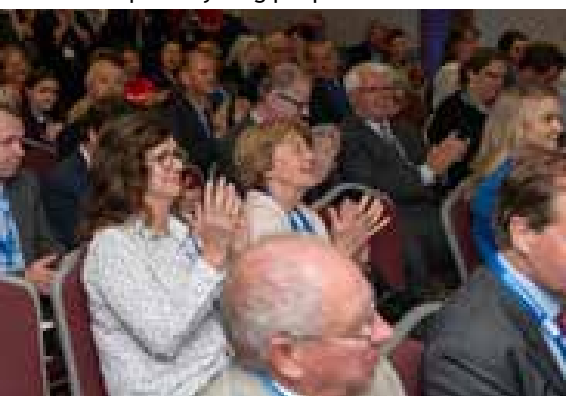


Motiv8's 20th Anniversary Showcase

Staff, trustees and volunteers came together in September with young people, supporters and partner organisations to celebrate 20 years of dedicated support for families and young people across Hampshire.

At this special event held at the Mountbatten Centre, over 150 guests experienced first-hand activities and techniques which our highly trained staff use to engage, educate and guide young people and families.

The showcase highlighted how, through our individual mentoring and family support, we empower young people and their families with



the tools and confidence to make lasting and positive changes.

The Family Support Team emphasised the importance of one trusted person to help families navigate and overcome barriers that prevent them from moving forwards. The Portsmouth,



Havant and Gosport Teams demonstrated skills used within our outreach and street based work to engage young people and provide support around important issues such as drugs and alcohol, money management, risky behaviour, sexual health, and criminal and sexual exploitation. Everyone enjoyed getting involved with the fun and engaging group provision activities which Motiv8

implement to help improve educational attainment, access to employment, emotional health and wellbeing, relationships and to reduce crime and exploitation.

Talented young people from our Rowner Music Hub provided musical entertainment and guests were able to get 'hands on' with Bicycle Recycling. A massive Motiv8 THANK YOU to our supporters and partners. It was so lovely seeing you all there!

Thank you also to the incredible staff and young people...you are amazing!



Photos courtesy of Vernon Nash Photography

“ What an absolutely inspirational and fitting celebration last night was. Many thanks for the event and all that you do.
 Suzy Horton
 Councillor for Central Southsea Ward

“ Congratulations to you and the team for pulling together a fabulous 20th Anniversary celebration. It really gave us a powerful insight into what Motiv8 is really all about!
 Sandra M Rampton

“ Happy birthday ! I'm proud and privileged to have been part of something that has young people at the forefront. Thank you to everyone again for the memories and of the friendships I have made.
 Joanne Marshall

Family Support Team Help to Improve Lives

What the families say

“I now feel more confident in approaching different tactics with my children.”

“My children’s behaviour has greatly improved and I have greater confidence in myself.”

“With Motiv8’s support I got to the core of my problems, mostly which was debt, with help I have this under control and having dealt with this my children are happier.”

“I have found it so helpful in expressing the right things when I can’t get my words out right.”

“Better outlook on life much better, more positive, good to have support.”

“Motiv8 has helped me to see the positive in a lot of things and has helped make a big difference to mine and my son’s self-esteem.”

“With their help we have been accepted for a bigger home to meet our needs.”

“I feel able to tackle things and I feel confident in my decisions.”

The Family Support team do just that - they have helped 144 families build their skills and resilience and helped to improve lives. The team’s skills are extremely diverse. Some of the issues tackled have included children’s behaviour techniques, self-confidence and debt concerns alongside school attendance, communication and self-expression. Increased well-being and outlook on life, team work for families, listening, calmer homes, practical skills for dealing with problems and decision making skills.



A proud moment captured by the mother of two young girls being supported through our family support service back into Education. After being home schooled by mum due to marriage breakdown and homelessness. With the support of our dedicated family worker mum was able to enrol her daughters into school for a September start.

Local young people and families supported by Portsmouth & Southsea car boot sales



In October, a cheque for £3,000 was presented at the site of the summer car boot sales at Southsea Common by Councillor Steve Pitt, Cabinet Member for Culture, Leisure & Sport and Suzy Horton, Cabinet Member for Education. This amazing donation, raised through fees, will be used to continue our essential informal youth work education with young people in the Hot Walls area of Old Portsmouth during the summer months. This year Motiv8 support workers delivered support to over 300 children and young people in the area through our outreach project. This funding will support this work in 2019.

Why is one to one work so important?

We have supported 159 young people with specialist one to one support since April 2018.

Young people are amazing, however sometimes their situation (struggling in school, anxiety, bullying, abuse, violence at home) means they can't always see the positives in themselves. It's through positive healthy relationships that we know how to be kind, what impact our choices have on others, how we can have trust and understand that not everyone's out to hurt us. We really work hard to build these relationships through our one to one work at Motiv8. Twenty years is just the start and in this difficult climate we're determined to make life chances for young people a priority.

The young people we are supporting feel safe, listened to and understood. Together we

stabilise their lives, raise aspirations, develop resilience and guide them further with, life-chances like skills for work, enabling them to live, learn and earn.

A young person's story

I was struggling both at home and in school. My attendance at school was 10% and I was becoming violent and aggressive.

Things at home were bad. My family argued all the time and I would often be left to fend for myself. I realise now I was dealing with a range of emotions with no



one to speak to, that is, until I started to get involved with Motiv8.

I attended special lessons at Motiv8's in the Alternative Education Programme and then I started one to one support.

I regularly met with a dedicated Motiv8 Support Worker who helped me build my confidence and self-esteem.

I got involved in other Motiv8 community activities. I liked having something positive to do and I felt Motiv8 was my "safe place". With Motiv8's support I have now gained meaningful employment.

Six weeks of learning with Steps Education

STEPS is Motiv8's personal and social development programme delivered to support schools and colleges. These groups engage hard to reach vulnerable young people who maybe struggling in their current school or college. Motiv8 supports learners to gain confidence in their own abilities and learning and use flexible learning tools to ensure they receive useful qualifications for their futures. Programmes are flexible and can last from six weeks to a year.



Here's what our latest Steps Group have been up to . . .

WEEK ONE Everyone has such a great time developing their communication and teamwork skills this week. This is followed by a trip to Southsea for volleyball.

WEEK TWO We explore anti-social behaviour (ASB), looking at why young people become involved in crime, who is responsible and who is affected by ASB.

WEEK THREE Our young people focus on communication and teamwork skills this week. A game of number tap is a great way to build on these skills. (see photo below left)

WEEK FOUR Today we continue building on team work skills with the addition of thinking about budgeting by shopping for and making lunch. Seriously delicious!

WEEK FIVE The group give it their all on the Fort Purbrook assault course. Great confidence building!

WEEK SIX Today saw our young people demonstrate their awesome communication skills with the minefield game. Great group work exercise. We're also talking relationships, sex & the law, and consent as part of Sexual Health Week.

“ Before getting support from Motiv8 I was feeling so low, things were awful at home and I had no support, once I got to know my support worker I felt like I had a good friend, it was the best thing that happened in my life, it has been amazing to have someone who is there for me, who encouraged me to be confident and to return to school.

Helen age 15

SPECIAL THANKS to Global Fire who have produced an amazing video which reflects the feeling young people have about Motiv8.

<https://vimeo.com/291112796/oe8501cc71>





Santander Money Matters

The Portsmouth Team have received training from Santander to boost young people's understanding of why money matters, budgeting and how banks can help. Funding awarded by Santander will support 80 young people and families to gain skills and knowledge in the coming year.

Thank You!

The team from the branch of Santander have raised money in their branch by hosting a tombola. The event raised £130 which will be doubled by the Santander Global Grants Team. Thank you to all who helped!

Thank You!

One Stop - Carriers for Causes who have supporter our peer support project in Havant with £656 towards activity costs for the group which helps the group with emotional health and wellbeing.



Support Motiv8 by joining Portsmouth Community Lottery

This Christmas you can now buy Portsmouth Lottery Vouchers to support Motiv8. By purchasing a lottery ticket as a present, you can help support vulnerable young people to change their lives, you also get a chance to win £25,000. To sign up please visit <https://www.portsmouthlottery.co.uk/>

Portsmouth Lottery **motiv8**
life chances for young people

This Christmas
give some community Spirit

Library Gift Vouchers **NOW AVAILABLE**

- This Christmas you can now buy lottery gift vouchers to support us
- Every £1 ticket helps to support local good causes
- Your support will make a real and lasting difference this Christmas to our amazing local community groups
- As well as doing something great for your local good causes, you also get the chance to win £25,000 every week

To start supporting, visit:
www.portsmouthlottery.co.uk
and search for: **Motiv8**

Supporters must be 16 years of age or older
*See website for terms and conditions

Great South Run 2019 it's a team thing!

Have you been Motiv8'd by this year's Great South Run? Are you feeling inspired to enter this amazing local event next year? Why not join our team and run for Motiv8? Get in touch with Becky to register your interest. We will hopefully supply a Motiv8 vest or t-shirt, create a families and friends cheering zone along the route and an after-race runners and supporters celebration event.



Motiv8 in partnership with



T 023 9283 2727
E info@motiv8south.org.uk
www.motiv8south.org.uk
registered charity number 1069085



Motiv8
6 Queen Street
Portsmouth
PO1 3HL

motiv8south.org



@motiv8south

printing supported by

