

communic8

INTRODUCING MOTIV8'S 8 STRANDS

What we do,
simplified

SUMMER OF FUN

Sunny days,
beaming smiles
& heart-warming
stories

WHAT IT MEANS TO BE PLATINUM

We invest in
the highest
standard of
excellence

LOOKING TO THE FUTURE

Amplifying
Youth Voices

summer EDITION

EMPOWERING
YOUNG PEOPLE

@motiv8_south

www.motiv8.org.uk

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life chances for young people

WELCOME LETTER FROM OUR CEO, KIRSTY



We've had an incredibly vibrant summer, and I'm thrilled to welcome you to the newly revamped **Communic8**, where we proudly showcase our 8 new Strands of Motiv8.

These strands reaffirm our identity as a Youth Work Charity, simplifying our offer so that any young person, no matter their journey, can seamlessly navigate across whatever service they need, for as long as they need us.

Our 8 Strands are:

- Youth **Mentoring**
- Youth **Health and Wellbeing**
- Youth **and Family**
- Youth **Futures**
- Youth **Hubs**
- Youth **in Community**
- Youth **Skills**
- Youth **Voice and Influence**

We are engaging with more young people and families than ever before. We see this as a sign that people trust us to be part of positive change within their communities, reflecting many years work deeply embedded within Gosport, Fareham, Portsmouth, and Havant. We remain committed to accessibility and to being there to offer early help for those that need us most.

Personally, I've spent the summer visiting teams, attending holiday activities, and participating in our Youth in Community street-based youth work. Each experience leaves me feeling incredibly proud of this organisation and the professional, dedicated and passionate staff who bring such enthusiasm and fun to their roles.

So, please grab a cup of tea or coffee, sit back, relax, and enjoy reading our new look **Communic8**.

Kirsty

RESOURCES OFFER A WARM WELCOME

Naomi Mulcahy was successfully recruited as an HR Administration Officer, and we are happy to welcome her to Motiv8 and the Resources team.



Policies and practices around supporting people are embedded in every corner of Motiv8, it's something we're hugely passionate about. Motiv8 was delighted to secure Investors in People Platinum accreditation, with Marina Tuck proudly collecting the award on Motiv8's behalf at the Investors in People Awards earlier this year.

Placing us in the top 5% nationally, the IIP Platinum accreditation demonstrates a true culture of trust and communication as well as the commitment to continuous improvement in every part of the charity.



INVESTING IN OUR PEOPLE

We strive to do our very best, working with professionalism and are committed to continually looking at ways we can improve. To ensure Quality is engrained in everything we do, Motiv8 Staff are continually building on their existing skills, strengths and knowledge.

We would like to take a moment to say a big well done to the following workers who have recently completed the following training courses:

Madi Cathrow - Youth Support Worker - Level 3 Diploma in Youthwork - NYA
Chloe Little - Senior Youth Support Worker - Level 3 Diploma in Youthwork - NYA
Kirsty Robertson - CEO - Designated Safeguarding Lead Course - NYA
Tracey Phillips - Youth Support Worker - CyTech Level 2 - Bike Maintenance
Emily Condley - Corporate, Community and Events Fundraising Manager - Corporate Fundraising Course with the Chartered Institute of Fundraising

Alongside our core training, Level 5 Management courses and many of the Motiv8 Team refreshing their First Aid Courses recently, these workers have also started or are due to start training in these areas:

Layla Mohsen - Youth Support Worker - Level 3 Diploma in Youthwork - NYA
Megan Heaver - Youth Support Worker - Level 3 Diploma in Youthwork - NYA
Zephra Sprott-Atkins - Youth Support Worker - Level 3 Diploma in Youthwork - NYA
Joe Weston-McDowell - Head of Fundraising & Marketing - Diploma in Fundraising
Sophie King - Portsmouth Service Manager - 'Train the Trainer' Neurodiversity Training
Claire Wilson - Family Support Worker - Trauma Informed Training Course

We also recently welcomed **Jenna Clark** - Accredited (MBACP) Trauma Therapist, EMDR Therapist, Trauma Trainer & Clinical Supervisor to deliver invaluable Adverse Childhood Experiences training to all staff.



At the heart of Motiv8's work are trusted relationships between Youth Support Workers and Young People

DONNA JONES

**POLICE & CRIME
COMMISSIONER**

HAMPSHIRE & ISLE OF WIGHT



REDUCTION IN ANTI-SOCIAL BEHAVIOUR & YOUTH OFFENDING

For many Young People, their position within the community can put them at risk of involvement in Anti-Social Behaviour which, without intervention, can evolve into offending and entering the criminal justice system for the first time.

With integral funding from The Office of the Police and Crime Commissioner, our Youth Support Workers have built crucial trusted relationships with Young People who are receiving support and engaging with our Youth Mentoring Service across the organisation.

During one quarter alone, 92% of Young People reported an increase in feelings of positivity about the future with 87% then feeling more confident about making clear plans and goals for the future.

"Before I could not imagine my life in two weeks' time, now I am making plans for months down the line and could not feel happier about it."

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ONE YOUNG PERSON WAS ASKED TO LEAVE THE FAMILY HOME. WITH SUPPORT, HE HAS ACCESS TO WORK AND IS LESS AT RISK OF EXPLOITATION.

INCREASE IN POSITIVE RELATIONSHIPS, SELF-CONFIDENCE & IMPROVED MENTAL HEALTH

Finding and keeping positive relationships can be extremely challenging for Young People which can create an increased risk of exploitation. Understandably, some of the Young People referred to Motiv8 have not always engaged positively during previous support.

One Young Person who received our Motiv8 Youth Mentoring service (funded by the OPCC) has been able to build a trusted relationship at their own pace with their Youth Support Worker and has been able to increase their school attendance (which was at 7%), they also received Star of the Week recently!

With regards to positive relationships, this Young Person now attends Motiv8's football sessions which has provided an opportunity to improve his physical and mental wellbeing with the beginning of friendships being made. This is wonderful to see.

75% OF OUR YOUNG PEOPLE HAVE SHOWN AN IMPROVEMENT IN THEIR CONFIDENCE AND WELL-BEING

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IMPROVING SCHOOL ATTENDANCE

When we consider the strong correlation between poor school attainment and attendance with the likelihood of becoming involved in crime and anti-social behaviour, it was clear to us that improving school attendance for Young People persistently absent and reducing school exclusions was a key objective.

In the early stages of one Young Person's support, their school detailed that "he would benefit from support to help him to understand the consequences of his actions." With a deterioration in behaviour, refusal to follow instructions and truanting becoming much more prevalent this individual began to receive multiple detentions, internal exclusions and some fixed term exclusions.

Meeting regularly with their Motiv8 Youth Support Worker has enabled him to have more of an understanding of his ASD and ADHD diagnoses which has aided the understanding of consequences. With an increase in positive activities such as cooking this incredible young person has returned to a full-time timetable reducing his unstructured time in the community. The impact of Motiv8 Youth Mentoring has been amazing and we're immensely proud of the journey that this young person has been on.

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AFTER FALLING OUT WITH FAMILY AND LIVING WITH AN OLDER MAN WHO THEN SEXUALLY EXPLOITED HER, ONE YOUNG PERSON NOW HAS SECURE ACCOMMODATION AND IS HOPING TO START COLLEGE IN SEPTEMBER.



Motiv8 Youth Hubs guarantee a warm welcome, access to warm safe space, and a warm meal for Young People within their own communities.

“ My daughter has always struggled with friendships but since she’s been coming to Motiv8 she’s made some good friends and she is getting on better at school. ”

“ I really like the different activities, especially fixing the bikes. ”

“ I love coming here, it’s free and fun and feel safe in the centre. ”

Beginning earlier this year and in partnership with Oarsome Chance, our Energise Me Youth Hubs have been a huge success, with the aim of reaching Young People experiencing income deprivation, areas of high deprivation and people with a disability. These hubs have been a fantastic safe space for Young People to try new physical activities, explore places they may have not visited within their own community and be introduced to a healthier variety of foods.

We’ve seen many Young People from local schools attend the Energise Me Youth Hubs, many of which are energetic and wholeheartedly engaged in targeted activities and sports. We’ve even seen a fantastic hub uptake on the Bike Hub offering, where young people can work on a bike which they can take home once complete. Sessions have also included a visit to an assault course within a local country park and local football pitches.

Each hub has seen numbers reach up to 15 Young People, many becoming regulars due to successful signposting from other Motiv8 services (including Youth Mentoring and Youth in Community).

We’ve loved seeing these Young People full of vitality during these sessions and it’s hard for our staff not to come away from these hubs energised themselves. Thank you to Hampshire County Council and Energise me for making these Youth Hubs possible.



Hampshire
County Council



“ I thought I was just coming to watch my mate, but we all got involved and I really enjoyed it. ”

“ I think I got better the more I played. ”

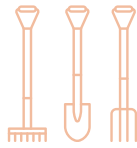
“ I really like Thursdays; this group is great and I get to try new things. ”



The health challenges faced by Young People are complex. We empower those we support to understand flexible coping mechanisms in the right way, at the right time.

GOOD FOR YOU GARDENING

Two of our wonderful Corporate Partners, Menzies & Aztec, braved the Great British Summer weather in June to help us transform our Gosport Hub's outdoor space. We welcomed lots of lovely volunteers and with their support, we were able to purchase materials for the outside space and began a transformation with the development of a sensory garden, freshly painted decking and seating area and a good tidy-up and de-weed!



In our modern-day world, it can be a challenge to encourage Young People back into nature and we are often faced with an occasional eye roll when advocating the benefits of the great outdoors! However, with our new and improved outdoor area at Toronto Place, we have found it much easier to engage Young People and encourage them away from screens, providing them with healthy coping mechanisms and offering a space for a slower, less charged pace of life even if only for a short while.



It's been wonderful to be able to accommodate the needs of our SEND young people by introducing a sensory garden and with the new seating area being the perfect spot for a catch-up, we've been loving the increased opportunities in supporting Young People with their Health & Wellbeing. Thank you, to all of those at Menzies & Aztec, we hope to see you again soon!

LIGHTHOUSE



Between the months of April & June, our Havant Team offered a unique amount of 58 individual Young People a Warm Welcome to their Lighthouse Hub, in partnership with Havant and East Hants MIND funded through The National Lottery, Reaching Communities. Light House is a safe space for Young People to come to chat about their mental health, make friends & have a good time.

HERE'S WHAT THEY'VE BEEN UP TO:

- **Team building** – Young People worked in teams to complete Egg Drop and other team-building exercises
- **Mental Health** – Our Youth Support Workers gave information on The Samaritans & other mental health organisations. Young people completed sand jars to promote mindfulness.
- **Friendships** – Young People looked at friendship difficulties and made "What Makes a Good Friend Flower".
- **International Youth Day** – Young People looked at the difficulties of living as a youth today and wrote poems.

WHAT'S COMING UP:

- Self-care in preparation for Self-Care Awareness Month
- Suicide Prevention Day
- Positive Thinking



FOR MORE INFORMATION ON ATTENDING LIGHTHOUSE CONTACT OUR HAVANT TEAM ON 02392 470484



**Our skills provision is aspirational, adaptable, and accessible.
With free experience opportunities right on their doorstep**

MULTISPORTS HUB



It's been great to see the start of our Open Access Boxing Hub based at the new King George V Football Complex in Portsmouth funded by Portsmouth City Council and in partnership with the Youth Investment Fund.

This Motiv8 Youth Hub provides provision for Young People in their local community, using boxing techniques to increase self-discipline whilst encouraging them to have fun in an informal and relaxed environment, increasing personal and social development.

Motiv8 Staff facilitating the hub have all completed their GB Boxing Tutor award alongside a local external coach who is currently a competing Boxer.

This provides young people with a fantastic opportunity to see first-hand, the progress that you can make with a career in boxing, also creating links with other local boxing clubs for the Young People expressing an authentic interest in the sport.

Creating further connections, our Youth Support Workers have also worked alongside other local youth clubs, facilitating taster sessions at Play Youth Community Stamshaw and Paulsgrove.



“It's great to be able to give these Young People the opportunity to be involved in boxing when they haven't been able to before and it's been absolutely amazing to see the Young People grow a passion for physical activity in a safe, fun environment.”

ROLLIN' THROUGH POMPEY



During July we saw the fantastic Rollin' Through Pompey project come to its close. This skills-based project for Young People aged 13-19 explored the historical and cultural significance of wheel-based sports, supporting those who took part in creating a film and photo journey of the skate history in Portsmouth.

Funded by the National Lottery Heritage Fund the Young People attended weekly workshops at Pitt Street Skatepark working closely with local skate brands, such as Bored of Southsea, Pitt St., Southsea Skatepark and other influential creatives from the city and the skate community.

The final event was held at Pitt St. Skatepark showcasing the amazing work produced by the Young People. This event wasn't just a celebration of the final film and Zine that was produced, however, it was a celebration of the skills that each Young Person brought to the table.

“We had one Young Person that was new to Motiv8 (he was introduced to this project by Youth Support Workers during our Street Based Youth Work provision) at Bransbury Skatepark. He came to every session and brought some of his mates along too. He was not in education or employment at the time of the project, so this provided him with some stability and loads of experience and skills such as photography, filmmaking, making a zine and eventually event planning.

He ended up loving photography and worked with local skate photographers during the project and then expressed his interest in starting his own photography business. We are using the Youth Fund to buy this Young Person a camera, which he has said he will use to build up his portfolio and then delve into skateboarding and scooter photography.”

Page 7 - Youth in Community

Through street-based youth work and participation at community and cultural events we take ourselves to where Young People who have disengaged from support structures may be.



Summer 24

When we take the time to engage with all those around/and support a young person – at home, at school and in the community offering ongoing tailored practical advice, ensuring positive outcomes that last as all are invested.



LET'S TAKE A GLIMPSE INTO THE WORLD OF FAMILY SUPPORT

Our first round of families has been supported and feedback from external partners has been positive.

80% of families are making progress in 3 or more of our outcome areas

Excitingly, we have welcomed our very own Family Support Administrator, Avril. She has hit the ground running and has already been a huge positive support to the team, releasing so much of the administrative pressure.

66% of parents and carers have made progress with how they feel

Our Family Support team have supported 138 families since the beginning of the new contract in Apr 2023.

66% of families have made progress with their children's learning

FAMILY SUPPORT OUTCOME AREAS



FAMILY SUPPORT CASE STUDY

Young Person has experienced emotional abuse, witnessed self-harming & threats of suicide by a family member.

Challenging behaviour is impacting education.

Young Person experiencing difficulty with regulation and attachment from past trauma.

Young Person has little confidence, anxiety and self doubt. Difficulty with trusting others.

Young Person's coping mechanism is to run away.

Dad is struggling to maintain work

The Young Person's emotional dysregulation of emotions makes it hard to show empathy towards Dad.

The family are very stressed.



One meeting each per week for both Dad and young Person.

Referral made to local Children's Counselling.

Dad is now an active member of a local support group, creating opportunities to share how he's feeling.

Dad has completed stopped intake of alcohol

Young Person is maintaining weekly Maths & English lessons plus independent study at home.

Young Person's Self-Esteem has grown and she speaks with confidence about what she can achieve.

Dad has been offered a full-time job close to home.

Dad and Young Person's communication has greatly improved.

Dad and Young Person have been on their first holiday together, go out for meals and watch movies.

When you believe in young people, give them role models, actively listen, offer experiences that inspire, they can thrive. Understanding the Adverse Childhood Experiences (ACEs) they have faced and building achievable alternative pathways our 'Futures' programme offers hope to young people who may be often missed or otherwise slip through the safety net.

EMPOWERING YOUNG PEOPLE TO KEEP GOING FORWARD

“

Imogen was and still is a very personable young lady who is often misunderstood and feels let down by the professionals around her. She was supported by Motiv8 for a year throughout 2020 - 2021, but even after closure, she has been eager to catch up with her Youth Support Worker as and when they've crossed paths in the local area.

Imogen struggled in school for a long time, and it was then identified that she had undiagnosed Autistic Spectrum Condition and ADHD. She struggled to conform to mainstream school but was successful in a short-term placement in a smaller unit. Unfortunately, her transition back to mainstream after this didn't go well and she was then moved to a pupil referral unit. She has just left Year 11, states she has failed her GCSEs and that college has not accepted her application based on information given to them by the school - sadly reaffirming her feeling let down by the education system.

Imogen has a long history of struggling with her mental health, having self-harmed for a long time, experiencing a trauma during her support time, as well as having turbulent relationships with family and friends. She lives close by to one of our Motiv8 offices but is too anxious to pop in without making an appointment. Her sessions largely took place onsite, where we baked and made slime while we chatted through the week's highs and lows to let off steam and regulate emotions. It was the warm safe space, safe face element for Imogen that worked extremely well.

A couple of weeks ago, we saw her walking past the office and ran out to catch up with her. She shared the news about her GCSE's, college, as well as a family member recently being diagnosed with ill health. With this Young Person's future in mind and treating her wellbeing as an utmost priority we have been able to offer 8 weeks of 1-1 support around her progression to college and to focus on her next steps.

We look forward to the next chapter in Imogen's story, we know she can do anything she sets her mind to and hope she knows that our door is always open for her with a Warm Welcome waiting inside.

”

TACKLING YOUTH VIOLENCE WITH CREATIVITY



It was an honour to support one of our Young People for the unveiling of her own sculpture, designed during sessions with UnLoc in Portsmouth.

This tackled issues important to young people as well as substance abuse and violence. We were delighted to join in celebrations of all her hard work alongside The Lord Mayor of Portsmouth!

Having first joined the project after Unloc visited a Motiv8 Youth Hub, the morning at the Greenhouse Community Hub in Victoria Park was a huge success and we foresee an even brighter future for this young person ahead.



We believe Motiv8 Youth Advisors should be seen as the experts on young people. We are sharing power with young people and understanding our responsibility to leverage this to inform the thinking of decision-makers, our work, and the work of others.

motiv8
life chances for young people

CHALLENGE CARD

Hampshire County Council

First name..... Age.....
Initial..... Area.....

HAMPSHIRE CARE COUNCILS

The Children in Care and Care Experienced Adults Councils are attracting more and more interest from young people who want a platform for their voices to be heard. We now have around 15 Young People who have registered interest in each council.

Over the last couple of months, one of the working groups has produced a challenge card, which will be used to get feedback for the council to present to the Corporate Parenting Board. This feedback will be discussed at their meetings, to see whether there is anything they can change, and their decision will be fed back to our councils.

In addition to this, one of our Care Experienced Adults will be becoming a co-opted member of the Hampshire County Council Corporate Parenting Board (CPB). This is the first time that the CPB has had a council member sitting on their board.



REDUCE STIGMA

REDUCING STIGMA ANIMATION VIDEO

In August, 3 of our Care Experienced Adults Council members attended an Animation Workshop with the fabulous Billy from FilmCrew4U at Motiv8 HQ!

The Council Members recorded the voiceovers for their animation video which is about Reducing Stigma for Children in Care and Care Leavers and is one of the four main priorities that the Councils established when this piece of work began last year.

Our Youth Voice and Influence Lead Stacey told us that

“The information they gave and the stories they told were very educational and powerful. We will be organising another session for them to think about what they would like the video aspect of the animation to look like. I was really impressed with the confidence they showed while talking about their experiences and admire their dedication to shape a more positive experience for other Children in Care and Care Leavers.”





YOU'RE INVITED

Monday 9th December 5pm - 7pm

**The Elizabeth Room, Queens Hotel
2 Osborne Road, Clarence Parade,
Southsea, Portsmouth, PO5 3LJ**

To mark the end of our Big Give Christmas Campaign, we invite you to join us in celebrating a transformational 2024 and to reflect on the past 25 years of creating brighter futures.



For more information and to RSVP scan the QR code or contact the team on 07938988354 or at fundraising@motiv8south.org.uk



SAVE THE DATE

Motiv8 Golf Day

Wednesday 14th May 2025
At Boundary Lakes, The Utilita Bowl

We can't wait to welcome you all to Boundary Lakes again in 2025! We have a fun day planned with lots more opportunities to support!

For more information and to register contact Emily on 07938988354 or fundraising@motiv8south.org.uk



Life Chances for Young People



Registered charity number: 1069085



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