

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.

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Registered office: 6 Queen Street Portsmouth PO1 3HL

- 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

Wellbeing Support

Back to Basics



March '20 - April '21



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.

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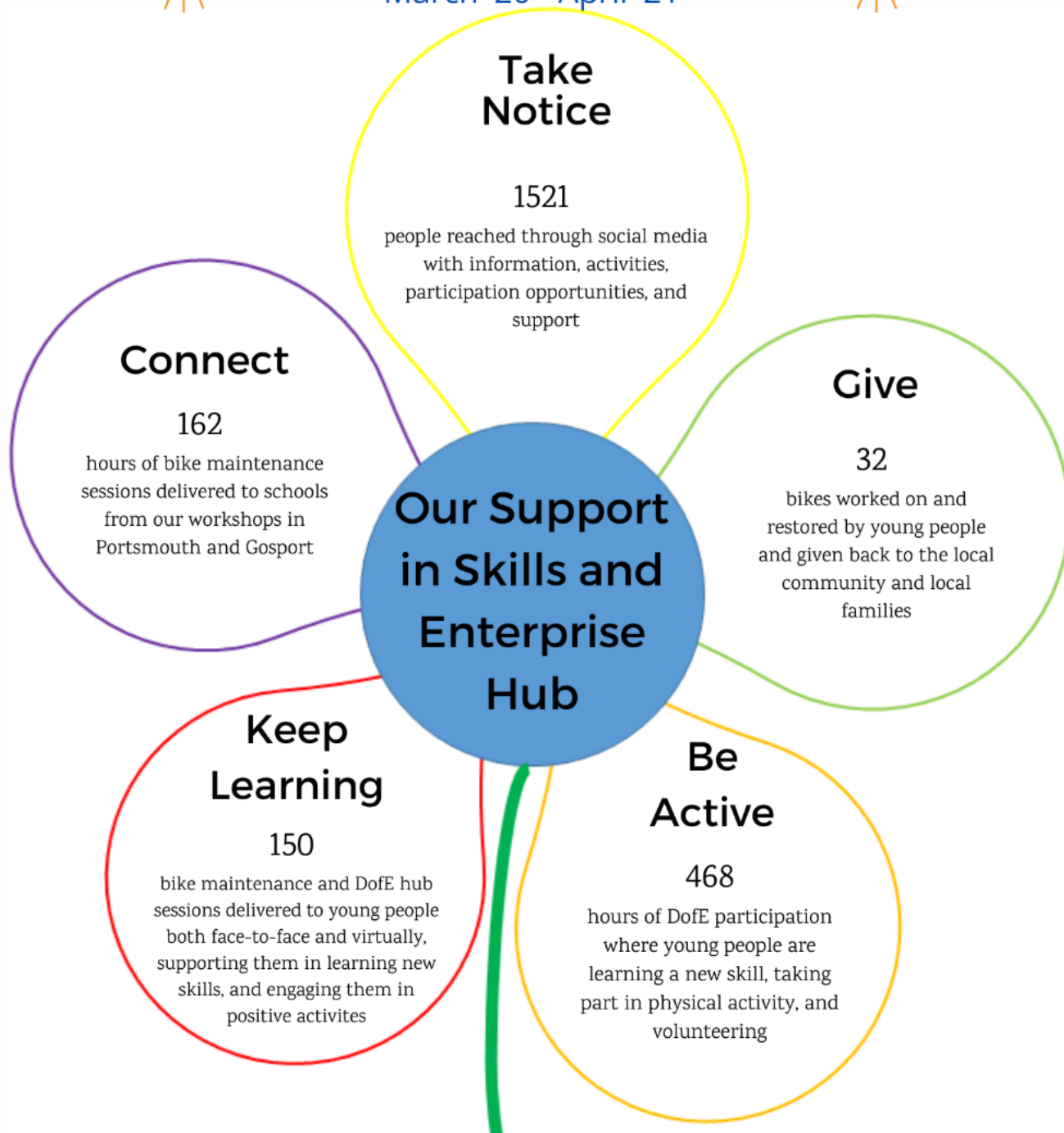


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