

NO LIMITS

Helping Young People
Help Themselves

Annual Report 2014-15

Information, advice, support,
counselling and advocacy for young
people under 26 in Southampton
and Hampshire.

4,974 children
and young people supported

74% of children and
young people felt more able
to deal with their problems

we gave out
condoms on

753

occasions



230

homeless
young
people
supported to
find housing

1,992 young people
supported with income and benefits

117 volunteers gave us
£100,295 worth of time

“No Limits is a safe, friendly welcoming place...I’m so glad I found this place, not sure where I would be without you all. Thank you.”

Young person supported by No Limits

Health and wellbeing

Weekly health and wellbeing drop-in sessions

were provided in 12 secondary schools and 4 Further Education colleges in Southampton and Eastleigh. We provided **1,327 students** information, advice and support on issues including sexual health, housing and homelessness, bullying, building resilience, domestic violence, abuse, healthy relationships, healthy eating, drugs and alcohol, and self-harm.

During the year we began a new contract for our **DASH substance misuse service**, which we now run in partnership with Solent NHS Trust and the Society of St James. DASH provides help and support for children and young people up to the age of 25 who have a problem with drugs, alcohol or solvents, and information and advice to those at risk of problematic substance misuse.



supported by our **DASH** treatment service

received information, advice and support about substances



participated in **Buzz** substance education sessions in secondary schools

Teen Safe House continues to provide a weekly youth group for young people age 13-18 who need support and may have mental health issues. **35 young people** attended last year.

We are providing counselling in five local secondary schools as part of Southampton City Council's new **HeadStart** programme, which helps children develop the skills they need to deal with worry and anxiety.

Participation

We recruited two **HeadStart apprentices** to give children and young people a strong voice in the programme.

We continue to carry out our service-wide bi-annual **Have Your Say** consultation, asking children and young people for their feedback on our services.



young jobseekers supported

Education, employment

Our **Work Club** is a weekly drop-in service for young people interested in education and job seeking. Young people can receive support with training and apprenticeships and receive advice on preparing for interviews.

No Limits Xtra offers additional one-to-one support, including filling in forms for education and employment, financial money advice, and support with relationship issues. **26 young people** were supported.

Information, advice, counselling

Our three drop-in centres in Southampton City Centre provide a range of services. The centres are open six days a week, offering:

- Support and advice on issues including: housing, employment and training; substance misuse; sexual health; debt; exploitation, abuse and neglect; parenting
- Free condoms, pregnancy testing, Chlamydia testing
- Access to telephones, computers, internet, printing facilities
- Fresh fruit, food, shower and laundry facilities



children and young people came to our drop-in centres

No Limits provides counselling through our **three drop-in centres** in five local secondary schools through the **HeadStart** programme.

We offered **2,712 counselling appointments** during the year. All were assessed for counselling, and **482** went on to attend counselling. The Outcomes for Routine Monitoring (ORM) tool was used to assess the need for counselling, and our target of **80% or more** of young people consistently achieved.

Advocacy and rights

Through our **Just 4 U** service we supported Looked After Children.

Advocates work with children and young people in Southampton to ensure that their views on matters affecting their future are heard and understood what is being proposed and discussed in detail.

Independent Visitors are trained and matched with children in Southampton, Portsmouth and Hampshire and meet with them regularly. Children are referred by Social Workers.

Work and training

Session focussing on employability
meet with agencies offering
receive support with applying for jobs

one support with things like
employment opportunities, debt and
relationships, family or parenting
supported by No Limits Xtra this year.

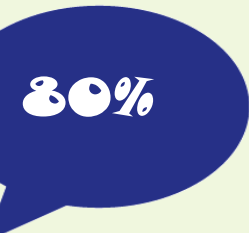


230 homeless
young people
supported into
accommodation

Counselling and support

re, Shirley and Sholing are the heart of our
ring:

ng and homelessness; education, employment
mental health; benefits, money management and
ng; advocacy and rights; justice and equality.
screening, sexual health information and advice.
nter, photocopier and newspapers.
for young homeless people.



80% of young people
experienced an
improvement in their
clinical outcomes as a
result of counselling

pp-in centres, in Bath Lodge GP surgery, and in
project.

the year. **617 children and young people** were
l ongoing counselling. The CORE (Clinical
establish the outcomes achieved through
people improving their clinical outcomes was

fter Children and Care Leavers:

outhampton and Portsmouth to
es are heard and that they
meetings affecting them.

ildren in care in Southampton,
larly to engage in activities.



291 had
advocacy
support from
Just 4 U

Housing and homelessness

Our **Access to Tenancy (A2T)** project trains young
people in independent living and creates tenancies in
the Private Rented Sector by working with private
landlords.

We provide **Floating Support** to young people aged
16-25 who are at risk of homelessness, helping them
to access, settle in to and sustain accommodation.

In December 2014 our **Street Safe** project, a
partnership with Chapter One, came to an end. The
project was funded by the Homelessness Transition
Fund and contributed to their 'No Second Night Out'
campaign.

360 young people had support over housing and
homelessness issues through A2T, Floating Support
and Street Safe while **1,650** had housing advice
through our drop-ins and other services.

**“Since I’ve moved into the property my
health has gotten better, my
depression is better and everything
really lifted.”**

Young person supported by A2T

Vulnerable groups

Next Steps worked with **231 young people** who are
young carers, care leavers and those coming out of
Youth Offending Institutions, supporting them through
transitions. Next Steps is a partnership with Youth
Options, Southampton Voluntary Services, the Youth
Offending Service and Southampton City Council
Care Leavers Team.

Right 2B Safe, which ended this year, helped and
supported young people aged 11-18 who were at risk
from abuse, neglect and sexual exploitation. The
project was a partnership with Youth Access, It's Your
Choice, Off the Record and Step by Step. **154** young
people were supported over the year.

Three No Limits Families Workers were part of
Southampton City Council's **Families Matter** team,
working with families whose children were not
attending school or were involved in anti-social
behaviour, and where adults were unemployed. Over
the year they supported **63 parents, children and
young people**.

Bright Beginnings provides volunteer mentors for
young parents, targeting those who are pregnant with
their first child and don't have enough support.



Looking ahead

Annabel Hodgson, CEO

“It’s been a brilliant year and there are lots of developments to come in 2015-16, which wouldn’t be possible without the commitment of our staff team and volunteers and the support of many others.”

Our **City Centre drop-in centre** has moved to a bigger and better venue at 13 High Street, Southampton. We’ve got all our usual resources, plus phones, computers, counselling rooms, shower and laundry facilities, and a large room for training and groups to meet in.

To make the most of this new space and create a more efficient service, we will be closing our **Shirley** and **Sholing** centres at the end of 2015 so that we can see the fabulous new City centre open Mondays to Saturdays from 10-5pm. It’s been all change for our head office teams this year too, as we have moved to our new building at **35 The Avenue** where we also provide group work and counselling for children and young people.

We will be working with school nurses to support children and young people’s health through the new **Southampton Healthy Ambition** project. No Limits Emotional Health and Wellbeing workers will work in secondary schools, and our Family Navigators will take referrals from GPs and support families where a health issue is impacting on a young person’s ability to attend or attain at school.

We will be growing the capacity of our **DASH** substance misuse project. We are setting up support groups for parents concerned about a child’s substance misuse, and offering a range of activities and groups for those in treatment.

We will be developing a **Young Ambassadors** scheme for young volunteers. We look forward to continuing to work with Southampton City Council and other partners to boost the emotional wellbeing of children and young people through the **Headstart** programme and **Future in Mind**, the government’s national ambition for children’s mental health.

We continue to support and facilitate **Hampshire Youth Access**, the county-wide consortium of Youth Information, Advice and Counselling charities, and look forward to exploring new opportunities together in the coming year.

Last year we supported...



children and young people experiencing poverty

children and young people with mental health issues



young people who were homeless or at risk of homelessness

children and young people with substance misuse issues



who were at risk due to circumstances such as leaving care, being a carer or experiencing violence, abuse or neglect

As a result of our support...

71% felt more positive about the future

73% reported a reduction in stress

74% felt more able to deal with problems themselves

73% had a better understanding of their rights

88% said that their knowledge of where to get help had improved

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