

Motiv8 is a life-changing youth support charity, we have more than a 20-year history of being passionate about empowering young people.

We work with young people aged 9-19 years old who need support with their emotional health, well-being and safety.

We create quality long-term support within four communities, Gosport, Fareham, Portsmouth and Havant.



This team of young people and their support workers took part in the Great South Run for Motiv8.

Quick Guide

Havant

pg.3

Celebrating our new hub at the rugby club.

Portsmouth

pg.5

Look at what the **Youth Social Action** group have been getting involved in.

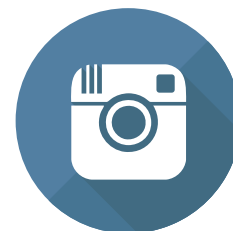
Gosport and Fareham

pg.6

Youth Voice project, engaging young people in community change.



Like, follow, and share our social media!



Motiv8 Update

The Motiv8 Youth Voice project is a direct way that young people (aged 14 – 19) can have their opinions and thoughts heard about the Motiv8 services and support they have received. This friendly group helps to shape how Motiv8 can support young people going forward.

Our youth voice group meet virtually twice a month, to discuss Motiv8's support and how young people feel it could be improved.

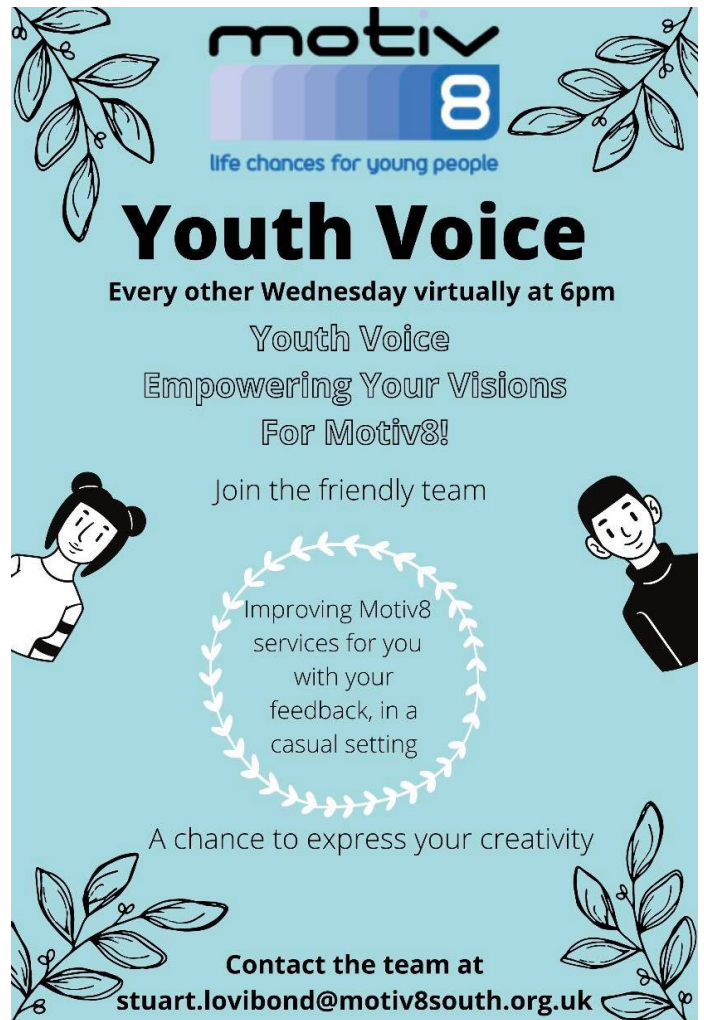
It is so important to us that all the support we offer meets young people's needs and reflects what they want from us. If you would like to join this group please contact them on the email below!

stuart.lovibond@motiv8south.org.uk

100% made positive progress with their employment or education goals;

To work hard in college and be happier with myself.'

To finish my college course and own a salon of my own.'



The poster features the Motiv8 logo at the top, which includes the text 'motiv8' and 'life chances for young people'. Below the logo, the title 'Youth Voice' is prominently displayed. The text continues: 'Every other Wednesday virtually at 6pm', 'Youth Voice Empowering Your Visions For Motiv8!', 'Join the friendly team', and 'Improving Motiv8 services for you with your feedback, in a casual setting'. It also includes the phrase 'A chance to express your creativity' and the contact information 'Contact the team at stuart.lovibond@motiv8south.org.uk'. The poster is decorated with illustrations of leaves and two stylized human figures.

Young People's Feedback

100% feel safer in their community

'I'm going out more by myself.'

'Making better choices in regards to where I hang around.'

I was referred to Motiv8 as I was having problems at school with friends. I became happier and got knowledge of positive friendships. I feel that I have achieved a lot'

92% improved their emotional health and well-being

'I am able to be more open with family members and say how I feel more.'

Havant



Rugby Club

The rugby club drop-in was set up back in July in response to anti social behaviour in the area and on the pitch..

At one of the recent sessions a coach from the club held a rugby session for the young people. They enjoyed it so much that two of the older young people organised a football session for the rest of the group the following week! Each week there is a healthy living activity and everyone has enjoyed getting involved with making fruit kebabs, toasties and smoothie making. The response to the drop in session has been incredible, it has made such a difference in the community and to the young people.

The session is held on Mondays 5pm-7pm and all are welcome!

One-to-one mentoring Support

Here at Motiv8 we understand how important it is to talk about our emotions and feelings, so we can understand them and how they impact us. Our mentoring support helps to provide the skills and tools young people need.

Bella aged 15, was living with post- lockdown anxiety, she struggled to leave her house, attend school or see her friends and family for over 12 months. Bella and her Motiv8 worker created a step-by-step, individual plan and through a gentle supportive process she gained the skills and tools she needed to leave the house, practise taking the bus and then make the return to College.

Portsmouth



Agency Exploitation Events

Together with agencies from across Portsmouth, including VIVID, Police, Drugs and Alcohol Support Service, Children's Services, Portsmouth Safeguarding Children's Partnership and others, we held two events at the Hilsea Hub at Howard Road to raise awareness of Child Exploitation.

We are working in partnership to empower people to seek support if they are concerned about a child in Portsmouth, sharing worries is important. We hope this will help people to voice their concerns or to take action. The Portsmouth Multi Agency Safeguarding Hub (MASH), can will listen to your concerns and decide upon the appropriate course of action. The MASH aims to work together to offer the right help at the right time to families who need support.



STREET STRONG YOUTH PROJECT

Motiv8 **Youth Hub**

Ages 8-11

Every Thursday 4 – 5pm

At The Fratton Hub

Cumberland Business Centre – Northumberland Rd PO5 1DS

FREE

QUIZES GAMES MUSIC ART CRAFT CHILL

Just pop along to find out more or

Call 02392 832727 or email: info@motiv8south.org.uk



Supported by:   

Fratton Hub

In the Autumn, two local housing associations, Clarion and VIVID have come together with Motiv8 to create a Weekly Youth Hub. The hub has been designed to overcome an increase in anti-social behaviour and the numbers of young people at risk. The hub gives young people aged 8 – 11, a positive and safe place to be with their friends, have fun and to gain support from trusted and highly trained support staff. The new hub takes place on Thursdays at The Fratton Hub, Cumberland Business Centre, Northumberland Rd, PO5 1DS.

Youth Social Action

Somerstown Mural

The young people at the Skills and Enterprise Hub, based at St Margaret's Church have been working alongside Portsmouth City Council, local artists and charities to design a mural. They will later be painting onto site boundary boarding's in Somerstown. The aim of the project is to brighten up the area and the young people have been really enthusiastic to get together, be creative and design something to celebrate the local area.

Skills and Enterprise Hub



Grateful Arts Club

Motiv8 young people teamed up with The Grateful Hearts club, run by Charla Grant, to create an art exhibition, involving artists from the community, to celebrate gratitude. The young people attended workshops with local artists Samo, Glow up Yoga, Melissa Davies, Love to Doodle, Wild City and Liberty Photography. The skills learnt in these sessions inspired the young people to create their own art for the exhibition, ranging from designing skate boards and shoes, sketches, fixing up a bike and photography! They also learnt what it means to be grateful and enjoyed sharing what it is they are grateful for!

'I really enjoyed working with the artists and learning new things and I am really proud of the art I have now created, my family are excited to buy it at the event and put it up at home.' (Motiv8 young person)





Gosport and Fareham

Engaging Pupils In Community Change EPICC

Motiv8 is part of an exciting partnership project in Gosport, partners include Gosport Borough Council, Hampshire Constabulary and Gosport and Fareham Multi Academy Trust. The partnership are keen to hear the voices of children and young people across Gosport and have commissioned Hampshire County Council to set up Young People steering groups from junior and secondary schools across Gosport. The steering groups have met at Motiv8 offices, Toronto Place and decided on questions for a survey, how they would like the survey delivered to all children and young people across Gosport and have named the project - EPICC, Engaging Pupils in Community Change. Results of the survey will be published and shared with local groups such as Gosport Local Children's Partnership.



Visit from Hampshire Police

At our hub we had a visit from Jack and Jay from Hampshire police. Our young people were able to learn about careers in the police force, ask questions and even got to get in a police car! Jack and Jay even joined in with cupcake making and Jenga!

Engaging Pupils In Community Change EPICC





Hubs List

Portsmouth

Tuesday 16:00- 18:30
Howard road
Youth Hub

Tuesday 16:00-17:30
Pompey Study Centre
Healthy Living Hub

Tuesday 15:30-17:30
Howard Road
Bike Hub

Wednesday 16:00-17:30
Blue Lagoon Hilsea
CREATE - Wellbeing Hub

Wednesday 16:30- 17:30
St Margarets Church
Skills and Enterprise
Hub/Youth social Action

Thursday 16.00-17.00
Fratton Hub -
Northumberland Rd
Youth Hub

Thursday 17.00-18.00
Fratton Hub -
Northumberland Rd
Youth Social Action

023 9283 2727

Havant

Monday 17.00 - 19.00
Havant Rugby Club
Youth Drop in Session

Tuesday 2.30 - 5
Lighthouse Project
10 - 13 year olds
The Hub, Park Parade

Wednesday 17:30 - 19:30
Lighthouse Project
13 - 16 year olds
The Hub, Park Parade

Youth Social Action Group
Thursdays 15.30 - 17.30
Front Lawn Rec, Leigh Park,

Thursday 5.30 - 7.30
Lighthouse Project
16 - 18 year olds
The Hub, Park Parade

Friday 3.30 - 4.30
Relationship and sex health
13+ The Hub, Park Parade

023 9247 0484

Gosport

Monday 17.30-19.30
Rowner Youth Centre
Youth Hub

Tuesday 10.00 - 18.00
Toronto Place,
Wellbeing Hub

Wednesday 12.00 - 18.00
Toronto Place,
Employment Hub

Wednesday 18.00 - 19.00
Toronto Place,
Youth Hub

Thursday 16.30 - 18.00
Toronto Place,
Creative Writing Hub

Thursday 18.00 - 20.30
Rowner Youth Centre,
Music Hub

023 9252 5026

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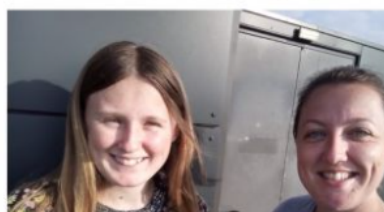
Motiv8 provides 47 hours a week of free easy to access open youth hub/club activities.



Here's to all of the amazing supporters that have helped us this Autumn.

Fundraising

Thank you for supporting us



- The Motiv8 Runners of the Great South Run, Jacob, Kiera and Lloyd
- Sarah, Stacey and Reinoud
- The Green Room, Portsmouth
- The Brian Foster Foundation
- Grateful Arts Club
- Asda Bringing Communities Back Together
- Friends and supporters of Michael Day who raised more than £1000 for Motiv8 and CenterPoint
- Marie Clarke School of Dance raised through the annual dance show at the Kings Theatre
- Donation's to the Motiv8 Bursary Fund

Your support will help us to reach more young people so that they can;

£50... learn to cook a healthy and balanced meal at a healthy living hub in the community.

£350... build confidence and gain qualifications so they can access employment opportunities

£1500... make long lasting positive changes in their lives through mentoring support each week for 6 months.



Have you thought about donating to Motiv8 to help us support local young people and families?

Do you want a chance to win £25,000 each week?

Sign up to your local community lottery in Gosport, Portsmouth or Havant, follow this link,

<http://motiv8south.org.uk/donate/>

Gallery

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





Proudly supporting youth social action



Thank you to our funders and supporters



CLARION FUTURES



VIVID



Sir Jeremiah Colman Gift Trust



Funeralcare



BE THE #11th PLAYER



connect4 communities