Head Office: 6 Queen Street, Portsmouth, P01 3HL www.motiv8.org.uk



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7th June 2021

Dear Supporter,

Please find attached our **wellbeing flowers** as a quick visual representation of the work Motiv8 has been undertaking to support young people and families' wellbeing during the pandemic and as we move forward. Helping young people and families with their declining health and wellbeing has become an increasing part of our work and we are committed to doing all we can to work with others to improve this worrying picture.

The wellbeing flower illustrates our commitment to supporting all aspects of a young person and family's wellbeing and how we are delivering this through our work.

But why is a focus on wellbeing so important?

- · There has been a sharp increase in the number of young people who are telling us they are struggling with their mental health and wellbeing.
- · We've had greater engagement with parents and carers who were worried about their child and their own wellbeing.
- · Many young people are struggling to engage in education due to their anxiety and low mood.

Wellbeing really matters not only for the individual and family but also for our Communities....

- · Positive wellbeing adds years to life and helps recovery from illness.
- · High wellbeing is associated with fewer risk behaviours amongst young people.
- · Those who spend less time in education are found to have higher levels of depression and anxiety.

Registered charity Motiv8 South charity no. 1069085. Company limited by guarantee registered in England and Wales no. 3512607.

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- \cdot There is a strong negative relationship between rates of violent crime in an area and the wellbeing of residents.
- · It is associated with positive health behaviours in both adults and children.
- · Our own wellbeing influences the well-being and mental health of those close to us.
- · Strong positive wellbeing can enable resilience.

We hope you find this information useful and prompts you to consider how we can continue to work together to promote the wellbeing of young people, families and our communities. For more information, contact info@motiv8south.org.uk or call 02392832727.

Kind Regards,

Clare Ansell

CEO Motiv8 South

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Back to Basics

March '20 - April '21



Take Notice

2293

young people have engaged with us through detached work. Many of the discussions are in relation to wellbeing, substance harm reduction, and keeping safe in our local communities.

Connect 51

families supported alongside young people empowering them to grow the tools they have and their confidence so that they can be more resilient and thrive together

Our

Support across Motiv8

Give

Over 150

young people and families supported with items; food, pet food, baby clothing, electronic items, bikes, and wellbeing & craft to help them with every day life and accessing opportunities.

Keep Learning

Young people have been engaged through targeted groupwork. They identified risks, improved their knowledge of exploitation, healthy relationships, and substances, learnt bike mechanics, creative writing, and more

Be

Active

303

young people have received mentoring support. Much of this support has included walk and talks as well as scavenger hunts, photography challenges and sessions in the woods.

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.





Back to Basics

March '20 - April '21



Take **Notice**

460

young people have engaged with us through detached work. Many of the discussions are in relation to wellbeing, substance harm reduction, as we work in partnership with Mind and Don't go with the Flo (substance harm) reduction)

Connect 80

successful sessions of detached youth work have taken place; we've spoken with young people in parks, playgrounds, and on school site at lunchtime.

Give

34

young people and families supported with items; food, pet food, baby clothing, electronic items, and wellbeing & craft to help them with every day life and accessing opportunities.

Our Support in Havant

Keep Learning

Young people have been engaged through targeted groupwork. They identified risks, improved their knowledge of exploitation, healthy relationships, and substances, and were able to reduce their risk of harm

Be **Active**

74

young people have received mentoring support. Much of this support has included walk and talks as well as scavenger hunts, photography challenges and sessions in the woods.

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.





Back to Basics

March '20 - April '21



Take **Notice**

71%

of young people supported have been referred to Motiv8 Gosport and Fareham for help with their emotional health and wellbeing

Connect

27

young people supported into employment or training through our employment appointment service

Give

58

families supported with Christmas gifts and Christmas hampers with the help of the community

Our Support in Gosport and

Fareham

Keep Learning

secondary schools continued Motiv8 mentoring support through lockdown, with 32 students supported virtually

Be Active

79%

of young people have been seen face-to-face at either our covid secure building, or on walk and talks out in the community

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.





Back to Basics

March '20 - April '21



Take **Notice**

44

online Take Notice activities getting young people to reflect on their surroundings. These activities have included photography, drawing, and more!

Connect 93

successful sessions of detached youth work have taken place; we've spoken with young people in parks, playgrounds, and along the seafront.

Our

Support in **Portsmouth**

Give

64

young people and families supported with essential items and electronic devices to help them with every day life and accessing opportunities

Keep Learning

Over 250

wellbeing and healthy living packs delivered between January and March, so young people can learn new skills, and learn more about how to look after their wellbeing

Be Active

75%

of young people have been seen face-to-face at either our covid secure building, or on walk and talks out in the community

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.





Back to Basics

March '20 - April '21



Take Notice

1521

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

Connect

162

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

Give

32

bikes worked on and restored by young people and given back to the local community and local families

Our Support in Skills and Enterprise

Hub

Keep Learning

150

bike maintenance and DofE hub sessions delivered to young people both face-to-face and virtually, supporting them in learning new skills, and engaging them in positive activites Be

Active

468

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.

