

Welcome to Communic8 - Clare Ansell, CEO

This newsletter celebrates the amazing journeys of young people and their families who are making positive changes in their lives.



In this edition we will explore Motiv8's three key areas of support: Individual and Family Mentoring, Group Work, and Community Outreach. We hope you enjoy reading Communic8.



RESILIENCE, SKILLS AND OPPORTUNITIES

Here at Motiv8, we're passionate about creating the conditions to enable young people and families to thrive and be the very best version of themselves. In the last 12 months, Motiv8 have generated 11,216 hours of support which has included targeted group work for over 420 young people. The young people in the picture above are celebrating after completing their session of targeted group work. Together they have gained skills, resilience, and opportunities to help them be safe within their communities.

NEWS

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Why is mentoring so important?

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A new 8-week group programme to help young people to understand and begin to overcome early childhood trauma.

STREET STRONG - p.6

Street Strong is a joint youth work outreach project with Motiv8, Pompey in the Community, and Active Communities Network jointly supporting the community.

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MOTIV8'S NEWS





STRATEGIC PLAN 2019-2024

New Strategic Plan

Our new plan sets out how we will provide the right support, at the right time, and do more to 'Grow our Impact'.

But what does this really mean? It means reaching young people and families earlier to prevent problems from escalating. It means remaining focused locally, as a permanent presence in our communities, acting as the glue that binds services and people together. It means building trusted relationships, offering person-centred approaches, and helping young people feel connected with a sense of belonging. It means providing safe spaces to engage where support can be accessed without the fear of stigma. Through this approach, we believe we can bring about lasting change.

To read the full Strategic Plan please visit the Motiv8 website www.motiv8.org.uk where the plan can be found in the 'about us' tab.

OUR APPROACH

Motiv8 is community based and creates the conditions for young people and families to access support at different stages of their journey. We work with young people, aged 9 – 19 years old, supporting those with learning difficulties and disabilities up to the age of 25. We provide safe spaces, with trusted adults, to help young people and families develop skills, tools and resilience to overcome challenges.



Young people's individual mentoring

Young people often need support to help navigate extreme difficulties. Many young people tell us that they are facing immense pressures.

Motiv8 are key providers of specialist one-to-one mentoring support for young people. Benny, aged 15, wrote in their evaluation after 3 months of weekly mentoring:

"Motiv8 has always given me a place to talk about anything, whether its positive or negative. There is always someone to talk to"



This young person has been working with their mentoring support worker to create some amazing rockets as part of a science experiment

Our one-to-one mentoring support creates and explores positive relationships. It helps the young person feel heard, understood, and empowered. Through improved self-esteem, they have the confidence to gain tools for resilience and skills for their futures. They learn to be the best version of themselves and make positive changes when they need to. We are working hard to ensure long-term, flexible mentoring is available when local young people need it most.

HARRY'S JOURNEY TO INDEPENDENCE THROUGH MENTORING

" I really enjoy meeting with Kelly every week and look forward to it. She has made me feel more grown up and now I make some decisions for myself and am not being told by others, which feels good."

Harry is a 15-year-old boy who lives with a learning disability. He was happy to receive one to one mentoring support. Harry has struggled with following rules and boundaries and has been caught up in unsafe, impulsive behaviour and negative choices for some time. He has had some angry clashes with his family as he is struggling to be more independent.

Harry chose to engage with a worker for one-to-one mentoring support for 6 months. Together they have worked on understanding rules and boundaries and his decision-making skills. He now has his own bus pass and takes himself to sports clubs, College, and out with friends. He is feeling much happier and he has learnt to positively channel his frustrations and consider consequences before becoming angry.

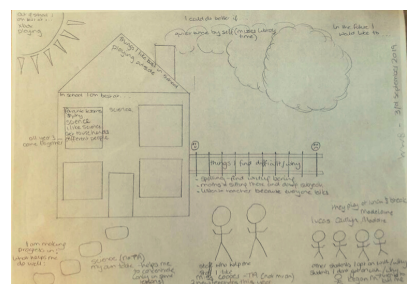
Family mentoring support Family well-being service



NEW FUNDING FOR FAMILY WELL-BEING SUPPORT - HENRY SMITH

For the last three years, the team have been working with families under the Supporting Families Programme which offers support to families who are struggling with ongoing crises. We have recently started providing additional support via The Henry Smith Charity. This provides a flexible approach to supporting families for as long as they need, whether it is 3 months, 6 months or beyond. Motiv8 work with each family member to listen, assess, and support them to create a whole family plan moving forward.

The
Henry Smith
Charity
founded in 1628



DRAWING OUT CHILDREN'S VIEWS

Support workers ensure that children's views are heard so they need to be reliable, persistent, and creative. Tom, aged 12, really struggled to communicate his views. He felt very down about school and he really did not want to sit and talk about it at all. Tom did like to draw and doodle, so with a bit of preparation, together we created a drawing which reflected what he was feeling about school. He drew an answer for almost every question which was so helpful in understanding why he was feeling the way he was. This helped to build his needs into the family plan.

Targeted Group Work



Motiv8 provides opportunities for specialist group support work in safe places. Through building these connections with young people in their local communities, we enable people to learn and engage with each other, helping them to explore different challenges they may face.

DUKE OF EDINBURGH'S AWARD 2019

Motiv8 has supported a group of young people to participate in their Bronze DofE Award. They completed the Physical, Volunteering, Skill and Expedition targets, to gain their full Bronze Award. The young people navigated a 2-day expedition route as a team, across the South Downs, whilst carrying all they needed to survive. Portsmouth City Council hosted an awards evening, where they were presented with their certificates by the Lord Mayor. It was a great night of celebration for all. If you are interested in completing your award please contact Sophie.King@motiv8south.org.uk

REACH - NEW 8-WEEK PROGRAMME TO HELP YOUNG PEOPLE UNDERSTAND EARLY CHILDHOOD TRAUMA.



Recent research from Public Health England indicates that when children are exposed to adverse and stressful experiences, it can have a long term impact on their ability to think, interact with others, and on their learning. Negative experiences can include anger at home, hunger, neglect, parental mental health, separation, and abuse. Young children that experience trauma are 3 times more likely to participate in risk-taking behaviours and struggle to make long term changes as they become adolescents.

REACH uses a combination of creative activities and group work to develop young people's resilience and give them the opportunity to experience the healing that comes from positive relational support. It provides information and education that enables children and young people to cope with the adversity they have experienced.

Grounded in the heart of local communities, Motiv8 provides regular opportunities for engagement through outreach and street-based youth support. Alongside this, we host safe spaces and hubs, where young people and families can reach trusted and trained support workers, for the opportunity to gain skills and resilience. Our social enterprise, Bicycle Recycling, gives young people opportunities to access education and employment.

Community Outreach and Enterprise



STREET STRONG

Street Strong is a joint youth work project. In the next two years Motiv8, Pompey in the Community and Active Communities Network will use combined knowledge and skills to reach and engage young people on the streets, across the community. Together, we will build trusting relationships, support vulnerable children, and signpost them to our free structured sports, arts, and alternative provision in the Portsmouth area.



THE NATIONAL LOTTERY COMMUNITY FUND AWARDS MOTIV8 £498,000



This funding will complement our existing essential support for young people by providing new services:

- Daily drop-in opportunities
- Emotional well-being groups
- Peer support sessions
- Specific advice for employment
- Parent support forum

It will provide support that is easy to access and will help to prevent escalation of issues through regular contact. The expanded services will help to raise aspirations, develop resilience, and guide young people further with life-chances - such as skills for work - enabling them to live, learn, and earn.

We have been expanding and strengthening our long term, free to access drop-in and regular youth club/hub provision across all of our areas. Here is a selection of regular hubs which are supported by highly trained Motiv8 workers and volunteers.

Community Outreach and Enterprise



ROWNER YOUTH HUBS

Tuesdays 5:30-7:30pm (ages 7-11): Engage in self confidence and resilience boosting activities including arts, crafts, sports, cooking, and games.
Thursday Music Hub 6.30 - 8.30pm (ages 12+): Meet new people, learn new skills or share your musical talents for more info contact info@motiv8south.org.uk



WE COME IN ALL DIFFERENT SHAPES AND SIZES... SO DO CONDOMS

USE THE RIGHT CONDOM FOR YOU
WWW.LETSTALKABOUTIT.NHS.UK



SEXUAL HEALTH DROP-IN

Are you aged 13-25? Did you know you can access the Get It On scheme from any of our Motiv8 sites? We can offer free and confidential advice on anything sexual health related and provide free condoms, pregnancy testing, and support in testing for STI's.

Our youth workers are always here to talk!



STREET STRONG YOUTH PROJECT - COOKING

Free cooking session! We made delicious Quesadillas with veg as well as Flapjacks with a cherry's, raisins and chocolate from scratch! Join sessions for ages 10-18 at PITC, Anson Road, Portsmouth, Hants, PO4 8TB. Sessions from 4-5:30pm, every Tuesday: come along! For info contact: info@motiv8south.org.uk





Pictured: Rebecca Stotesbury, Motiv8 Fundraising Manager, and Luc Semmens of the Wayfarer Masonic Lodge, Waterlooville. Thank you!

Fundraising

Thank you to generous supporters from across the community:

COOP Funeral Care Gosport and Bridgemary £450;
Hampshire and Isle of Wight Community Foundation;
Victorious Festival £1000;
William Wates Memorial Foundation £5000;
Waitrose Havant £260 through the green chip scheme;
Anglian Windows £250;
Great South Run Team of runners £900;
All Star Marketing, free marketing guidance support;
Condor Printers for support with printing;
Asda Fratton £78 and free refreshments for the volunteers at Victorious Festival;
University of Portsmouth Literary Competition £63.16

Volunteer for Motiv8

We are currently recruiting volunteers to support us this Summer at local community events. For more info please email fundraising@motiv8south.org.uk

Great South Run 2020 Walk, jog, run for Motiv8



Last year, 10 fabulous people supported Motiv8, together they raised over £900. We would love to double our team this year to 20. Could you walk, jog, or run in support of local vulnerable young people?

You will receive; Motiv8 T-shirt, access to a dedicated Facebook group, free family cheering at 3.5 miles on Queen Street with hot tea and coffee and breakfast snacks, sports massage discounts.

All donations will support local vulnerable children, young people and families.

Get in touch fundraising@motiv8south.org.uk