

WINTER 2023



Motiv8 is a life-changing youth charity. We work with young people from age 9-19 and up to the age of 25 for young people with disabilities who are experiencing extreme hardships. We build trusting relationships and support young people through one to one mentoring, family mentoring, youth hubs and targeted provision across Portsmouth, Havant, Gosport and Fareham.



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Portsmouth

Partnership to support Young People's mental health and well-being.



Youth charities and health services across the area are experiencing a huge increase in the needs of young people who are struggling with their mental health.

Motiv8 are partnering with No Limits, a Southampton based charity on their Navigator programme which provides support to young people in crisis who go to the A&E department at Queen Alexandra Hospital. This collaboration directly links young people with local, rapid access to Motiv8's well-being programmes.

From April 2021- March 2022 Motiv8 experienced a 41% increase in requests for support.

The greatest needs young people have are emotional health, wellbeing, isolation, loneliness and barriers to education. The emerging themes arising from Motiv8's safeguarding incidents included high numbers of young people disclosing self harm, overdose and suicidal thoughts and attempts.



Ben aged 12 who is currently accessing mentoring support seemed very down and worried before Christmas, they let their youth support worker know that their mum was nervous about food during the Christmas holiday especially without access to school dinners. With the support of Wave 105's programme, Cash for Kids, Motiv8 were able to donate food vouchers to help with additional food for Christmas. The young person worked alongside their support worker and together they went shopping, giving the young person responsibility for budgeting and decision making. Ben did such a brilliant job that he even had a few pounds left over to buy a small treat for his siblings!

"This young person is not normally very confident but the responsibility helped them to grow in confidence. They asked a shop assistant for support which wasn't something they previously would have done! The young person was so proud for managing to get everything on the list and still have enough left over to treat their Dad" - Motiv8 support worker

Havant



Lighthouse

Lighthouse is a youth club style drop in for young people aged 10-18 which aims to support young peoples emotional wellbeing. The drop in gives young people the chance to build positive relationships and access a range of flexible advice through activities such as games, crafts, cooking and wellbeing workshops to help with stress, resilience, relaxation, body image and self esteem.

From April - November 2022, 63 young people have accessed the drop in and in addition, 20 young people were given further support through one to one mentoring.



Family Support

Motiv8 Family Support Team engage more than 40 families each year with our intensive whole family approach where we work together to make positive improvements for the entire family.



The Partridge Family engaged with Motiv8 support in 2022, we quickly understood the needs. Mum, Dad and 5 children in the family were really struggling with. We encouraged the family to go back to basics by putting new routines in place, working together on house rules, new budgeting plans, improved access to medication and we supported Dad to talk to someone about his low mood.

The family made many significant changes through building on their strengths. The children enjoyed having a routine and helping out in the house to keep it clean and tidy. They were enjoying school and home life and were communicating better as a family. Dad got a new job so he could be there to support the evening routine and Mum was much happier and with her new medication and with the home in order, she felt more confident and had made plans to return to work..



Skills and Enterprise

Aspire and Achieve, employment information and guidance

The Aspire and Achieve drop-in gives young people, aged 14-19 not in education, employment or training, a safe place to engage with opportunities for training and development alongside strengthening their emotional wellbeing and personal development.

The ever changing world of employment means the support delivered is continually adapting to meet the young person's needs.



Young People Awarded Funding

A small team from the Motiv8 Youth Social Action programme stepped up and got involved with leading and delivering two presentations to a panel of funders for the chance to receive a grant in 2023. The team presented ideas for a **Young People's Community Hot Walls Project** and a **Hot Walls Detached (outreach) Programme** for the summer. Out of 11 other presentations Motiv8 were placed 1st and 2nd and awarded £7500!

The young people did an incredible job and received so many compliments from the panel and attendees - their confidence and clear idea's shone through. Thanks to the Sea Through Pompey Initiative and the Mutual Gain Programme.

Aspire & **ACHIEVE**

Drop In Sessions every Friday 12pm-2pm @ St Margarets Church on Highland Rd, Southsea

THESE SESSIONS INCLUDE:

- Confidence Building
- Social Skills
- Interview Prep
- Volunteering Opportunities
- New Experiences
- Accreditations

The Drop In will run every Friday with our skilled and experienced Youth Workers on hand to support young people aged 13-18 explore their own interests and learn how to reach their full potential.

TO BOOK

Call Sophie King on 07711593481



Gosport and Fareham

The Holiday Activities and Food (HAF) Programme is a government sponsored scheme offering enriching activities and healthy meals to children from reception to year 11 during the Easter, Summer, and Christmas school holidays. Motiv8 are funded by Hampshire County Council to deliver our programmes which, this Christmas reached over **400** young people across all of Motiv8 area's.



"Thank you all for everything you do. Truly do appreciate it. L has come so far with Motiv8's fun and support. This is the first week I have seen her so happy and relaxed in so so long. You're all amazing in the fun you provide and also the support you give." Parent

"Thank you all for all you do and the support and safe space you give our children truly is so very appreciated." Parent

"Thank you so much to all the staff involved for all that you do. Tommy always has so much fun with you all and his friends." Parent



Comments from young people about their support and the outcomes they have achieved April 2022 - September 2022

"It started with issues within the home and arguing with Mum. I had some phone and virtual support due to Covid, then started to have support in the community. The support helped my relationship with my Mum, I listen and understand her reasoning more and we are getting on a lot better. "

"I'm Sleeping much better, 'I'm better going out and speaking to people, also going to football and basketball."

"It's incredibly helpful to have someone unbiased and supporting to talk to especially if you feel you can't talk to anyone about it. My support worker specifically would give me her opinion and support as well as making sure I stayed safe."

Progress to work
"I've completed my CV and have looked at interview questions. Just need to start looking for a part time job."

'I can self-regulate a lot better now and walk away from conflict.'

'Feeling less stressed and know how to manage it better.'
'Anxiety doesn't affect life as much anymore.'
'Understanding my autism better.'
'Being more open about feelings.'
'Depression still affecting some aspects of day-to-day life, waiting for CAMHS appointment to discuss.'

"Finding it easier to make friends. My social media use is improving."



Fundraising

Thank you for supporting us!

Sir Jeremiah Colman Gift Trust a Hampshire based Charitable Trust who have supported us long term at Motiv8.

Nest and Anchor Events who held a brilliant Christmas Fayre and prize draw raising **£257** which they then doubled up through the COOP Warm spaces initiative.

TPX Impact - Founders Pledge donation of **£1753**.

Stars of Hope - Light up trail which was supported by many local and national organisations raised **more than £3500**.

The Big Give our double your donations campaign through November and December raised **over £4000**.

The Gate Craft Bar raised **£57** and donated through the double up campaign.



Motiv8, safe, warm, free spaces for young people

Co op are supporting Motiv8 to provide warm spaces through our youth hubs by match funding all donations made through crowdfunder. This means all donations made will be doubled! If you would like to donate please use the QR code!



The Southsea Alternative Choir

The local choir chose Motiv8 as their charity of the year. Through donations at their gigs, where Motiv8 staff went to support, and donating all of their ticket profits, The Southsea Alternative Choir have raised an incredible **£13,100!**



Ways to Support



Text to Donate

- To Donate £1, Text M8SOUTH to 70085
- To Donate £5, Text MOTIV8FIVE to 70085
- To Donate £10, Text MOTIV8TEN to 70085

Texts cost £1 plus one standard rate message.
You will be opting in to hear more about our work and fundraising via SMS.

If you'd like to give £1 but do not wish to receive marketing communications, text M8SOUTHNOINFO to 70085

Online Donation



<https://tinyurl.com/3mddbwea>

Save the date Motiv8 Golf Day 21st of April 2023

**Motiv8 - Support for local children,
young people and families.**

At Boundary Lakes The Ageas Bowl

Prices: Teams of 4 - £340

8.30am: Registration & refreshments
9.30am: Shotgun start
2.30pm: Lunch, prizes, presentation, auction
Nearest Pin, Longest Drive & Beat the Pro
Stableford Competition, best 2 scores from 4.
Full handicap from your course.

RSVP: Olivia 07553459438 or
fundraising@motiv8south.org.uk



Travis Perkins