

### One-to-One Young People's Mentoring



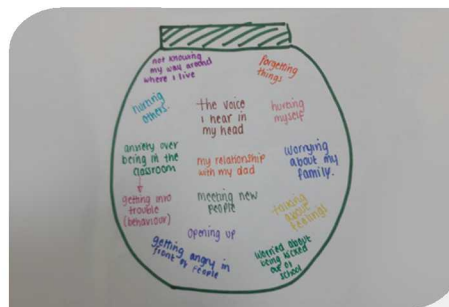
Sometimes young people are challenged by external pressures and receiving support from Motiv8 enables them to work through those challenges so they can progress, achieve and gain access to better opportunities.

Motiv8 delivers specialist one-to-one mentoring support for young people. Our support package typically spans over a six-month period, and dedicated support workers will meet with young people to gain their trust, and together, they will work through a plan.

#### Feedback from young people (YP) that have benefited from this service...

"I always look forward to seeing my support worker"  
- YP age 14

"I am able to talk more about my feelings and have a better relationship with my family" - YP age 14



This photo was taken at a recent one-to-one mentoring session where a young person was doing something they love, whilst also boosting their self-confidence. This young person also explored, with their trusted support worker, how to make sense of their worries by putting them in a 'worry jar' and thinking of coping strategies.

"I feel so much happier, about everything" - YP age 14

Support Motiv8 for your chance to win £25,000!



#### Community Lotteries

Lotteries are a fun and effective way for charities, like ours, to raise much needed funds in these difficult times. Please get involved.

Tickets cost just £1 per weekly draw and you have the chance to win the top prize of £25,000 in each draw.

60% of the ticket price goes to Motiv8.





# Welcome to Communic8



Clare Ansell - CEO, Motiv8

Welcome to the spring edition of Communic8, our newsletter that celebrates the amazing journeys of young people and their families, who together with the right help, are making positive changes in their lives.

Here at Motiv8, we are ambitious about 'growing our impact' and have been working on plans to make this vision a reality. But what does this mean? We've all heard of the saying 'prevention is better than cure' - and it's why in our emerging plans we aim to reach people earlier, remain locally focused and be a permanent presence in our communities, building trusted relationships.

Promoting safer communities continues to be important to us, with over 20 years' experience in the field, we know young people face a number of pull factors, which can lead them down a path of crime, antisocial behaviour and/or becoming victims of crime. Through providing positive alternatives and education, we can make a difference.

In 2018, Motiv8 experienced an unprecedented rise in the specific need for mental health and well-

being support for young people and their families. 70% of young people we mentored were suffering extreme levels of loneliness, social isolation, low confidence, chaotic home lives, anxiety or depression.

More young people than ever before need early intervention to help them build stronger relationships with themselves, their families, their peers and their communities. Motiv8 is determined that young people have a place and people to turn to when they need them most, and we aim to grow our impact to reflect the urgent needs of young people right now.

In their initial interviews, conducted in the period when they are waiting for support, young people have told us that they are growing up in a world where they face enormous pressure, as shown by these the statistics on the right.

# 70%

need support with their emotional health and well-being

# 60%

are experiencing loneliness, social isolation or their social networks are detrimental

# 57%

feel that their family and home environment is negatively affecting their well-being

Don't forget to keep up to date with us on social media.

@motiv8south



# Family Support Services



Motiv8 has supported over 1000 families in the last 7 years to overcome their complex situations and make steps towards improving well-being and positive family relationships.

This is the story of one local family who has benefited recently from the Motiv8 Family Support Service:

A single mum of 4 children had moved many times in recent months and years and the family were extremely anxious about establishing support. Motiv8 spent time building a positive trusted relationship with the family which focused on their existing skills and building their confidence.

The mum has grown in self-confidence and knowledge; she has started play sessions for other parents and children within her community and applied for school places for her children.

In her evaluation she commented:

"I feel more motivated with a high sense of confidence due to Motiv8 support. They helped me to find solutions and encouraged us to attempt things."

"I recognise the importance of education for me and my children, I am attending a literacy course."

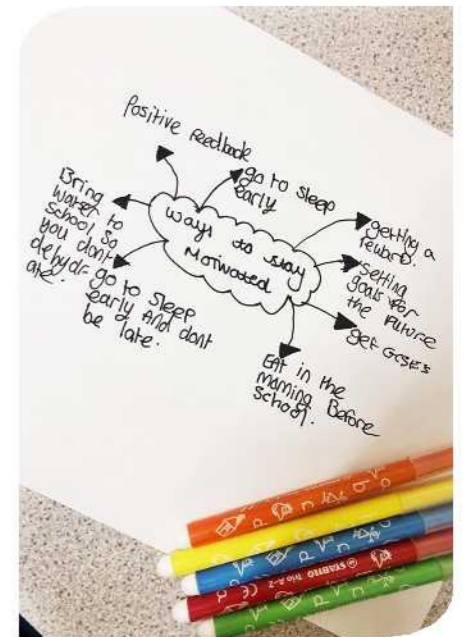
The photo at the top of this page shows a typical support session for a younger child, where they are encouraged to communicate through pictures to express their thoughts and feelings.

Motiv8 intensively supported 298 families to improve their health and well-being

News from our Facebook page



1 to 1 session at Portsmouth Historic Dockyard, exploring positive activities, and discussing ways to keep fit and healthy.



During Mental Health Awareness Week our support workers were focusing on resilience and promoting wellbeing.

Motiv8 provided 11,216 hours of support to young people and families last year





## Mentoring Group Work



This piece of art was created by a 12-year-old student during a session focused around positive friendships and healthy relationships.

**U Matter Peer Mentoring offers early help with problems that young people may be facing, before the problems get too big. Through peer support, Motiv8 helps young people to come together, receive support and complete fun activities. Delivered in secondary schools, for young people aged 11–15, we support over 30 young people every week.**

Areas identified by young people that they like to cover during sessions include: friendships, healthy relationships, coping strategies, keeping safe and emotional well-being activities.

Their teacher said "These students do not meet the criteria for behaviour interventions, as their needs are more confidence based and they therefore often miss out on support."

"This Motiv8 programme is just what these young people need and it is great to see them all so engaged".

We asked the young people what they want to get from attending the sessions:

**"I would like to learn how to speak to people and be able to make friends"**

**"I would like to learn how to cope with some of the stresses in my life"**

100% of the young people who attended felt that they had achieved their goals and their feedback included:

**"The most positive change for me has been talking to people who I might not know and meeting new people."**

**"The most positive change for me has been lower social anxiety"**

**"It's helped me to feel more confident"**

**"The most positive change since I joined is being more confident"**

## Trusted Adult Worker Mentoring

**Motiv8 is working with Portsmouth City Council and the Office of the Police and Crime Commissioner to develop an exciting, new Trusted Adult Worker programme. Alongside a team of voluntary sector partners, we are collaborating to provide preventative support, at the right time for young people.**

We're really excited about this opportunity and the chance to empower young people and families to bring about lasting change.

Clare Ansell, CEO said: **"Sometimes there are life events that knock us off course. This programme is about giving vulnerable young people the tools, confidence and the building blocks to find their own path and to thrive in their futures."**

**"It's been good to speak to new people in this group"**

**"I feel more confident"**



## Community

### Gosport Music Project



**Motiv8 - Gosport's Music Project provides young people with the opportunity to learn and develop social and communication skills with their peers in a safe and positive environment.**

Here, young people learn a range of creative skills, including music. From DJ-ing to MC-ing, singing to writing lyrics, there is an opportunity for all musical talents to explore urban music in the community. It is a safe space uniquely for young people in the locale. Highly trained youth workers use a wide range of informal education methods to use music to explore positive behaviours and reduce risk-taking amongst young people.

The project regularly attracts over 30 young people each week at Rowner Community Centre.

**We asked young people to share their opinions about the project...**

**"I came here because I am autistic and it gets me out of the house and socialising in a safe place"**

**Brad aged 16**

**"I really enjoy attending Motiv8 Gosport's MUSIC project as it gives me a safe place to hang out with my friends and it is somewhere to get help and support when I need it"**

**Baileigh aged 17**

**"I like coming to Motiv8 because it is a chilled and a fun place to be, the staff are lovely and it feels like a second family"**

**Jade aged 16**

**"I like coming to Motiv8. I have been coming since I was 13 and the staff have always been very supportive. Everyone here is lovely and it's a great opportunity to see my friends"**

**Amber aged 17**

Recent pictures from the Music Hub

Motiv8 would like to thank Councillor Graham Burgess, who has recently donated his Councillor Fund to the Music Hub so that they can purchase a much needed PA system. It costs approx. £18,000 each year to ensure this 'open to everyone' Music Hub can continue'.

**We are urgently seeking 3-year funding for this project, please can you help?**

**"MUSIC is a major escape for me. I love hanging around with my friends, having a laugh and enjoying new music"**

**Ethan aged 17**

**"Motiv8 gives our band the opportunity for a free, safe space to practise every week as rehearsal studios are so expensive. It's a great social outlet for young people. We have been coming here for 3 years"**

**Gemma, Bradley & Andrew aged 18**





### Motiv8 praised by new Gosport mayor



The new mayor of Gosport, Cllr Kathleen Jones, was appointed at an official ceremony at the Thorngate Halls in May. The new mayor has pledged to support our charity and has been very complimentary about the work we do in a recent article, that you can see here on the right, that appeared in The News (16th May 2019).

" Motiv8 aims to improve the life chances of young people – last year the charity celebrated its 20th anniversary and they really impressed me with what they do. Their achievements have been amazing, helping so many young people to realise their potential. My goal is to raise enough money to put a second floor on their existing building in Toronto Place."

### Mayor visits the Gosport Hub



Councillor Diane Furlong, former Mayor of Gosport, visiting the Gosport Hub in Toronto Place, this March to see the impact of Motiv8's long term presence in the local community!

### News from our Facebook page



What a brilliant evening for the Portsmouth Inspiring Volunteers Award 2019. Thank you Portsmouth Together and Pompey In The Community for inviting us to say a few words, it was really humbling to be in the room with so many amazing people! Volunteers aged 12 to 99, doing so much... incredible!

Thank you Councillor Furlong for donating £750 to the Gosport Hub



### Good news... The Rowner Youth Club has re-opened!!



#### It is now open...

- Tuesdays 5.30pm - 7.30pm
- Rowner Youth Arts and Media Centre.
- For children aged 7-11 years old.

The new well-being club night will focus on improving young people's understanding of healthy living by exploring a range of informal education using cooking, games, sports, arts and crafts.

Rowner Hub Night is funded by Hampshire County Council's 0-19 Fund.

### Youth Club

### News from our Facebook page

We had a lovely session at youth hub, looking at what qualities we have and what we look for in our friendships. Lots of expression through arts, craft and story telling #friendships #wellbeing #lifechancesforyoungpeople



Motiv8 reached 709 young people through community based youth work, group work and community events





## Fundraising



**Thank you** to these amazing supporters  
in the community for donations.



Pictured: Rebecca Stotesbury, Motiv8 Fundraising Manager and Alice Lawrie, Community Matters Champion, Waitrose in Southsea.

**Cams Hill School** held a non-school uniform day and donated £175

**Waitrose Southsea** Community Matters Green Chip Scheme £355

**Irving Brewery Team** Portsea Island Beer Festival £630

**Santander** matched funding for in branch fundraising £300

**Havant Borough Council Youth Conference** £2500 for peer support confidence boosting sessions

**Councillor Graham Burgess** £600 to help with new equipment for the Rowner Music Project

**Tesco Bags of Help (Havant Area)** through the blue chip vote £2000

**Portsmouth Grammar School (Smith House)** £146 non-school uniform day

**Tesco Store Fratton** made a donation of Easter eggs for young families

One very special **Trustee** asked her friends to donate, instead of buying presents for her birthday!

Special thanks to supporters;

**Business Innovation Team, Southampton University**, Chris Lenthall, Jagan Annamaraju, Xiao Wen who spent 6 weeks designing an amazing crowdfunding project for Motiv8.

**All Star Marketing Team** for supporting Motiv8 with extensive, free, marketing mentoring.

Thank you to **Condor** for kindly sponsoring **Communic8** printing.



## Motiv8'd to walk, jog or run the 2019 Great South Run?



**Join our team and support local young people and families.**



Let us know when you have organised your own place, and that you want to join the Motiv8 team, email us [fundraising@motiv8south.org.uk](mailto:fundraising@motiv8south.org.uk) and you will get special access to...

- Motiv8 running vest or T-shirt
- Dedicated Facebook group for running tips, encouragement and fundraising ideas
- Free family cheering point at 4 miles on Queen Street
- Opportunities to meet other Motiv8 runners at local training events
- Pre-event pasta party and discount for post event sports massage

All donations made will support local children, young people and families (suggested minimum donation £50)

For more info, contact Becky **02392 832 727** or **07918 910688**

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Motiv8 South

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