

PARTNERING WITH MOTIV8



**motiv**  
**8**  
life chances for young people

**SUPPORTING  
AMAZING  
YOUNG  
PEOPLE**

# YOU'RE ALREADY CHANGING LIVES

For more than 25 years Motiv8 has been unlocking brighter futures for young people across Portsmouth, Havant, Gosport and Fareham

We recognise that there are many factors which can lead to instability at home, a person needing support around their emotional health or wellbeing, or place young people and their families at increased risk of becoming involved in anti-social behaviour or crime.

In 2023/2024 we have continued to take a place led and person-centred approach, building on what is strong not what is wrong to provide positive 'life chances'. Whatever their story our guarantee is they will always receive a warm space, a warm meal, and a warm welcome.

We look forward to discovering the role you will play in which helping all who we work with to thrive.



## Our Impact in 2023 - 2024



**6,663**

young people reached through drop-ins, group work, street-based 'detached' events



**616**

young people & families supported through tailored and targeted expert interventions



**814**

young people were able to access safe spaces, eat healthy food & enjoy holiday activities through youth hubs



**8,496**

hours of support given by the full-time & sessional staff at Motiv8 across our programmes & events throughout Hampshire



Without Motiv8 I would be bored at home

"My son's Motiv8 mentor is a calm voice and listening ear in a world of chaos."

Motiv8 has been a massive help, with understanding my situation. They helped me with a lot with understanding the Transgender community and my teenager. Motiv8 have been brilliant and given her the help she needed

A huge thank you for the help you have given my family. Your kindness, support and commitment is second to none without this kind of service available my young person would not be as confident and is now looking forward to a happy future which 6 months ago they didn't see themselves with a future

My favourite thing is the Motiv8 people and staff because they are all very kind and welcoming and they are always here for you

I can always guarantee Motiv8 will provide engaging, well-being and educational activities. My daughter absolutely loves it! The staff are wonderful and caring, they take their role seriously, and I have no doubt my daughter will be taken good care of. I feel blessed we have access to such high quality care.

## ACHIEVING OUR AIMS IN 23/24



**We have increased access** by investing in two new youth hub spaces, including 'The Park Parade Hub' in Havant. Taken on long term leases, these will be warm safe spaces at the heart of our communities.



We've increased our **collaborative projects**, utilizing collective resources, opportunities, expertise to offer the most effective skills development and support back to basics emotional well being help.



We have brought together a **dedicated Family Support Team** who can coordinate our whole family approach to support, ensuring the best possible, lasting outcomes by involving all around the child.



Through an aspirational, **tailored peer led group work** we enable **alternative education and life skills** pathways for young people who may be struggling in or excluded from school.



**Diversifying** our income streams, we have signed new **corporate partnership agreements** with five local business partners, and have entered in to support arrangements with a further six.



Sharing power with young people, we have appointed a new **Youth Voice, Influence, and Participation Lead to support our** Motiv8 Youth Advisers, a paid role, as they represent their lived experience and inform our practice.

# Partnering With Motiv8

By partnering with Motiv8, you'll have the opportunity to visit our projects and have a dedicated fundraiser on-hand throughout the partnership who will help you with fundraising events, press coverage and much, much more.

You will also have access to our logos and fundraising materials and we can help advertise your events. Further to this, you will benefit from positive PR, brand awareness, employee engagement and boosted well-being.

We can provide drop-in sessions or host a talk to help spread the word about Motiv8, motivating your employees to get involved with volunteering.



It doesn't stop there! Although funding is important to help us continue our mission, you are also welcome to visit hubs, get involved in volunteering and get stuck in with our fundraising events!

Your fundraiser will keep you up-to-date with your progress, upcoming networking and volunteer opportunities and share successes across social media platforms, giving your company a real boost.

If you would like to become a partner, please call us today on 07938 988 354 or email us at [fundraising@motiv8south.org.uk](mailto:fundraising@motiv8south.org.uk).

# Helping Motiv8 Meet The Need

## MORE YOUNG PEOPLE NEED MOTIV8 THAN EVER BEFORE.

**Living through both a global pandemic and the cost-of-living crisis has increased feelings of anxiety, depression and hopelessness. Young people tell us they need a safe space, a trusted adult and the confidence they will be listened to, to talk through the issues in their lives. Young people have missed out on so many life experiences and many are finding it difficult to access support within their communities.**

## OUR GUARANTEE TO EVERY YOUNG PERSON WE WORK WITH:

### 1 A WARM WELCOME

Increasingly, self reporting shows that our Hubs are the only opportunity young people have for emotional or creative expression, as well as to develop creative skills. For many young people, these hubs are the only safe spaces they feel able to confidently express themselves and develop positively within their communities.

### A WARM, SAFE SPACE 2

Our provision is always place based, community led, and accessible for vulnerable young people living in places of high deprivation. Many are struggling to meet energy and heating costs at home so we ensure they have access to inviting, safe and warm spaces to thrive.

### 3 A WARM MEAL

We are committed to providing continued access to free, warm food in all of our activities - from hub sessions through one-to-one mentoring. We also seek to offer and embed practical support for families around cooking, access to food, as well as advice and guidance for addressing financial hardship.

## WHAT ARE YOUNG PEOPLE CURRENTLY EXPERIENCING AND HOW IS IT IMPACTING SERVICES?

### Increasing numbers of safeguarding concerns

We have seen a year on year trend of rising safeguarding concerns - up 27% in 23/24. A third were violence related with other key themes being self-harm, criminal exploitation, substance misuse, and instability at home. Increasing both in our family support and community provision it is critical that we can offer a wide range of interventions and signpost to further support to avoid any young person 'slipping through the net'.

### Increasing levels of young people with serious and complex vulnerabilities requiring longer term support

Young people are presenting with significant, complex, and often overlapping mental health concerns. This can stem from exploitation, extreme bullying, neurodiversity, neglect and instability at home. Understandably as well as these concerns taking longer to support, this places a heavier personal toll on the youth workers supporting them. Motiv8 has implemented a new programme of 'trauma informed' supervisions with an external provider to support our youth workers.

### The Cost of Living crisis has led to increasing numbers of young people and families needing more immediate support.

Waiting lists for many of our mentoring and listening services are over 4 - 9 month. We are implementing new early help well-being drop-ins that meet immediate emotional needs such as social isolation, digital poverty and anxiety. Increasingly Motiv8 plays a bridging role for those who access other support providers, helping young people and their families put in to practice and embed the techniques and coping strategies that unlock resilience.

Alongside this, the number of young people attending multiple Motiv8 sessions for access to food, warmth, digital equipment for schools, or seeking friendships has grown, as we support families working hard to make life easier in spite of growing challenge.



Our response to each safeguarding concern takes an average of 2.5 hours. This has more than doubled in the last two years.

In 23/24 we dedicated more than 600 hours just to managing safeguarding incidences - equivalent to 16 weeks of work for a full time member of staff.

An key example of our charitably funded provision, demand for which has grown more than 130% the pandemic, is offering safe and warm open access Youth Hubs. These sessions give us vital insight into the needs of young people, offering both early help and ongoing support for families in need.

As well as meeting immediate needs such as hunger and increasing physical activity, these Hubs allow us to signpost toward further support internally and externally. Embedded within each of our communities these are welcoming space, shaped by those involved. At Hubs we can help young people make sense of the support they may already be receiving, relax in fun environment, and prepare for any future challenges

An important part of our commitment to the communities we support, our hubs are run by our expert youth workers. Trained to nationally recognised National Youth Agency standards they deliver activities appropriate to the need and area while addressing safeguarding concerns in order to keep all young people safe.



It costs over **£32,400** a year to run each Youth Hub - a 15% rise in 2024. This cost is continually rising due to the pressure of inflation and Cost of Living families and public services who need great help. Year on year we have seen a 48% increase in referrals and 27% rise in safeguarding concerns.

**MOTIV8 PORTSMOUTH & SKILLS HUBS**

WHAT	WHEN	WHERE
TUESDAY HUB	TUESDAY 5-6PM	CIMBERLAND GATE
HILSEA WELLBING HUB	TUESDAY 4-6PM	HOWARD ROAD
HILSEA WELLBING HUB	WEDNESDAY 4-6PM	HOWARD ROAD
CREATE HUB	WEDNESDAY 5-6:30PM	CIMBERLAND GATE
BIKE HUB	THURSDAY 4:30-6PM	ST. MARGARET'S
FRATTON HUB	THURSDAY 4-6PM	CIMBERLAND GATE
HILSEA WELLBING HUB	THURSDAY 6:20-8:30PM	HOWARD ROAD

**listening ear**  
A safe space for young people aged 11-17 to talk about their feelings, thoughts and experiences. We offer a listening ear, a safe space to talk about their feelings, thoughts and experiences. We offer a listening ear, a safe space to talk about their feelings, thoughts and experiences.

**FRATTON Youth Hub Drop-in**  
Every Thursday 4-6pm  
Come along, play board, chat, film, watch, pass.

**THURSDAY HUB**  
Every Thursday 4-7:30pm  
Do you need a safe space to chat about your feelings? Do you need to chat about your feelings? Do you need to chat about your feelings?

**Create hub**  
Every Wednesday @Motiv8 Fratton 5:00pm-6:30pm  
A safe space for young people to create and share their ideas and projects.

**BIKE HUB**  
Bike workshops for young people aged 11-16 teaching bike maintenance and repair skills.  
THURSDAY (FORTNIGHTLY) 4:30 - 6:00 PM  
ST. MARGARET'S CHURCH, HIGHLAND ROAD, SOUTHSEA

ANNUAL MOTIV8 YOUTH HUB BUDGET A CLOSER LOOK AT COSTS	
Expert Trusted Staff	£12,268
Essential Operational Costs (Including: Rent, Insurances, Utilities, Subs, DBS, Transport, Training, Database Admin, Uniform, HR and Finance, Maintenance, Communication)	£11,094
Safeguarding	£4,648
Activities, Holiday Programmes, and Food	£4,391
<b>TOTAL</b>	<b>£32,401</b>



"There has been a massive improvement in my attitude at school and at home."

# Motiv8's '8 Strands'

The strength of Motiv8 comes from its people and the trusted, empowering relationships our professional teams cultivate with those young people and families they are committed to helping.

What sits behind this are the many aspects of our delivery, that we now call our '8 Strands'.

With each strengthening the others, and reflecting our dedication to quality, this shows how we are collaborative by nature. The Strands offer a simplified and compelling overview of our range while also demonstrating the many ways people can access Motiv8, and begin their journey toward a brighter future.

## Youth Mentoring

At the heart of Motiv8's work are trusted relationships between support workers and young people.

## Youth Health & Well Being

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.

## Youth Hubs

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

## Youth Skills

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



## Youth & Family

When we take the time to engage with all those around/and supporting 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.

## Youth Futures

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.

## Youth Voice & Influence

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.

## 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.



# The Stats That Matter...

## Youth Mentoring



55% of those who received 1:2:1 support showed notable improvement in 'behaviour' while in school and education settings

## Youth Health & Well Being

70% of young people reported a notable uplift in their emotional health and wellbeing after engaging with Motiv8



## Youth Hubs



The number of young people accessing Motiv8 Youth Hubs is up more than 130% since the pandemic. More than 800 in 2023/2024 alone

## Youth & Family

86% of families shared improvements in family relationships through access to positive parenting approaches, additional family support, & whole family well-being activities provided by Motiv8



## Youth Skills



67% of those young people who work with Motiv8 demonstrate improvement in their learning outcomes

## Youth Futures

84% of young people receiving one-to-one mentoring support felt they had overcome their barriers and made positive progress



## Youth Voice & Influence



Motiv8 will recruit Twelve Youth Advisers, a paid role, on a two year placement to help inform our practice. This will ensure we reflect the true needs of young people in our practice and each phase will play an active role in supporting, recruiting and training the next cohort

## Youth in Community

Motiv8 has reached 6,663 young people in some of the region's most deprived wards through community drop-in, group work, street based detached youth work and community education events



# Your Generosity Could..

The work of Motiv8 is dynamic and ever changing, but below are a few examples of the resources, equipment, staff and delivery costs that we often require to ensure the quality service that is our hallmark.

In most cases these costs are recurring and in almost all case each gift can be multiplied to create a greater impact across all activity sites.



**£8** provides a **hot, nutritious meal** for one family



**£1000** would allow us to be ready to **provide white goods** to a **family in need**



**£20** would pay for tickets to a cultural attraction as part of an **Aspire & Achieve 1-2-1 mentoring session** - our alternative pathway to help NEET young people back into mainstream education



**£3500** would pay for **laptops, equipment and wi-fi** allowing young people who live in digital poverty to complete school work, complete job applications, or connect with family



**£40** would buy a pair of **school shoes and trousers** to start the new term



**£5000** supports a dedicated **sensory and 1:1 mentoring space within our hubs**, providing a tailored, soundproof, & engaging space for young people to share their concerns, open up about their needs, & cultivate those trusted relationships that create a lasting difference.



**£100** would support two **1-2-1 mentoring sessions** for a vulnerable young person experiencing a **mental health crisis**



**£200** could buy five sets of **noise-cancelling headphones** for our young people with **neurodiversity needs**



**£8000** pays for two trained **front-line community support workers** to lead Motiv8's '**Detached**' programme for 6 Months. Delivering **targeted, place-led, street-based youth work** in some of the most deprived wards in our community



**£400** would allow us to **buy a bed and mattress** for a young person who might otherwise be **sleeping on the floor**



**£800** funds a **6-week course sharing essential cooking skills** with older young people developing their independence



**£15,000** would allow us to **provide paid employment and leadership skills training** for young people



# Ways To Get Involved

December every year!

October every year!

## The Big Give

As we head in to the festive period, your donation could be worth double. Bring together your teams, partners, and colleagues and raise money however you wish to support the warm welcome, warm safe space, and warm meals that matter so much to the young people we support. And when you're ready the money will go twice as far thanks to our pledge partners in the Big Give

## The Great South Run

The world's favourite 10 mile running event. Bring together a team to take part in the Great South Run and take in the sea air as you run along the Portsmouth sea front while creating life changes for young people. One you cross the finish like join motiv8 for our post-race party to celebrate you!

Donate as a Team  
Raise awareness  
Support the celebration event

Fundraise to support Motiv8  
Sponsor the Motiv8 Running T-shirts

## Motiv8 Golf Days

Join our corporate partners and supporters from across the region for the annual Motiv8 Golf Day. Support local children, young people, and their families on Wednesday 14th May 2025 as your team plays Boundary Lakes at The Utilita Bowl. With Prizes throughout the day, a two-course lunch and a raffle this is a highlight in our year and a fantastic opportunity for team building, engaging with our network, and forging some new 'links'

## Adventure Based Challenges

We know that our corporate partners are an ambitious and competitive bunch! So why not go head-to-head with an adventurous challenge? Whether it is running further than ever, taking on the mountains, a 24-hour football match or a mass participation event - feed your winning spirit while raising important funds for young people in need. Better yet, why not take on your supply chain, partners or neighbours to see who is the best of the best - all while helping us reach our needs at the high end of our gift ladder!

Host your own!

Fundraise as a team  
Raise Awareness in the community  
Support others who are giving back

Buy A Team  
Invite Your Partners To learn more about Motiv8  
Sponsor the day  
Sponsor a pin  
Donate a Raffle Prize

## Service Referrals or Sponsorships

Some of our corporate partners link support of Motiv8 to specific services or opportunities, for example hiring of a particular van within a fleet or linked to the purchase of a product. We are always open to conversations around endorsement and support in this way.

## Payroll Giving

Make a big difference by each doing a little bit every month. Set yourselves up for donations from your teams, giving tax efficiently through your paycheck. Why not match the donations of your staff in support of Motiv8 and create an even greater impact over the year?

Longer term support  
Partnership development

# How your support can help...

There are lots of ways you can support Motiv8, which we shape in partnership, but here are just a few examples of the need.

**£80**

would pay for a **trauma informed session** for our expert youth support workers

**£800**

funds a 6-week course sharing **essential cooking skills** with older young people developing their independence

**£8**

provides a **hot, nutritious meal** for one family

**£400**

would help us purchase a **bed and mattress** for a young person without one

**£20**

would pay for a **ticket to a cultural attraction** as part of an **Aspire and Achieve 1-2-1 mentoring session**



'Motiv8 has helped me in so many ways that I can't even fully comprehend. I just know that it's made me a better person now, and it will make me a better person in the future too'



**£40**

could buy a pair of **school shoes and trousers** to start the new term.

**£200**

would buy 5 sets of noise cancelling headphones for our young people with neurodiversity needs



**£180**

9 'Emergency' bus passes for the week to help young people travel to school



# £36,000

supports the **delivery of a youth hub** for 50 weeks, increasing the **health and emotional wellbeing** of young people to **be safe, have fun and stay connected!**

# £3,500

funds a **one year supply of hot meals** and food for a youth hub, meeting the essential needs of young people

# £10,000

would fund a **swimming project** for a group of five young people, teaching them vital life skills.



# £25,000

would fund one **expert youth support worker** for a year, including high level training

# £4,000

would help us to **soundproof a mentoring room**, ensuring **privacy, safety and confidentiality**

# £20,000

would fund **1-1 youth mentoring** for six young people for six months

# £8,000

funds two trained **frontline community support workers** to lead Motiv8's 'Detached' programmes for 6 months, delivering **targeted, placed, street-based youth work** in some of the most **deprived wards in the region**



# £5,000

supports a leadership programme for 15 young people



"Motiv8 has helped me to feel happier with my mental health. I'm making progress towards my CV and exciting to get my first job"

# Find Out More & Get in Touch

## There are lots of other ways you can help support amazing young people...

Whether it's sharing skills, time, resources or other creative fundraising opportunities, we are grateful for all types of support. We would love to chat to you about other ways you can get involved.

**Get in touch, visit our website or social media channels to find out more!**

### You can find us here:



[www.motiv8.org.uk](http://www.motiv8.org.uk)



[info@motiv8south.org.uk](mailto:info@motiv8south.org.uk)



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