

CELEBRATING VOLUNTEERING

'I never used to like old people but now I know they are nice!'

says Patrick, a young person from Paulsgrove. Patrick, age 13, was at risk of anti-social behaviour and had negative assumptions about older people but he changed his mind through working on the the Intergenerational Project



In the pink - Mo and Patrick in the Paulsgrove community garden

in Paulsgrove. Funded by Portsmouth City Council, the project transforms neglected spaces in the Paulsgrove area through older and younger people working together. Patrick was part of the team that created an allotment area and flowerbed at the rear of Paulsgrove Community Centre. This yielded a better understanding on

both sides. "Working with older people on this project has been good because they are nice, and have taught me lots of things about watering and planting vegetables. The area used to be bare and now we have made it much better. We did that, and I'm proud!" says Patrick. Volunteer gardener, Mo Russell, agrees. "We have spent the last five months working with some of the Paulsgrove young people and it has been very enjoyable. It has opened my eyes to what makes young people tick and I hope it goes on for a long time. We have all made a big difference to the Paulsgrove community garden and other people's gardens in the area."



same difference - tweed caps and designer check head to head at Paulsgrove

Wye Valley Winner

Brad, age 16, is from the Portsea area. He came on a residential trip to the Wye Valley in Wales and made a really positive contribution. So impressed were Motiv8 staff with Brad's enthusiasm and leadership qualities that they invited him on the next residential trip as a Young Leader. Brad was keen to volunteer his time. This is a great change from a few



new horizons beckon at the Wye Valley

short months ago when his behaviour caused him to be excluded from school. With Motiv8 supporting him to sit his exams, Brad has turned his life around and has a bright future ahead. "I didn't really understand what Motiv8 was about a year ago and when I understood more of what they offered, I wanted to get involved. Over the last two months I've been able to get on with my exams, find employers, complete a CV, and become involved in the Young Leaders project. It's been very helpful having Motiv8 support me."

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Discover skills, experience and something noble

chair of Motiv8 trustees. Dr Mark Button writes:

Current debates about the 'Big Society' have stimulated interest amongst some in volunteering. However, for a long time many people have been engaged in this activity and gained a great deal from it. Motiv8 provides an example of where people can volunteer and make a real contribution, not just to Motiv8, but the community and in-particular the young people of Portsmouth. It will also not only benefit you from the good feelings of doing something noble, but also may enhance your skills and experience.

From becoming an Appropriate Adult to a trustee of the board there are opportunities. So if you would like to find out more please contact Sam Cofie on 02392 834027 or email him at info@motiv8south.org.uk

what's in it for you?

"To change the world for one person motivates me to give my time"

The benefits of volunteering are not just for the Motiv8 young people, volunteers benefit too. The training to become an Appropriate Adult (AA) is accredited, which means it can be used towards another qualification, such as NVQ. There are social events too so that AA volunteers can get together. What volunteers feedback most however is the amount of personal satisfaction that comes from helping others.

Motiv8 staff also volunteer their time for a variety of causes, from the local school PTA to wildlife conservation, from auditing accounts to trustees of charities helping children and single homeless people. Below is one Motiv8 staff member's reasons why he gives up his time.

"I volunteer for the HOPE Project in Somerstown, working with at risk young people aged 13-18, mentoring, youth clubs, and support groups. I also co-manage a record label for young people in Portsmouth, also under the HOPE Project banner. We have a few young bands signed to us and work to manage them, support them in accessing gigs, recording and so on. I have been given so many opportunities in my own life that I want others to experience how good life is. I want to be a part of something that empowers young people to chase after their dreams, open doors that will change their lives. It is not enough to sit and talk about what should be different. I am determined to do my tiny bit in making the world that we live in a better place. Mother Teresa once said, "If you can't feed a hundred people, then feed just one." I might be able to change the world for one person, and that is what motivates me to give my time."

FAQs about volunteering at Motiv8

what's the Appropriate Adult service?

the Appropriate Adult (AA) service provides a responsible adult to support a young person who has been arrested and detained at a police station and whose parent or carer is unable to attend

will I get any training and support?

training for the AA service is accredited and comprises directed learning, self-study and practical sessions. Motiv8 staff

provide full support and supervision; there are regular social activities so you can meet other volunteers

what about a CRB check?

we organise and pay for an enhanced Criminal Records Bureau (CRB) check

will I get paid?

no, but we reimburse any out of pocket expenses including travel

do I have the right skills?

no formal skills are needed for AA, just a



"I want to to make a difference, to do something, to give something back instead of take, take, take." AA volunteer

genuine desire to help young people in difficult circumstances; however you will need your own transport to travel to and from the police station

will it fit in with my life?
the service is run on a rota basis and is very flexible to fit around your availability - all volunteers chose when and where they wish to be on call

interested?
Sam Cofie is happy to talk to you about any aspect of volunteering with Motiv8. Call 02392 834027 or email info@motiv8south.org.uk



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Motiv8
Floor U2, The Guildhall
Guildhall Square
Portsmouth PO1 2AL

tel 02392 834027
fax 02392 834976
email info@motiv8south.org.uk
www.motiv8south.org.uk