

communic8



February
2025

Page 2 - Welcome



Thank you for reading this latest edition of Communic8.

Shaped by our strands you will find inside another exciting round up of amazing Young People and families making positive changes in their communities. As a valued friend and supporter your generosity has been at the heart of the difference we have made and I can't thank you enough.

2024 was transformational for Motiv8. Our 25th year was one of simplification, ambitious new thinking on delivery, and investment in our communities with two new youth centres. It has, however, also been one of our most challenging operationally. With both the costs of delivery and the need for support rising at the same time we are delivering more, with less, for a greater number.

We take very seriously our commitment to help each family with the right support, at the right time, and in a way that is right for them. We also take seriously the welfare of our wonderful youth workers and staff, offering enhanced trauma-informed supervisions to ensure they feel empowered to cultivate the trusted relationships we know are crucial. Much like our investments in youth hubs this is the right thing to do but this personalisation is not without cost.

National indecision, changing political priorities, and governmental financial decisions have created further instability. Day to day the pressures faced by local councils and businesses are being felt directly in our delivery. In real terms this has left a more than £100,000 gap in our finances despite new contracts, cutting costs, and raising more than ever in our campaigns. The challenges of inflation and cost of living are still ever present and to ensure we are still here in 25 years' time we must be realistic about how to make a continued difference.

As I enter my first full year as being CEO I remain so proud to lead this brilliant Charity. We remain committed to sharing stories of Young People in a way that empowers them. You would be amazed how they respond when in return we tell your story. Many can't believe how much someone they may never have met can care so much.

It is by forging new and renewing meaningful mutually beneficial partnerships that we can continue creating brighter futures. This difference is best shared however, in the voice of the Young People whose life you're helping to change...

"Motiv8 gave me another chance at life. When I joined Motiv8 I was barely passing my GCSE's, not because I wasn't smart enough but because my mental health got in the way of my education. Since then, I've received offers from all of the universities I applied to and I'll be the first in my family to go.

Motiv8 and their donors made this possible, by supporting me and my family Motiv8 shaped me into the person I am today. Thank you to everyone for believing in me when it felt like no one else did."

Through your support you are already a part of this ambitious story. So please enjoy reading Communic8 and see firsthand how your support empowers us to deliver at pace and without interruption, embedded at the heart of our communities in Havant, Portsmouth, Gosport and Fareham.



P.S if you feel inspired by what you read today you may be aware we are asking all our supporters to dig deep and give whatever they can, either as a one off or by beginning a regular gift, to help us close this gap. This will ensure no young person is missed when they reach out. You can do this today, at the links below

thank you



motiv8.org.uk/donate-to-motiv8/

Thank you
Kirsty

HAMPSHIRE CARE COUNCILS

At The Hampshire Care Council, it is our mission to give Children in Care and Care Experienced Adults a platform to have their voices heard in order to improve the experiences of those within the Hampshire Care System.

The Care Councils meet monthly online, with each member actively contributing to a sub-group focused on their 2024 priorities:

Improving communication between Hampshire County Council officers and care-experienced Young People.

Reducing stigma in schools for Young People in care.

Improving housing options for care leavers.

Clear action plans have been developed for each of these priorities, outlining what the council aims to achieve.

“Collaborating with these passionate Young People has been inspiring, as they are fully committed to improving the experiences of Young People in care and those leaving care. Through their dedication, they continue to raise awareness and make an impact on key issues that affect their peers.”

Kirsty,
Motiv8 Chief Executive

HOW DO I JOIN?

CLICK [HERE](#) OR EMAIL
CIC-CEAC@MOTIV8SOUTH.ORG.UK



On 3rd October, three of our Care Experienced Adults Council members attended the Hampshire Virtual Schools Conference to discuss the council and their ongoing project to reduce stigma within school settings.

Our reducing stigma working group chose to focus on reducing stigma in schools, as they felt this was one of the places where they experienced the most stigma.

Highlights from the Conference:

Attendance: Over 100 designated teachers were present.

Bravery: Our council members courageously shared their personal stories of being in care and leaving care, highlighting the stigma they faced, the successes they achieved despite these challenges and how teachers can support in reducing stigma.

Animation Video: The group worked diligently to produce a powerful animation video about reducing stigma in school settings. The video was shown at the conference and received positive feedback from teachers, who found it thought-provoking and impactful.

We are incredibly proud of the three Young People who attended the conference. Their courage to present in front of such a large audience and their hard work on the animation video, which was so well-received, is truly commendable.

Page 4 - Youth in Community

“ We have nominated this Young Person for the Motiv8 Youth Award because he is an absolute inspiration. This Young person really pushes himself out of his comfort zone and gets involved in every opportunity that we give him. ”

Kirsty Robertson,
Motiv8 Chief Executive

In September our Chief Executive Kirsty, Portsmouth Services Manager Sophie and Portsmouth Team Deputy Chloe attended the Urbond Portsmouth Youth Awards, held at The Kings Theatre, Portsmouth. These awards are designed to celebrate outstanding Young People from across the city, recognising the Youth in our Community that often get overlooked, turned away and discriminated against due to their background or status.

We champion URBOND's mission to commemorate Young People from all walks of life, to create positive opportunities for those who experience systemic inequality and lack of support. From celebrating his city at the Ports Fest Mardi Gras to manning a stall at the We Create Market, and everything in between, our deserving award winner Binit is the epitome of Youth in Community.



Gosport Choices programme, funded by the Violence Reduction Unit, offered group support to Young People who were involved in or identified as becoming involved in anti-social behaviour or serious violence and crime. The group took place over 8 sessions and included visits from the Police, Willow Team (exploitation support), Don't Go with the Flo (drug harm reduction), My Bnk (money management), as well as work around healthy relationships and exploration of future goals and career options. This cohort then chose a community project focused on spreading knife crime safety information to other Young People through a graffiti-based art workshop, in support of Op Sceptre.

We are pleased to say that we have seen positive outcomes across all cohorts we have supported this year, including a reduction in anti-social behaviour, improved engagement in education, changes to friendship groups, improved confidence and wellbeing, and self-reported improvements in feeling safe in the community.



“ We have valued the funding and support from the Violence Reduction Unit in being able to run these vital sessions for Young People, to help keep them and the wider community safe. ”

Vicki Llewellyn Gosport and
Fareham Services Manager

Page 5 - Youth & Family



Steve Spurgin



A wonderful night was had by all, thanks to the generosity of The Kings Theatre. A mixture of 40 Parents, Carers, Staff and Young People were able to attend the Dick Whittington Pantomime, with Motiv8 receiving a special shout out!

Events like this give Young People and their families an opportunity to enjoy something different, that they may not ordinarily have access to. It always warms our hearts to see the smiles on a family's face with each visit to The Kings Theatre. Thanks again for your outstanding generosity!



Back in November, Motiv8 Family Support Worker Mandy Connor opened the doors to Parents and Carers for their first Coffee Morning. Providing a warm welcome (and hot cuppa!) within a safe space, these coffee mornings offer an opportunity to relax and ask for advice on all things parenting.

With trained staff at hand to guide and support Parents and Carers whilst they share their thoughts, we are confident that these sessions will continue to be an integral offering once a month for those that need it.



“ Here's what Parents had to say about our Family Support Parenting Workshops ”

“Thank you for the opportunity to share at the support group. It was good to learn I am not alone in my struggles, and it was helpful to hear different ideas and perspectives. I have been in touch with my sons college about check ins and hope to get a response at some point. Many thanks for your support.”

“It was good and helpful. Nice to feel accepted and understood.”

“Thank you for having us, was lovely to feel comfortable and normal.”

“Thanks for today I found it very helpful. All the ladies were lovely. I really found the chat with the lovely South African lady useful, her knowledge on ADHD amazed me, she got my son without even meeting him. I look forward to seeing you all on the next session.”

Youth Mentoring Case Study:

Background

Claire, a young woman aged 12-18, was referred to Youth Mentoring due to adverse childhood experiences and risk factors. She had been out of school and isolated, with no positive activities, and had recently finished an order with the Youth Offending Team.

Intervention

Claire received 1:1 support, identifying her need for positive activities, Claire joined the Bike Maintenance programme, a 7-week course teaching bike maintenance and safety. She engaged positively, attended all sessions, and started her Bronze DofE award. Claire also became the representative for the Motiv8 Young Persons Voice Social Action group.

Impact

Claire's participation in the bike programme and DofE award boosted her college and work prospects. She felt better, enjoyed learning new skills, and gained confidence. Despite family challenges and involvement with Children's Social Care, Motiv8's support helped her manage these changes. Claire now has aspirations and feels supported in achieving a positive outcome.

Next Steps

Claire will continue to access positive activities, such as the Healthy Living Programme and Emotional Wellbeing Hub. These sessions will support her transition from school to a positive post-16 destination. Claire aims to complete her Bronze DofE, pursue a college course, and work in a social care role. Ensuring a safe and appropriate living situation remains a priority.

“Claire has enjoyed and benefited from the support, looking more settled and happier at school.” Pastoral Support Officer.

The Need

Taylor (16) was referred to Motiv8 by their Social Worker. The previous year had been challenging for Taylor: they became seriously unwell, missing six months of school, followed by a period of being educated at home. Taylor is neurodiverse and experiences anxiety, fatigue, and sensory challenges.

Coming out of illness, Taylor was clear about their needs: to explore community access, considering their sensory needs, especially in unfamiliar environments. Their long-term goal was to eventually return to education.

The Impact

Over the past year, Taylor's confidence has grown significantly. They are now attending a college music course and have built positive friendships. Taylor can now navigate social situations more effectively, including advocating for themselves at college, visiting new places, and eating out—activities they couldn't manage before. Taylor is also volunteering in the college art department.

Dad said, **“Motiv8 has helped Taylor to experience new places, build their confidence, and given them someone to talk to. She is great, and she also listens to me.”**

Taylor shared, **“My Youth Support Worker makes sure I'm making the decisions and doesn't force anything. She's supportive and understanding. I'm in a much better place than I thought I'd be.”**

Youth Mentoring Case Study:

The Support

A Motiv8 Youth Support Worker was assigned as Taylor's Motiv8 Youth Support Worker and arranged a home visit to meet with Taylor and their dad. They discussed the support and planned their first meeting at the local library.

Initially, Taylor was nervous and quiet but became more relaxed over time. By the end of the mentoring sessions, Taylor described them as **“the highlight of their week.”** Together, they developed a plan of activities to help Taylor practice social skills and coping strategies, always with a trusted person by their side. This approach helped build a positive framework for Taylor, reducing anxiety about new people and places.

Motiv8 has maintained regular communication with Taylor's dad and the other professionals involved, which was key in establishing trust and working in a holistic manner.

Page 7 - Youth Health & Wellbeing

During 2024, 256 Young People were supported with targeted support sessions. The session themes were tailored to the young person's needs, such as anxiety, sleep, self-esteem, and low mood.

Overview



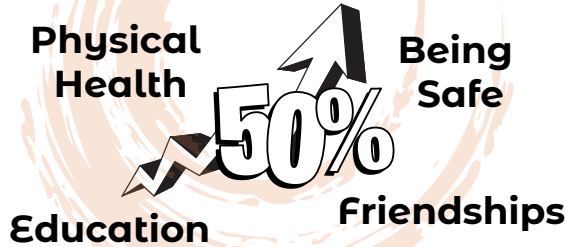
- Week 1: Getting to know you, identification of support needs and goals
- Week 2: Exploration of support areas with coping strategies
- Week 3: Coping strategies
- Week 4: Coping strategies
- Week 5: Circle of support/identification of future support
- Week 6: Reflections and final steps, pledge to yourself



Outcomes



75% of Young People showed progress in at least 3 areas, with the greatest progress in feelings and behaviour, confidence and self-esteem.



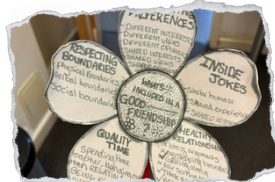
Feedback



"Layla was amazing and helped me with everything I wanted to achieve."
 "It was good, generally having fun and chatting things through."
 "I would recommend coming to Motiv8, it is helpful and the people are nice."
 "I have received amazing support."

"A much better understanding of feelings and emotions has been displayed at home and school."
 "Complete communication and flexibility shown throughout."
 "They have helped him into trying new things."
 "No one else would see P because of her transition, Motiv8 were my last step to try and get her seen and to allow her someone to speak to outside of the home, and she really liked it."

In collaboration with Havant and East Hants Mind, Motiv8 have been delivering their Lighthouse Youth Hub to support Young People's Health and Wellbeing. Lighthouse saw 194 visits from Young People across September and December, with 9 new faces!



With a variety of activities spanning from Make your Own Body Scrub with natural ingredients to Halloween and Christmas Parties, Lighthouse is the perfect Youth Hub to support Young People with their Emotional Health and Wellbeing with a sprinkle of lots of fun on top!

"Thankyou for always being so kind and supporting over the last year. Seeing you all every Wednesday is the highlight of my week"

"Thankyou for all of the activities that you have organised. I feel that they have helped to boost my confidence."

"I come to Lighthouse as it is a place to escape and be with friends and unjudgmental people."

"My favourite thing about coming to lighthouse is being able to come here knowing there is always someone to talk to."

A Warm Welcome and Initial Support

Joe was referred to us by his school for 1:1 support and received a funded place through our OPCC funding for 6 months. Joe attends school but does not participate in any positive activities.

Identifying the Need for Skills Development

During the creation of Joe's individual action plan, it became clear that he would benefit from engaging in a positive activity. Joe had started to isolate himself from friends and the community to avoid negative peer associations and reduce the risk of involvement in anti-social behaviour. This isolation was negatively affecting his emotional well-being.

Growing New Skills at Bike Hub

We supported Joe in accessing our Bike Hub, allowing him to meet new people, have a safe place to go and learn valuable skills. Joe engaged positively from the start, restoring and donating bikes to those in need and learning essential life skills through positive social interaction. He developed practical skills in bike maintenance, including repairing and assembling bikes, which boosted his confidence and sense of achievement.

Building Family Connections Through Shared Activities

Attending the Bike Hub has also improved Joe's family relationships. He brought his brother to the hub, and they worked together. Joe also started working on bikes with his dad, something his dad had always wanted to do with him.

Ongoing Support and Continued Learning

Joe's family has recently been assigned a Motiv8 Family Support Worker, who communicates regularly with our bike maintenance lead to support the family. Joe has commented that he feels better within himself and that attending the bike programme has been the only real time he gets out of the house other than to attend school. He has enjoyed learning new skills and meeting new people.

Celebrating Positive Changes and Future Dreams

“I am so happy and have noticed a positive change in Joe. I was surprised by how well he has engaged with Motiv8 and the positive changes I have seen. I am very pleased with the family support and individual support Joe has received.” - Mum



Following an application and quality assurance with Portsmouth City Council Children, Families and Education team, Motiv8 are pleased to announce in September 2024, we became an approved and assured provider of Alternative Provision in the City and are listed on the Portsmouth City Council Alternative Provider directory.

Motiv8 are offering a number of programmes to our Portsmouth schools for Young People that are struggling to engage, have poor attendance or needs where they are currently unable to access their current education setting. Pre-Covid, Motiv8's Alternative Provision offer was strong, and after a review of our Alternative Provision internally during 2024 we are now able to offer a whole range of engaging and inspirational programmes for children and young people. Programmes include: Aspire and Achieve, Your Space, Bike Space, Blue Space and Green Space and can be developed for half a term, term or whole academic year.

If you would like any information regarding our Alternative Provision offer please contact Sophie King – Portsmouth Services Manager on sophie.king@motiv8south.org.uk

“We are absolutely delighted that we will be able to support and build trusted relationships with Portsmouth's students through our newly approved, assured and high quality Alternative Provision.”
Sophie King



Capturing a moment in time helps Motiv8 Young Person craft their own future



Arthur was new to Motiv8 when he was first met at Bransbury Skatepark during Detached sessions. He attended every session and even brought some of his friends along. At the time, Arthur was not in education or employment, so this project provided him with a wealth of experience and skills alongside an opportunity to get involved in a positive community project.

Through his involvement with Motiv8, Arthur gained valuable experience in photography, filmmaking, zine creation, and event planning. He discovered a passion for photography and had the opportunity to work with local skate photographers. Arthur's enthusiasm for photography grew, and he expressed his interest in starting his own photography business.

To support Arthur's aspirations, Motiv8 used the Youth Fund to buy him a camera. He planned to use it to build his portfolio and delve into skateboarding and scooter photography. Arthur's journey with Motiv8 was transformative, providing him with the skills, confidence, and opportunities to pursue his dreams.

Arthur also had the chance to photograph Motiv8 events such as All Staff Day and the Big Give Christmas Challenge Event. Reflecting on his experience, Arthur said, "Well I'd say it's been one of the best groups I've worked with and I am eternally grateful for getting me the camera and having the opportunity to go to the Queens Hotel for the first time, kind and amazing people."



Youth Futures



16+

Thursday's
1-3pm

Unit 2-3
Cumberland Gate
Cumberland Rd
PO5 1AG

Starts 27.02.25

Discovery
Days

Employment &
Training
Support

Accredited
Learning

HARWIN INDUSTRY DAY

The Industry Day will begin with an introduction to Harwin, followed by lunch for the Young People.

Attendees will then embark on a factory tour and participate in group work. The day will conclude with Harwin's Gareth providing an overview of future pathways at the Harwin Academy, focusing on youth futures.

In collaboration with Motiv8 and Harwin, this amazing Youth Futures focussed day aims to inspire and guide Young People by offering insights into training and transitioning from school to a professional environment.



For more info call Sophie
07711 593 481

Page 10 - Youth Hubs

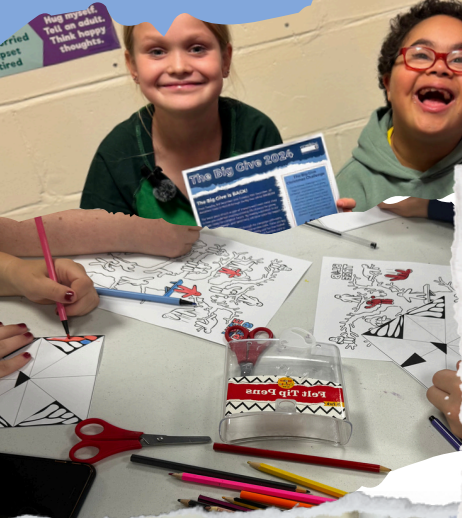


The Big Blue Book



Lisen To aperson
To aperson
How does Hub make everyone feel valued?
by doing activities with one another
Make things they want
happy
nis sisen

you support
How does Hub Celebrate diversity?
accept Disabilities
expect or be sorry
with Autistic young people
by doing you



We raised an incredible £82,080.61!

When they hear about the support Motiv8 receives, the Young People are often amazed how many people are rooting for them and ensuring they have the opportunities they deserve. By choosing to donate through the Christmas Challenge, the impact of generosity was doubled. Our most successful ever, not only did we meet our target, but we exceeded it by 50%, allowing us to make an even greater impact on the lives of the Young People we work with.

Your support will help us;

Strengthen our **Foundations**, ensuring that essential service costs that underpin and enable expert youth work are met.

Provide the **Flexibility** we need to empower our teams, trusting their judgement when helping Young People as individuals.

Ensuring **Fun** is always at the heart of Motiv8, delivering activities that families value and Young People want to be part of.

A special thank you to our pledgers, William Wates Memorial Trust, Sir James Scott and Sir Jeremiah Colman Gift Trust, and Champion Funders, The Hampshire Cricket Foundation, for their invaluable support.

We are incredibly grateful to everyone who donated and shared our campaign. This achievement highlights the incredible strength of our community. Together, we are creating a **brighter future!**



You're Invited to our Event Cinema!

During February Half Term 2025, we are thrilled to be hosting our third Event Cinema on Thursday 20th February from 3:00pm at The Lens Studio, Portsmouth Guildhall, with Young People running the show!

Dive into *The Book Thief* (2013) 12A, curated by Young People from Motiv8, as part of the Making Waves Film Festival's community cinema project. Selected for its profound literary themes and powerful story, this event also forms part of a city-wide festival celebrating literacy and literature.

Join us for a half-term neurodivergent friendly screening for Young People.



BFI FILM AUDIENCE NETWORK



MAKING WAVES
Portsmouth Film Festival

Motiv8: Brighter Futures Day

We invite you to celebrate the anniversary of our founding and over 25 years of positive change for amazing Young People by wearing blue and organising fun office activities! Whether it's a themed dress-up day, team-building games, creative challenges or a cake sale your participation will help us provide vital programmes and opportunities. **Let's come together to make a difference in our community!**



When?

Friday 28th
February
2024

Where?

In your workplace,
school, community
centre... or
anywhere you like!

How?

Organise team-
building games,
creative
challenges or a
cake sale

Wear Blue!

Show your
support by
wearing
Motiv8's colour
- BLUE!

Spread the word

Invite friends,
family, &
colleagues to join
in & support the
cause.

Donate

All funds raised
will go directly to
Motiv8, helping us
continue our work
with Young
People.

Every contribution brings us one step closer to transforming lives. Thank you for your support! Together, we can make the world a better place, one step at a time!

This will be an annual event to celebrate Motiv8's founding on the last Friday of February every year, so please save the date your calendars.



Registered charity number: 1069085



www.motiv8.org.uk



Motiv8 South

Motiv8_South



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