

# TARGETED SUPPORT FOR YOUNG PEOPLE

A guide for young people and families



INVESTORS  
IN PEOPLE



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Motiv8 South Limited is a registered charity no. 1069085  
Company limited by guarantee in England & Wales no. 3512607  
Registered address 6 Queen Street Portsmouth PO1 3HL

## About the Service

Motiv8 Targeted Support is for young people who require support (early help) to help improve their lives and achieve their full potential.

The service operates across the following areas:

- The Borough of Havant
- The Borough of Gosport
- Portsmouth (city wide)
- The Borough of Fareham

## So, who are Motiv8?

Motiv8 is a registered charity that engages and supports young people across Portsmouth and South East Hampshire. We provide a range of services, including one to one support and group work, to improve life chances for young people.

All our staff are fully trained and have undertaken appropriate checks to ensure they are suitable for working with young people.

## Who is the service for?

The service is for young people aged 9-19, and up to 25 with Learning Difficulties & Disabilities, who require additional support. Support is aimed at helping everyone achieve their full potential, eg gain qualifications, improve confidence & self-esteem, learn new skills, gain employment and build positive relationships. We are here to support young people who might be experiencing one or more of the following:

- At risk of anti-social behaviour and/or offending
- At risk of school exclusion and/or have poor school attendance
- NEET (Not in Education, Employment or Training) and/or at risk of becoming NEET
- Have poor emotional wellbeing (lacking confidence, low self-esteem, feeling anxious)
- Engaged in or at risk of substance misuse
- At risk of teenage pregnancy

## How does it work for me?

1. Motiv8 will receive a Request for Support form, where you or someone else has recognised that you need extra support.
2. Once the Request for Support is accepted a Motiv8 Support Worker will contact you or your family to arrange a time to meet you, at your home or another suitable place.
3. Motiv8 will work with you to do an assessment. This involves having a chat about what is happening in your life, looking at the positives and areas for improvement, so together we can make a plan with agreed goals.
4. Ongoing support consists of regular one to one sessions with your dedicated Motiv8 Support Worker to help achieve the goals you agreed in your plan.
5. We will review your plan regularly, and consider your views on how you feel things are progressing.

## How long will support last?

Support will typically last 6-9months, however we recognise that each person is different, so this may vary for each individual and can be longer.

## Do I have to get involved?

It's your choice to work with us and we won't force you but Motiv8 staff will work hard to build a positive relationship with you and your family to help bring about positive change.

## Contact

Motiv8 Portsmouth: 6 Queen Street, Portsmouth PO1 3HL  
T 023 9289 6972

Motiv8 Havant: The Hub, Greywell precinct, Leigh Park,  
Havant PO9 5AA T 023 9247 0484

Motiv8 Gosport & Fareham: unit 29 Toronto Place, Gosport  
PO12 4UZ T 023 9252 5026