



AUGUST
2025

A WARM WELCOME FROM OUR CEO, KIRSTY



This spring Motiv8 shared with the world our new strategy. This sets out our vision of safer more connected communities, where young people can be heard, use their voice and develop new skills through opportunities which enable them to thrive.

There are clear, ambitious, but achievable goals, pledges, and priorities in our strategy that will guide our decision making. Thinking about the practical difference we make in partnership with those we support rather than a Mission we now have a Purpose.

This is to "place young people at the centre of all we do, our purpose is to provide a trusted relationship through a Youth Work approach. Motiv8 ensures the right provision is available at the right time, in a way that is right for them, wherever they are on their journey".

I am very proud of our new Vision and Purpose. It completely captures who we are and what we do as well as the trust that is so essential to making great youth work happen.

One of the highlights of this year has been seeing our Youth Adviser group come together and absolutely thrive. At their most recent meeting, we were able to give them their hoodies, and they are so much more than just a piece of clothing. They join the young people together, recognise their unique position, and celebrate the journey of helping others.

This is just one of so many amazing stories happening across this brilliant charity. This latest edition of Communic8 brings many of these to life from every strand.

As I have so often said that Motiv8 builds on what is strong, not what is wrong, because the truth is the challenges facing young people today are immense. Many feel isolated, disconnected and uncertain about their future. If we believe in them, we can create brighter futures for some who may at first think no one cares.

Of course, we know this isn't true. Every member of staff, volunteer, community partners, linked services, business supporters and people like you are part of an empowering story. Believing in the strength of Motiv8, so our amazing professional teams can believe in the strength of young people.

As it always does Communic8 shares the difference you have helped to create, the life chances, across Hampshire and particularly Havant, Portsmouth, Gosport and Fareham. I hope you enjoy the read!

Kirsty

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YOUTH VOICE & INFLUENCE

Meet the Changemakers: Motiv8's First Youth Advisor Cohort

We're proud to introduce our first incredible cohort of Youth Advisors, young people who are using their voices to shape the future of Motiv8.

From influencing policies and improving services to helping recruit and train staff, our Youth Advisors play a vital role in making sure young people are truly heard. They represent Youth Voice at meetings, workshops & events, are involved in decision-making and help create positive change in our communities.

With support, training, and mentoring, they're developing confidence, skills, and leadership, while making a real difference. We're excited to have the views of young people at the heart of what we do building on their passion for youth voice, leadership, and positive change.

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.



In their first meeting, the group explored what they bring to the role: empathy, lived experience, humour and leadership. They shared ideas for change, including more youth-led hubs, better communication across groups, team-building activities, and practical improvements like a suggestion box and tidier games areas. They also expressed personal goals: gaining confidence, public speaking skills, life skills like budgeting and leadership.

At the second meeting, they met Lynne Meechan, BeeWell Youth Co-Creation Lead, who introduced the #BeeWell Project, a youth-led wellbeing survey influencing real change in schools. The Youth Advisors learned how their voices could shape future wellbeing initiatives. They deepened their understanding of #BeeWell in session three, reviewing past findings, and wrote personal statements to apply for paid involvement. They also learned how to write invoices, an important step in professional development.

By the fourth meeting, the group met Billy Stevenson from Film Crew 4u CIC and wrote letters requesting Motiv8's support for leadership training. They proudly received their purple Youth Advisor hoodies and celebrated their growing identity as changemakers.

This evolving group is already making a meaningful impact, on themselves, their peers, and the wider community.

From Pedals to Purpose: William Wates Trust and Le Loop Riders Meet Motiv8 Youth

Having benefited from the generous support of the William Wates Memorial Trust for a number of years, Motiv8 was proud to host the trust, its chair Rick Wates, and five of this year's Le Loop riders. Following the stages of the Tour De France the Le Loopers raise money for the foundation and ahead of their departure, Motiv8 welcomed them to Portsmouth to see the impact they create first hand. The riders met with CEO Kirsty, visited our Bike Hub workshop, and joined Motiv8 Youth Advisers at our Youth Futures Hub to discuss their journeys with the charity.





YOUTH IN COMMUNITY

Building Trust, One Conversation at a Time

While out on street-based youth work at the Hot Walls, our Youth Support Workers engaged with a group of young people and began to build a positive relationship. Through these conversations, we were able to introduce them to the WRAP Camber Day event and signpost them to a range of youth services available across the city.

These interactions not only helped the young people feel more connected and supported but also strengthened our links with local organisations and the wider community. These partnerships are vital in ensuring young people know where to turn for guidance, opportunities, and a safe space to be themselves.

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.



Raising Spirits and Funds: St Peter's Got Talent

Our Head of Fundraising and Marketing Joe was delighted to join the students of St Peter's Catholic Primary Waterlooville as they held St Peter's Got Talent throughout the spring.

Inspired to help those less fortunate than themselves those taking part and who donated were living their schools' mission of learning playing and growing together in an inclusive and diverse community.

Joined by Naomi from Motiv8's Resource Team whose sons attend the school the pupils and families of St Peter's raised more the £320 that will make such a difference in Havant and beyond.

Connecting Communities: Motiv8 at 999 Day

Motiv8's Gosport and Fareham Team joined blue light services, many other charities, and public providers for 999 Day in Fareham Town Centre in June.

Alongside classic fire engines, police vehicles, and family activities the Motiv8 team raised awareness of the support available, showcased our summer programme, and work across the town and boroughs to help those most in need reach a brighter future.

This was alongside offering more than 170 free fruit smoothies made by young people on our pedal power smoothie bike, demonstrating one of the fun healthy activities at our youth hubs.

Is your school ready to take centre stage?



CONTACT US





YOUTH AND FAMILY

Together We Navig8: Lighthouse Evening for Parents

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.



Steps Toward Stability: Supporting a Family Through Challenge and Change

A family experiencing a range of complex challenges, including health-related needs, financial difficulties, overcrowded living conditions, and issues related to education, has been receiving support from Motiv8. One child in the household requires a high level of care, which significantly affects daily routines and home safety.

At the outset, sleeping arrangements were unsuitable, with two family members sharing a sofa bed in a shared living space. Motiv8 helped improve this by providing a more appropriate bed and later installing safety equipment to enhance the home environment.

The family also received support with utility debt through a partner organisation, which was described as a major relief. Emotional and behavioural support was arranged for the children: one was referred for therapeutic services, and another, who was struggling in school, now receives mentoring through Motiv8.

The household is actively engaged with a range of professionals, and the parent continues to advocate strongly for the children's needs. With coordinated support and practical interventions, the family is moving toward greater stability and well-being.

Motiv8 is currently supporting a family navigating a range of complex and individual needs. Despite facing significant challenges, including emotional wellbeing, financial pressures, and social isolation, the family has shown a strong willingness to engage with support and take positive steps forward.

Some of the children are experiencing behavioural difficulties and challenges within their school environment. The family is actively involved with a network of professionals through coordinated meetings and referrals, including housing support and mental health services.

Motiv8 has provided practical assistance such as foodbank access, tools to support household organisation, and opportunities for the children to explore new interests through community activities. The adult leading the household has also received peer support and guidance to help manage daily routines.

One of the young people within the home is receiving emotional support and now attends a Motiv8 Youth Hub. Although the journey is ongoing, the family is beginning to access the right resources, and small, consistent steps are contributing to meaningful progress.



YOUTH MENTORING

Steps Toward a Brighter Future: A Journey of Growth Through Youth Mentoring

When this young person was referred to Motiv8, they were struggling with social anxiety and low school attendance. In the early sessions, even a short walk around the block felt like a big step. But with consistent support, trust-building, and creative engagement, like kicking a football or enjoying a hot chocolate, their confidence began to grow.

Over time, they progressed from 15-minute walks to hour-long outings, began opening up about school, and gradually increased their attendance. With encouragement, they explored future goals, applied to college, and even attended a trial day, something they never thought possible just months earlier.

Sessions at the Motiv8 office became a safe space where they could relax, play games, and feel a sense of belonging. Their final My STAR scores showed marked improvements in confidence, education, and overall wellbeing.

This young person's journey is a powerful example of how Youth Mentoring can break down barriers, build resilience, and inspire hope for the future. They are now looking forward to starting college in September, an incredible achievement and testament to their strength and determination.

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

Small Bricks, Big Impact

A young person referred to our Youth Mentoring service had experienced early trauma and found it difficult to communicate with others.

After attending a training session with Ben, Creative Facilitator at Ideas Alchemy, I introduced LEGO into our sessions, and it made a real difference. The young person began to engage more, and for the first time, started to talk about their emotions, having previously said they wouldn't speak to anyone about how they felt.

Using the LEGO Serious Play in sessions helped to break down the barriers so that we could build a better relationship and address some of the challenges they were facing. It became a valuable tool for communication and trust-building, allowing us to make meaningful progress together.

Jo, Motiv8 Senior Youth Support Worker



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Help to build a
big impact





YOUTH HEALTH & WELLBEING

Shared Stories, New Bonds

Callum, a bright and creative 9 year old with ADHD, ASC, and Sensory Processing Disorder, has been a familiar face at our Youth Hubs and Holiday, Activities and Food (HAF) sessions for several years. While he sometimes finds it difficult to follow instructions or stay regulated, his kindness, humour, and imagination always shine through.

During ADHD Awareness Month in October, Callum worked with staff to create a video sharing his experiences of living with ADHD and how the hub has helped him. The video resonated with many and gained great engagement on our social media.

One of those inspired was Oscar, aged 11, who had just started Youth Mentoring. After watching Callum's video, he told his support worker he'd love to meet him. Encouraged to attend our Easter HAF, Oscar not only met Callum, but they also formed a beautiful friendship. They played sports, did crafts, and shared lunch together.

Both families shared how meaningful this new friendship has been, especially as making friends can be a challenge for both boys. Now, Oscar is planning to join our Youth Hub on a Monday, so they can continue building their friendship in a safe and supportive space.

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.



Health, Hope, and Community: A Family-Focused Health and Wellbeing Awareness Day



Young People's artwork that was displayed proudly at Pride, now lives at our Youth Hub



Hubs coming soon!



YOUTH FUTURES

Youth Futures in Focus: Empowering Young People Across Motiv8

The Youth Futures Hub has supported young people aged 16+ in exploring employment and training opportunities, gaining accreditations, and developing essential life skills. Participants have completed qualifications such as Food Hygiene Level 2 and CSCS Health & Safety, enhancing their employability in hospitality and construction. We've also supported young people in applying for photo ID and preparing for theory tests.

Discovery Days have offered hands on experiences, including barista training and a visit to Harwin, a local engineering firm. Seven young people attended, with three completing their week long work experience placement. Our weekly Bike Maintenance Hub teaches practical repair skills, with restored bikes donated to those in need, some participants have even received bikes of their own, supporting independent and active travel.

Thanks to funding, we've provided bus passes to help young people access training, interviews, and work. We are also working in close partnership with the PCC Adolescence Team, who support young people at risk of or currently experiencing exploitation. We have built strong relationships with both the workers and the young people, who now regularly attend life skills sessions at our hub. These sessions, including cooking classes, offer a safe and supportive space where they can gain essential life skills and access additional support.

“Once I get my CSCS card I have a job I will be able to start.”

“Being able to come here and look for jobs and speak to people at Motiv8 has helped a lot.”

“The work experience at Harwin has really helped with what I want to do when I leave school.”

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.

The Youth Futures programme was a great success, with consistent attendance from the same group of young people each week. Having a dedicated space tailored to the specific needs of Year 11 students proved invaluable. The peer support within the group was particularly powerful, offering guidance, encouragement, and reassurance to one another throughout the sessions.

To celebrate their progress, we organised a trip to Hayling Island, which was a real highlight. The group had a fantastic time, with everyone venturing into the sea (even if only up to their ankles!). We also enjoyed a walk to the funfair, won some prizes, and treated ourselves to ice cream.

Feedback from the young people was overwhelmingly positive. Many suggested starting the programme earlier in the school year and extending it into the first few weeks of college to help ease the transition.





YOUTH HUBS

Beyond Caring: Connection, Creativity, and Confidence

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

Each month, our Young Carers Youth Hub offers a vital space for young people to step away from their caring responsibilities. Through creative arts, games, and skill-building sessions, they find joy, connection, and a sense of belonging. Over recent months, our Young Carers have explored Makaton sign language, LGBTQ+ rights, wellbeing strategies, and the importance of healthy friendships.

This summer, we're diving into exciting activities like water sports with Oarsome Chance, a film and pizza afternoon, and a family fun day. In September, we'll be learning essential first aid skills together.

This quarter, we welcomed 25 new referrals, with most young carers supporting siblings or parents with ASC, ADHD, or physical disabilities. The Youth Hub has been a lifeline for many. One young person shared how the hub helps her escape the chaos at home and feel truly heard. Another young person, facing bullying and anxiety, now feels safe and supported through tailored friendship sessions. One of our families felt judged by school, but with our advocacy, understanding was restored.

We were also joined by Citizens Advice, who ran a brilliant budgeting workshop for our older group, helping them plan for the future and even uncovering lost child trust funds.



Do you want to support the vision for our Havant Hub?



CONTACT US

Motiv8 have committed to the Havant community by taking on a ten year lease for the entire Leigh Park Community Hub

THE BIG GIVE

Throughout the year, there are countless opportunities to support Motiv8 and make a difference in the lives of young people. From charity runs and bake sales to corporate sponsorships and community events, every fundraising effort contributes to our mission of empowering youth and building a brighter future.

These efforts can culminate in one special moment during the Big Give Christmas Challenge, where all donations made to Motiv8 are **DOUBLED**.

THE BIG GIVE CHRISTMAS CHALLENGE IS THE UK'S BIGGEST COLLABORATIVE FUNDRAISING CAMPAIGN. WHATEVER THE CAUSE, EVERY DONATION HAS THE POWER TO BE DOUBLED, ENABLING THOUSANDS OF CHARITIES TO MAKE AN EVEN BIGGER DIFFERENCE.



Inspired to Double Your Difference?!

To get involved in the Big Give Christmas Challenge and access support with your fundraising efforts speak to a member of Motiv8 staff or get in touch with Emily on

emily.condley@motiv8south.org.uk

CHANGE TWICE AS MANY LIVES THIS CHRISTMAS

Many of our partners hold activity throughout the year, involving their teams and supply chains with this remarkable opportunity.

Every penny will go directly to ensuring we can offer the strong **Foundations** young people can build from, ensure we can always remain **flexible** led by the needs of the young people, and that everything we do will always be **Free and Fun** for young people and families.

Your companies support is what makes this extraordinary moment happen! By joining us you are not just donating money; you are investing in the future of those who can often feel forgotten. When lots of people each doing a little, large scale change can happen where need is greatest. This year, you could be part of this!

LIFE CHANCES FOR YOUNG PEOPLE



Contact us here



life chances for young people

Registered charity number: 1069085



www.motiv8.org.uk



Motiv8 South

Motiv8_South



info@motiv8south.org.uk

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