

Joy, Kindness and Chances:

Motiv8 Update Autumn 2023



life chances for young people

JOY

Our Young People had a fabulous time over the summer at a Mardi Gras festival in Portsmouth.

They took part in the creative design of costumes and props, alongside learning songs and dances.

The young people had never participated in a carnival parade before and said it was one of the best nights of their lives!



KINDNESS

A group of young people from our Havant hub came together to get involved in the Great South Run to volunteer and fundraise by taking part in the junior event to show their support for the third year in a row! Together they raised £270.



CHANCES

In the summer of 2023, Motiv8 supported over 1844 free places on exciting summer activities, where young people could build skills, develop friendships, grow in confidence and have fun. We ensured they were provided with healthy food.



OUR RESPONSES:

ONE TO ONE MENTORING



IN RESPONSE TO THE GROWING EMOTIONAL HEALTH AND WELLBEING CONCERNS PRESENTED BY OUR YOUNG PEOPLE, WE HAVE GIVEN 519 YOUNG PEOPLE ACCESS TO ONE TO ONE MENTORING SUPPORT BETWEEN APRIL '22 AND MARCH '23

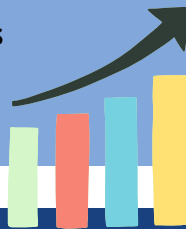


In action: Ollie's Journey

Ollie was experiencing bullying and isolation in school which led to a breakdown in confidence and self esteem. He was increasingly anxious struggling to find ways to cope.

"I feel like myself again"

With weekly mentoring support, Ollie was able to re-build his confidence. He explored relaxation techniques with his youth worker which helped to manage his anxiety, Together, they set a series of personal goals which over time helped to build his self-esteem enough to re-engage at school. Ollie's family told us that our support had been 'life changing'; they noticed positive changes in him each week.



A Closer Look: What is Mentoring?



The **individual needs and goals** of young people are at the heart of our mentoring practice. The referrals we get are from some of the most vulnerable young people who are presenting with a range of serious and complex issues. Our goal is to give these young people the time and support they need to overcome challenges and achieve their goals.

Mentoring pairs a young person with one of our trained youth workers, who works with the young person on a **one to one basis for 6 months or more** to build a **safe, trusting relationship** and develop a working plan based on their individual needs, goals and aspirations. Sessions can range from wellbeing walks to college applications



"Motiv8 have made a massive difference in our family. Now he's a teenager, Lewis prefers to be out and about than at home with his younger sisters. Knowing he is safe, warm, fed and keeping out of trouble after school is so reassuring. He's growing in confidence and coming out of his shell too"

Families

We have a team of dedicated family support workers who work closely with families to ensure the best possible outcomes for young people. We often bridge the gap between other services to ensure that support is continuous and holistic. We help to advocate for young people so their voices are heard and their needs can be met.



FAMILY AND COMMUNITY SUPPORT



Detached work

Our street-based youth programme, detached, allows us to offer advice, support and safeguarding to young people within some of the most deprived communities. We've identified places where young people are most at risk, and have trained youth workers nearby for advice and support.



HUBS AND CLUBS

We have over 20 youth hubs and clubs each week across our sites that provide safe spaces for young people. Our hubs are places to build healthy relationships with peers and trusted adults, develop self confidence, and have fun!



Listening ear

A drop in session for young people to have the chance to talk to a trusted adult about anything they wish.



Aspire & Achieve

A drop in session that covers: confidence building, social skills, interview prep, volunteering opportunities, new experiences and much more



Lighthouse

Games, mindfulness, arts and crafts, cooking, peer support and well-being workshops (Delivered in partnership with Mind)



Skills hub

Holds activities from film making, paddle boarding and bike repair to having a float at the Mardi Gras in Portsmouth!



Youth hub

A weekly hub to provide food, games, sports, arts and crafts and much more!

These are just some of the weekly hubs and clubs we hold each week. These are vital in providing safe spaces for young people to be themselves and develop fundamental life skills.

Our Impact This Year



'I have grown in confidence. I feel happier. I feel included, I feel positive when I come to the (hub) sessions. My support worker has never given up on me and that has made me feel good. I've learnt to talk to people instead of keeping it all in.'

George hadn't attended education in over 3 years and he had become completely isolated. He did not leave the house and found it very hard to communicate.

After attending one of our weekly skills hubs, George gradually improved his confidence and communication skills. He developed some friendships with other young people and felt able to speak to our youth workers when he needed support. Our hubs gave him the structure and confidence to be more at ease leaving the house, and the skills he learnt meant he was able to set some longer term future goals.

OUR IMPACT 2022 - 2023 (12 MONTHS)

519

The number of young people Motiv8 supported through mentoring.

3951

Young people reached by street-based youth work

247

Requests for intensive support

443

Engaged with our weekly youth hub spaces.

259

Targeted group education

OUR IMPACT APRIL - SEPT (6 MONTHS 2023)

306

The number of young people Motiv8 supported through mentoring.

3808

Young people reached by street-based youth work

171

Requests for intensive support

371

Engaged with our weekly youth hub spaces.

158

Targeted group education

