs remote, the team organised packs to be delivered to the homes of young people with recipes and activities inside. From learning about stress through stress buckets, to cooking bread from scratch, the packs were a huge success with the young people and their families. We delivered an amazing over **200 packs during the lockdown period!**

Now things are opening back up, our hubs are back in person again. For more information about the hubs that we run across our various locations in Portsmouth call: 02392 832727.

Gosport and Fareham

SHAPE Workshops

S upporting
H ealthy relationships between
A dolescents and
P arents through
E ducation, empowerment, and empathy

We've been running this a series of workshops where we provide parents with a supportive, educational, informative and safe space for parents to learn from us and each other, share ideas and lift each other up.

There is no perfect way to parent, but the workshops have provided a great resource for parents and carers to build up a toolbox of coping strategies, building confidence and support in a more positive relationship between parents/carers and teenagers.

For more information, contact: 02392525026

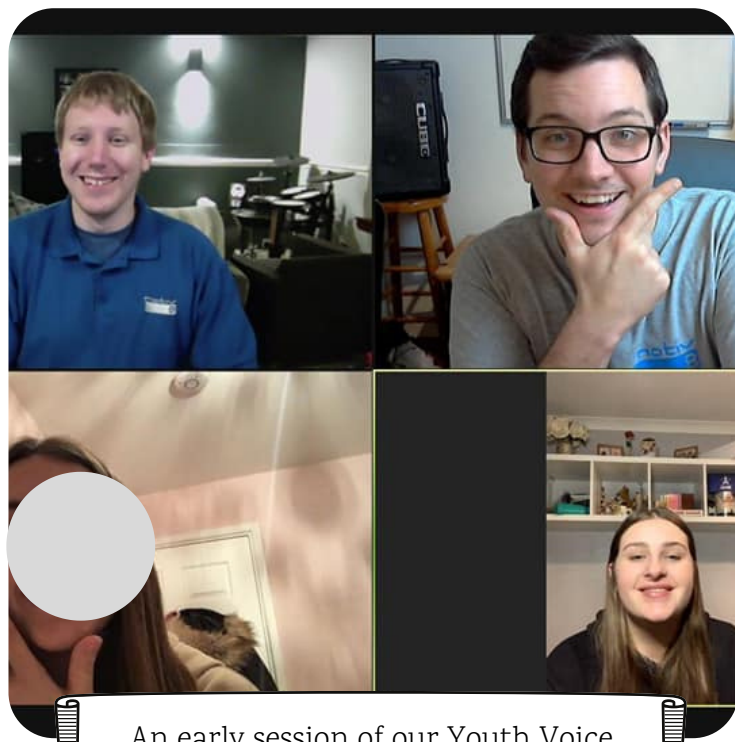
"I am not a rubbish mum, I have a child with additional needs and I need to remember that".

"The workshop made me feel less alone. Other parents are also going through this".

"The workshops have helped me to see things from my child perspective more".

"We have learned strategies to deal more effectively with our teens behaviour, how to stay calm and communicate".

"There were useful reminders about communication and how the teenage brain works and develops and levels of maturity in teens".



An early session of our Youth Voice Group over zoom

Youth Voices: Front and Centre

Young people have lost a lot this year, and often their voices aren't heard. We are making it a priority to make sure that this isn't the case in Motiv8. At our new Youth Voice group, young people have the opportunity to make sure that their voices are front and centre in the work that we do.

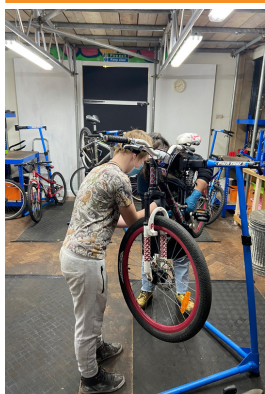
So, what have young people been telling us? There are lots of incredible insights that the young people who are part of the group bring to the table. Recently, they've been talking to us about how they have been feeling unsafe. They were able to give suggestions about what Motiv8 could be doing to help them with feeling safe when going to different provisions that we offer as things reopen.

With their voices being amplified, we're able to take their suggestions and turn them into actions. Together we're creating lasting change with the voices of young people at the forefront.

In exciting news the youth voice group is part of a larger project in Gosport and Fareham. Young people from schools from across the area are getting involved, putting their voices front and centre!

Skills & Enterprise Hub

Motiv8 Skills and Enterprise Hub is a safe space where young people can enhance their skills and participate in education, training & youth social action opportunities.



Take Notice

1242

people reached through social media, with information, activities and participation opportunities and support

Connect

162

hours of bike maintenance sessions delivered to schools from our workshops in Portsmouth and Gosport

Give

25

bikes restored by young people and given back to community and families

Young people developing well-being at the Skills & Enterprise Hub

Learn

98

Bike Maintenance and DofE hub sessions delivered both face to face and virtually, Supporting them to learn new skills and engage in positive activities

Be Active

147

hours of DofE participation where young people are learning a new skill, taking part in physical activity and volunteering

Through engagement in a range of alternative learning experiences we want to positively support young people in exploring their future employment options, alongside raising their aspirations, growing their confidence and overall well-being.



Here's to all of the amazing supporters that have helped us out since November!

Fundraising

Thank you for supporting us

Red Letter Days Crafting



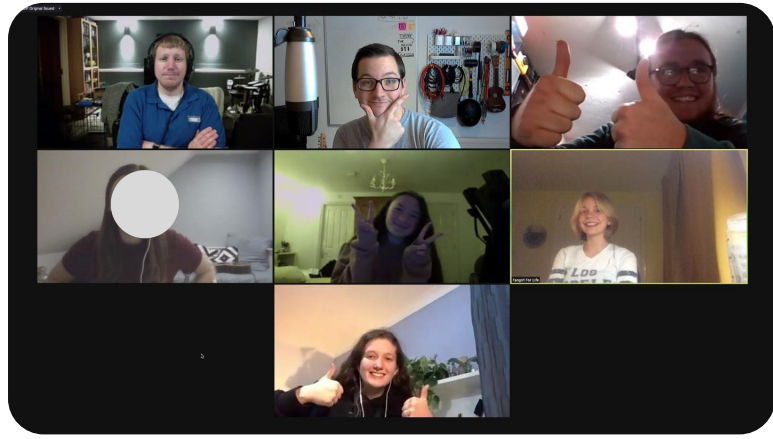
What they've funded!

- 15 Lenovo tablets and mifi devices to help young people and their families access the support, materials, and guidance they need online.
- Over 200 craft packs for young people and families to enjoy at home in support of emotional health and wellbeing.
- Flexible core funding which has enabled us to develop Youth Voice and the new social action group projects
- Additional support for families including over 200 food and cooking pack deliveries during the most recent lockdown.

- Children in Need COVID-19 Funding
- National Lottery COVID-19 Funding
- Portchester Parish Hall
- Wave 105 Cash for Kids
- Trust 2000
- Southern Water & Arcadis
- ASDA Christmas Meals Portsmouth
- ASDA Gosport
- Clothworkers Foundation
- Good Things Foundation and Children in Need
- Focal Point Training
- Portsmouth & District Angling Society
- COOP Elm Grove, Portsmouth
- Smooth Accounting
- Hampshire and Isle of Wight Community Foundation



Fresh homemade cupcakes!



Gallery

Some of the other amazing things young people have made and been up to



'I have really enjoyed having the support ...'It's been the most help I've had; I really appreciate it and will never forget it.'
Young person age 14



'I like the support; it helps me feel less alone.'
Young Person age 15