

**AUTUMN
2026**





A WARM WELCOME FROM OUR CEO, KIRSTY

As I reflect on the summer months, I am filled with pride, not just because of the incredible activities, trips and opportunities featured throughout this newsletter, but because of what they represent. Behind every smile, every achievement and every new experience is a young person or family navigating challenges that are often unseen. Across our communities, many families continue to face significant pressures, and for some young people, the school holidays can bring as much uncertainty as excitement.

Wherever I go across our four areas of Portsmouth, Havant, Gosport and Fareham, I am constantly reminded of the impact of Motiv8's work. This summer, one such reminder came through a chance encounter with a parent whose son had been supported by a Gosport Youth Support Worker. She spoke passionately about the difference that trusted support had made to their family, describing it as a "lifesaver" for her son. It was a simple conversation, but one that perfectly captured the true impact of youth work.

Sometimes, it is not the big moments that change lives. It is knowing that someone cares, listens, believes in you and is there when it matters most.

I want to take this opportunity to thank every member of the Motiv8 team. Their compassion, dedication and unwavering belief in young people shines through every page of this newsletter. To our young people and families, please know that whatever challenges you face, Motiv8 will continue to stand alongside you, creating opportunities, building hope and doing all we can to ensure nobody has to face difficult times alone.

Together, we will continue to create brighter futures and a safer community.

Kirsty

Introducing Gosport Routes...

Motiv8 is proud to be the host organisation of Gosport Routes, a Creative People and Places programme funded by the Arts Council. The Gosport Routes Consortium partners are Motiv8, St Vincent College, Incredible Edible Gosport, Hampshire Cultural Trust, Gosport Borough Council and Community First.

Now we'd love to introduce you to Gosport Routes Programme Director Leo...

Five years ago, if someone asked me at a job interview: 'Where would you like to be in five years?', the answer would look a lot like Gosport Routes! I have had quite a diverse professional journey to date which has included being a theatre producer, university lecturer and career coach. While my LinkedIn profile may look a little incoherent at first, what holds my work together is a desire to build community and achieve positive social change through creative activity. This is exactly the opportunity that Gosport Routes represents.

Gosport Routes is a programme of artistic activity which aims to celebrate the borough, provide opportunities for people to experience fantastic cultural activity on their doorstep and, quite frankly, make other towns a bit jealous! We are in the early stages of developing our programme and ways of working but concretely we will:

- Enhance existing events with additional activity (for example, supporting an extra band to play at a local festival)
- Engage with the community and young people to select touring performances, exhibitions, workshops and more to stop in Gosport
- Imagine artistic projects which couldn't happen anywhere other than Gosport and bring some wow into our communities

Throughout the programme, we'll be guided by our Pilots: a group of young people who will encourage us to be ambitious and ensure we secure long-term opportunities for cultural activity across the Borough.

The images featured are used to help bring our stories to life, but they may not directly represent individuals mentioned. This helps us protect privacy while still celebrating the journeys and experiences shared.



OUR IMPACT IN 25/26



4997

Young people and families reached across **all our strands**, in all parts of our communities



7657

Hours of direct support given by our **expert professional youth teams**



4

Youth and Community Buildings opened in wards of highest deprivation across Portsmouth, Havant, Gosport and Fareham



1121

People in need referred to Motiv8 for **long term personalised Youth Mentoring or Skills programmes** – a **68% increase**



12

Lived experience youth advisors have been appointed from all areas to inform decisions that effect them



686

Attendees were able to access **weekly youth hubs** in their neighbourhoods



250

free, warm and welcoming youth hubs that we can commit to until 2030 thanks to the National Lottery Community Fund



97%

of young people were making progress in the **health and wellbeing concern that led to their referral**. 74% were progressing in **two** areas previously regarding a as a barrier and **almost half** saw improvements in **three**.



84%

of young people previously a greatest risk of harm, crime, or exploitation **made positive steps toward feeling a sense of resilience** thanks to a trusted relationship with a Motiv8 Youth Worker



100%

of young people and families supported would **recommend Motiv8 to a friend in need**

I would say you are an invaluable charity with amazing workers who do so much for the children
- Havant Parent

SUPPORT LIKE YOURS COULD BE THE DIFFERENCE...

Every gift will go directly into a project creating a brighter future. It is by many people coming together, each doing what they can, that remarkable change can happen!

However you can help, **THANK YOU!** for believing in those too often overlooked and creating life chances for young people - motiv8.org.uk/give



Motiv8 has supported us with youth groups and wellbeing sessions for my daughters and my niece. I am thankful that they have been there in times of need for support as parenting teenagers is difficult sometimes
- Portsmouth Parent

THE NEED: FOR THOSE WHO WERE REFERRED TO MOTIV8 FOR SUPPORT...



55% attended because of **anxiety leading to diminished school attendance**



75% were referred for **low mood, anxiousness, panic attacks, or effects of childhood trauma**



20% suffer from **severe emotional distress, had self-harmed, or experienced suicide ideation**. A growing number live in **consistent crisis**, who are often in need of **long term, complex help**.



65% had experienced **notable levels of anger, emotional overwhelm, and loss of impulse control regularly in their lives**.



65% had **very low rates of confidence and self esteem day to day limiting positive engagement**.



45% required support due to their **ADHD, Autism, or other SEN diagnosis**. The same number are currently on a **pathway to diagnosis**.



25% are **exploring their gender identity**.



40% are attending due to **concerns over their personal safety linked to online harms**.



50% had **experienced some form of family conflict leading to instability at home**.

I really struggle to engage with anyone when talking about my feelings and wellbeing however I haven't with my worker. Things have improved since having these sessions. I am very thankful.
- Gosport Young Person

Youth Voice in Action: Bella Interviews Our CEO

At Motiv8, we believe that young people should have opportunities to share their views, build their skills, and have their voices heard. That's why we were incredibly proud to see one of our Youth Advisors, Bella, take the lead in interviewing our CEO as part of the Gosport Stories project at Media Space.

During the podcast, Bella explored our CEO's personal journey, career path, time with Motiv8, and involvement in a number of projects making a difference across Gosport. The conversation also touched on some exciting developments, including the appointment of Dr Leo Burtin as Programme Director for Gosport Routes.

What made this experience truly special was seeing Bella step into the role of interviewer with such confidence, professionalism, and curiosity. She asked thoughtful questions, guided the conversation expertly, and demonstrated exactly why youth voice matters. By creating opportunities like this, young people can develop valuable skills, grow in confidence, and gain real-world experience that supports their future aspirations.

A huge thank you to Nick Van de Weyer and the team at Media Space for making this opportunity possible through the Gosport Stories project, funded by Gosport Borough Council.

We're proud we can empower young people to lead conversations and share stories while shaping their communities.



Scan the QR code to
listen to the podcast ❤️



Working Together to Support Young People

We were delighted to welcome Member of Parliament for Portsmouth South, Stephen Morgan MP for an insightful discussion about the opportunities and challenges facing young people today.

Joined by our CEO, Kirsty Robertson, and Sophie King, Head of Youth Voice and Partnerships, the visit provided an opportunity to hear directly from Binit, one of our Youth Advisors, about his journey with Motiv8 and the impact that meaningful youth participation can have on confidence, skills development, and future aspirations.

The conversation also explored Motiv8's history and how our services continue to evolve to meet the changing needs of young people and communities. Discussions focused on some of the key challenges young people are facing in 2026 and the importance of accessible support, particularly through our open-access Youth Hubs, which provide safe spaces, trusted relationships, and opportunities for personal development.

Reflecting on his visit, Stephen Morgan MP said:

"It was a pleasure to be able to visit Motiv8's office in Portsmouth earlier this year, where I was able to hear from their dedicated local team about how they are unlocking brighter futures for Portsmouth's young people."

"A key priority of mine as an MP for our city has been ensuring that every young person in Portsmouth is able to thrive, regardless of their background or where they are from. For this, it is crucial that everyone is provided with the security, support and voice that they deserve."

"I know from personal experience what a difference good quality youth work can make, growing up in Fratton and attending groups which built confidence and gave skills to young people for life."

"I would like to pay tribute to Motiv8 for working hard to create safer, more connected communities, where young people are heard and develop new skills through opportunities which help them thrive."

We're pleased that this conversation continued, with Stephen meeting our wider Youth Advisor group to discuss the important topic of keeping young people safe online and on social media.

At Motiv8, we are committed to ensuring that young people's voices are heard and that they play an active role in shaping the decisions and conversations that affect their lives.



Every young person has a story.

Sometimes that story begins with challenges such as poor school attendance, being at risk of exploitation, anti-social behaviour, or involvement with the police. Thanks to funding from the Hampshire Office of the Police and Crime Commissioner (OPCC), Motiv8's Youth Support Workers are able to step in early, build trusted relationships, and help young people write a different next chapter.

Where Were They?

Across one quarter alone, Motiv8 teams in Fareham, Gosport, Havant and Portsmouth supported young people facing a wide range of challenges. Many referrals came from concerns around criminal exploitation, anti-social behaviour, offending, poor emotional wellbeing, and disengagement from education. Several young people were being discussed at multi-agency meetings due to risks linked to missing episodes, exploitation, or community safety concerns.

Where Are They Now?

The picture today looks very different for many young people we have helped.

In Fareham, a young person referred due anti-social behaviour and school disengagement attended every Youth Mentoring session and has now been stepped down from monitoring processes after reducing risk and increasing protective factors around them. Another young person who had fallen behind in college has gained a lifeguarding qualification and is now working towards employment opportunities and apprenticeships.

In Gosport, young people have reduced missing episodes, improved awareness of exploitation risks, rebuilt family relationships and successfully secured college places. One young person at risk of exclusion has remained in education thanks to coordinated support between school, family and Motiv8 staff.

In Havant, Youth Mentoring has helped young people improve emotional regulation, reduce offending, and strengthen school engagement. One young person, whose past experiences had deeply affected his confidence and behaviour, is now communicating more openly and engaging more positively in school.

In Portsmouth, young people reported feeling listened to, understood and supported. Improvements were seen in school attendance, emotional wellbeing, and awareness of exploitation risks, helping young people make safer and more positive choices for their futures.

The Difference OPCC Funding Makes

Behind every statistic is a young person whose future looks brighter because someone took the time to listen, support and believe in them.



This quarter alone, OPCC-funded Youth Mentoring helped young people make significant progress across community safety, education, exploitation awareness, and offending-related outcomes. The funding has enabled Motiv8 staff to provide trusted adult relationships,



targeted interventions, positive activities, and early support before issues escalate. It has also strengthened partnership working with schools, police, social care and other agencies, ensuring young people receive coordinated support when they need it most.



The question "Where were they then?" reminds us why this work matters. The answer to "Where are they now?" shows the life-changing impact that early intervention and sustained support can have on young people's lives.

Thank you to the Hampshire Office of the Police and Crime Commissioner for making these opportunities possible.

DONNA JONES



YOUTH IN COMMUNITY - 2026 SUMMER SNAPSHOT PART 1



YOUTH IN COMMUNITY - 2026 SUMMER SNAPSHOT PART 2



YOUTH SKILLS / YOUTH FUTURES

Celebrating Creativity, Confidence, and New Possibilities

Over Spring, Motiv8 partnered with Eleanor Hawkrige from Elephant Dreamland on Too Hot To Handel, an inspiring creative project that encouraged young people to explore local cultural heritage and use it as a springboard for future creative opportunities.

This project gave young people the chance to develop a range of valuable skills, from creativity and self-expression to confidence, communication, and collaboration. Through researching and uncovering fascinating local connections to influential artists and musicians including Handel, David Bowie, Lily Allen and family, Nat Gonella, Queen, The Stranglers, Take That and many others, participants gained a deeper understanding of the rich cultural heritage on their doorstep.

Most importantly, the project helped young people see the possibilities available to them, encouraging them to explore their talents, increase confidence in their abilities, and consider how creativity can play a role in their futures.

At Motiv8, we are passionate about creating opportunities that help young people develop skills, discover new interests, and realise their potential. Projects like Too Hot To Handel are a wonderful example of how creative engagement can empower young people, strengthen confidence, and inspire ambition.

We would like to extend our sincere thanks to Eleanor Hawkrige for her passion, creativity, and dedication throughout the project.

Congratulations to everyone involved. The creativity, enthusiasm, and talent on display made it clear that the future is incredibly bright 🌟

“Working with Motiv8 has been so much fun, what an amazing organisation - not only creating an awesome welcome for young people across south Hampshire day to day but also leading the way in developing new creative opportunity for all. Thanks so much for your vision and support! - Eleanor Hawkrige”

WATCH NOW



What a kick start!

Our recent Kick Start Programme was a huge success, with over 100 young people engaged, many of whom were completely new to Motiv8.

Throughout the programme, young people took part in discussions and activities covering important topics including discrimination, stereotyping, racism, misogyny, knife crime, drugs and alcohol, sexual health, and healthy relationships. Most importantly, we saw confidence grow, friendships form, and trusted relationships built with our team.

Here's what some of the young people had to say:

“This programme has been the most fun thing I have done.”

“There is nothing I would change about the course.”

“I have really enjoyed the topics from the sessions.”

“I really enjoyed having a celebration day as the final day.”



The Future is Bright

We know that traditional pathways do not work for everyone. Some young people need additional support to build confidence, gain experience and explore their options before taking their next step. Working closely with local careers hubs, employers and progression partners, Motiv8 provides personalised, strengths-based support that focuses on potential rather than challenges.

Our Youth Futures strand builds on other areas of Motiv8's work. We support young people aged 14+ to develop the skills and experiences needed to move into education, employment or training, regardless of the barriers they may face. In 2024/25, 24 older young people progressed into dedicated Youth Futures support, preparing them for training, employment and future work.

Young people access a range of opportunities, including employer discovery days, work experience placements, accredited learning and vocational qualifications. Recent partnerships have enabled participants to gain industry-recognised awards, develop workplace skills and connect directly with employers. In one engineering discovery project, three young people secured work experience placements as a direct result of their involvement.

One young person who has benefited from this support is Beth. Referred through the Portsmouth Careers Hub, Beth wanted to pursue a career working with children but lacked the confidence and opportunities to move forward. Through personalised support, she achieved a Level 2 Food Hygiene qualification, attended barista training, received practical support including a laptop and travel assistance, and continued engaging with Motiv8's wider youth provision.

Today, Beth is actively pursuing further opportunities and feels optimistic about her future. Her journey demonstrates the impact of early, personalised support and the difference it can make when young people are given the right opportunities at the right time.

Stories like Beth's highlight the importance of Youth Futures. By building trusted relationships, working collaboratively with partners and supporting young people before they reach crisis point, we help them develop the skills, confidence and experiences needed to achieve their goals and thrive within their communities.



YOUTH HEALTH AND WELLBEING

At Motiv8, we know that good mental health and emotional wellbeing are the foundation for young people to thrive. Through our Youth Health & Wellbeing strand, we provide safe, welcoming spaces where young people can access support from our highly skilled Youth Support Workers, develop healthy coping strategies and connect with others who understand their experiences.

One of the most significant examples of this work has been the Lighthouse Project, delivered in partnership with Havant and East Hants Mind. Since 2021, Lighthouse has offered open-access mental health and wellbeing sessions for young people aged 10 to 18 in Havant Borough, creating a space where they could talk openly, make friends, access support and simply be themselves. Located in Leigh Park, the project has provided a vital lifeline for young people who may otherwise have faced long waits for formal mental health services.

Over the past five years, Lighthouse has supported hundreds of young people through Youth Hub sessions, Youth Mentoring support and wellbeing-focused activities. Sessions have explored topics including friendships, self-care, mental health awareness and positive coping strategies, all delivered in engaging and creative ways. Young people have consistently described Lighthouse as somewhere they feel listened to, accepted and free from judgement. Comments such as "I can offload and I don't feel judged" and "I didn't realise how much lighter I'd feel after talking about my worries" reflect the difference these spaces can make.

The impact extends far beyond individual sessions. Families have spoken about increased confidence, improved communication and young people becoming more connected to their communities. One parent shared how involvement with Lighthouse helped their child make friends, understand their feelings and make significant progress during a difficult period for the family.

Across Motiv8, wellbeing support continues to grow in response to increasing need. During 2024/25 alone, 294 young people accessed more than 1,500 hours of support through services including Lighthouse, Wave, LGBTQIA+ provision, Listening Ear and dedicated Youth Mentoring programmes. Alongside direct support for young people, our teams have also delivered parent and carer drop-ins, helping families access advice, share experiences and strengthen support networks within their communities.

We are incredibly proud of everything Lighthouse has achieved. Together with our partners, we have created safe spaces, built brighter futures, nurtured friendships and supported better mental health for countless young people. While Lighthouse has come to a close, support remains available through a range of Motiv8 and partner wellbeing programmes, ensuring that young people across our communities continue to have places where they can be heard, supported and empowered to thrive.



**COMMUNITY
FUND**

THE ONGOING IMPACT MOTIV8 YOUTH HUBS AND WELLBEING SESSIONS CAN CREATE LOCALLY

First delivered at Toronto Place in Gosport, largely thanks to the support of National Lottery Community Fund we have developed an active programme of open-access Youth Hubs and more targeted Health and Wellbeing Support in all the places we work.

The open-access youth hub run throughout the week Sessions offer a safe and engaging space, using activities such as arts and crafts, baking, boxing, gardening, games, and group activities. Young people also explore important topics including health and wellbeing, internet safety, equality, and diversity. The hub is supported by trained youth workers and regular volunteers, ensuring consistent and safe delivery.

Over the year, the hubs supported by National Lottery in Portsmouth and Gosport have:

- Engaged **137** unique young people
- Delivered **196** sessions
- Provided **547** hours of direct support

With increasing referrals across the organisation, the open-access hub has been essential in offering early support while young people wait for longer-term interventions, as well as providing ongoing engagement following targeted support.

WELLBEING AND 1-TO-1 MENTORING

The wellbeing offer provides 1-to-1 youth mentoring, drop in or group work through referrals from professionals or parents.

Sessions focus on areas such as:

- | | |
|---|---|
|  Bailando Alchemy of Wellbeing sessions |  Emotional regulation |
|  Smoking and vaping awareness sessions |  Sleep hygiene |
|  Domestic abuse awareness sessions |  Staying safe |
|  Local Artists Creative workshops |  Relationships |
|  Cooking activities |  Give |
| |  Connection |

Delivery is flexible and interest-led, shaped by the referral need of each young person. Using approaches such as Lego therapy, arts and crafts, baking, time in the wellbeing space, and creating fidget toys with a 3D printer.

Across the year, this support:

- Worked with **113** unique young people
- Delivered **851** sessions
- Provided **20720** hours of direct support

A SPACE FOR ALL, NO MATTER THEIR STORY...

More than two thirds of those we help have special educational needs. Parents have often presented anxious themselves and felt compelled to reach out ahead of time to let us know about their child's needs, how they struggle in social situations to make friends or regulate their emotions. In many cases this worry has left these families unable to access many community based sessions and extra curricular youth groups.

Our youth work staff and volunteers are well trained to adapt to each child's needs, met them wherever they are at, and work alongside them at their pace to provide a safe space that is inclusive and engaging. We also introduced a buddy system that new young people can access to help them integrate into the group, while empowering the existing young person with their own skills

Parents have been amazed that their child has settled in, coped so well and engaged with staff or another young person. Beyond the Youth Hubs, the majority go on to engage in other Motiv8 programmes and community activities, proving our role as an important gateway to opportunity for those traditionally wary of uniforms or services, or who may not have thrived in traditional education and learning setting

This is what we hope to create consistently in Fareham and for the families of Fort Fareham particularly.



SAVE THE DATE



THE ROARING 20'S GALA

SATURDAY 10TH OCTOBER 2026

THE QUEENS HOTEL, SOUTHSEA

**Music from
Catsby Jukebox?**

**All donation to
a local charity!**



**Secure your
ticket
or table
today!**



**Scan Me
or email**

kirsty.hill@mountjoy.co.uk

SAVE THE DATE

Monday 7th December 2026 5pm - 7pm
The Elizabeth Room, Queens Hotel, 2 Osborne Road,
Clarence Parade, Southsea, Portsmouth, PO5 3LJ

Motiv8's Christmas Celebration

To mark the end of our Big Give Christmas Challenge campaign, we invite you to join us in celebrating 2026 and reflecting on the past year of empowering young people and creating brighter futures together.



For more information and to RSVP scan the QR code or contact the team on 023 9283 2727 or at fundraising@motiv8south.org.uk



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