

278 young people who were homeless or at risk of homelessness got housed with our support

WORKING WITH VULNERABLE YOUNG PEOPLE

36% of all the children and young people we worked with self identified as experiencing vulnerabilities beyond that which is normal for most young people.

Through our drop-in centres, 946 young people were helped to claim welfare benefits

Their vulnerabilities included:

- 934 who were not in employment, education or training
- 600 with mental health issues
- 576 at risk of homelessness or homeless
- 378 with substance misuse issues
- 320 young offenders
- 309 young parents
- 305 educational or behavioural difficulties



36% of all the young people we see were experiencing vulnerabilities beyond that which is normal for most young people

HEALTH

Sexual Health advice, information and resources. Condoms were distributed on 1,423 occasions, Chlamydia screens were undertaken 485 times and pregnancy tests 209 times.

Weekly **Health and Wellbeing** drop-in sessions were located in 16 schools (12 in Southampton and 4 in Eastleigh borough), 4 Further Education Colleges (3 in Southampton and 1 in Eastleigh borough) and 4 community settings. 2,279 young people were offered advice and support through these sessions.

Teen Safe House is a weekly youth group for teenagers who may have mental health issues. It is a partnership with Solent Children and Adolescent Health Mental Health services. 36 young people attended last year.

DASH substance misuse service works with young people with substance misuse issues in partnership with Solent NHS Trust. 131 young people with substance misuse problems received treatment and a further 1,486 accessed Brief Interventions on substance misuse issues.

Buzz without Booze delivered education in schools and youth venues on alcohol issues. 226 sessions were delivered reaching 7,000 teenagers.



YOUNG PEOPLE'S RIGHTS

Just 4U delivers **Advocacy** services for **Looked After Children and Care Leavers** in Hampshire, Portsmouth and Southampton. Advocates work with children and young people to ensure that their views on matters affecting their futures are heard and that they understand what is being proposed and talked about in meetings affecting them. 105 young people accessed advocacy.

The **No Limits Xtra service** offers one to one support, helping young people with anything that is holding them back or that they would like support

INFORMATION, ADVICE,

These core services were delivered 6 days a week in Southampton City Centre, Shirley and Sholing,

- Information and advice on a range of issues including benefits, debt and managing money; housing, exploitation and abuse or neglect; advocacy
- Support on health and personal issues.
- Access to No Limits Counselling Service, Y
- Free condoms, pregnancy testing, chlamydia
- Access to telephones, computers and new
- Access to staff from other local agencies via drop-in centres eg Careers Advisors, Princes Trust
- Fresh fruit for all and food, shower and laundry

3042 young people were given advice and support. 329 young people were vulnerable or at risk. 329 young people

EDUCATION, EMPLOYMENT & TRAINING

Supporting young people to find or maintain engagement in **Education, Employment and Training** is an important part of our work. Over the year No Limits youth advice workers worked with Careers Advisors and staff from other agencies supporting young people through ES9s, Work Club, writing CVs and applications and Job Search. 96 young people were supported into Ed-

96 young people were supported into education or training by No Limits

COUNSELLING and SUPPORT

Week in Southampton though 3 drop-in centres in open over 50 hours a week and offering:

Services including: education, employment and training; housing and homelessness; substance misuse; mental health; sexual health.

Work Club, and specialist services.

Media screening, sexual health information and advice.

Newspapers.

Working with young people through our drop-in centres, Wickets Trust, Sexual Health nurse.

Laundry facilities for homeless young people.

Support through the drop-in centres, 45% of whom attended 1,686 counselling appointments with our

VULNERABLE GROUPS

Next Steps is a partnership with Youth Options, Southampton Voluntary Services, Youth Offending Service and Southampton Care Leavers team. One to one support was offered to 204 young people who are young carers, care leavers and for those coming out of Youth Offending Institutions.

Our **Bright Beginnings** project provided volunteer mentors for 15 vulnerable young parents who do not have good support networks.

The **MissU / UTurn project** works in partnership with the Star Project and Barnardo's to support young people aged 11-18 who have run away from home or care, or who are at risk of sexual exploitation. 61 young people were supported over the year to stay safe.

Just 4U Independent Visitors are matched with children in care in Hampshire and Portsmouth and meet with them regularly to engage in activities. 59 children were supported by Independent Visitors during the year.

No Limits supports the charity **Breakout**, a youth project for young people who identify as lesbian, gay, bisexual, transsexual, transgender (LGBT) or unsure of their gender or sexual identity. 5 weekly groups run in Fareham, Winchester, Basingstoke, Eastleigh and Southampton.

Our 3 drop-in centres and 20 Health and Wellbeing sessions gave children and young people 77 hours of drop-in access to advice and support each week

HOUSING and HOMELESSNESS

No Limits housing and homelessness work continues to grow. We helped young people get into accommodation on 278 occasions. Our **Floating Support** service works with 16-25 year olds in Southampton so that by the end of the period of support (up to 2 years) they are able to continue to live independently without support. At any time 75 - 100 young people are supported in this way.

We ran 4 successful **Access 2 Tenancy** courses, training young people in independent living. We also created 27 tenancies in the Private Rented Sector. We worked with private landlords, Solent Credit union and local housing providers Chapter One and the YMCA, to improve young people's housing options and their ability to maintain a tenancy. This year we have developed A2T in Eastleigh, and also for young people in prison.

Our **Street Safe project** started in January 2013 in partnership with Chapter 1 and contributes to the "No Second Night Out" campaign preventing homelessness.



Condoms were distributed on 1,423 occasions and 485 chlamydia screens were done



“We are starting 2013 - 2014 from a firm basis with existing projects already funded and a

Chief Executive’s Highlights of 2012-13. It’s been a successful year for No Limits, against a backdrop of rising demand and cuts to public services. A highlight of the year was winning the 2013 GSK Impact Award, recognising how our work improves the health and circumstances of disadvantaged young people. We are proud to have been able to respond to young people’s increased levels of need, winning contracts, developing new partnerships and continuing to deliver a range of high quality services. We have been able to increase our offer to young people, with a 25% increase in the number of children and young people accessing our support. 5,991 children and young people contacted No Limits for advice and support on 40,954 occasions. We further expanded our reach, with 78% of service users from our traditional base in Southampton and 21% from Hampshire.

This year we developed a range of new services, including housing advice and support for young people in Eastleigh; Advocacy and Independent Visiting services in Portsmouth; work with young people in custody and an expansion of our housing and homelessness work in Southampton. Our Gem of Advice campaign engaged staff, local business and supporters to promote young people’s need to access quality advice and raised funds to support work.

We are starting 2013-2014 from a firm basis with most existing projects already funded and a number of new key initiatives on the horizon. Our Right 2B Safe project will work with young people across Hampshire who are at risk through exploitation, neglect or abuse, in partnership with other youth information, advice and counselling services; we will develop family work through Families Matter in Southampton.

Our work continues to meet Quality Standards and to deliver excellent value for money. I would like to thank No Limits staff, trustees, volunteers and students for their hard work and dedication to our aim of helping young people help themselves.

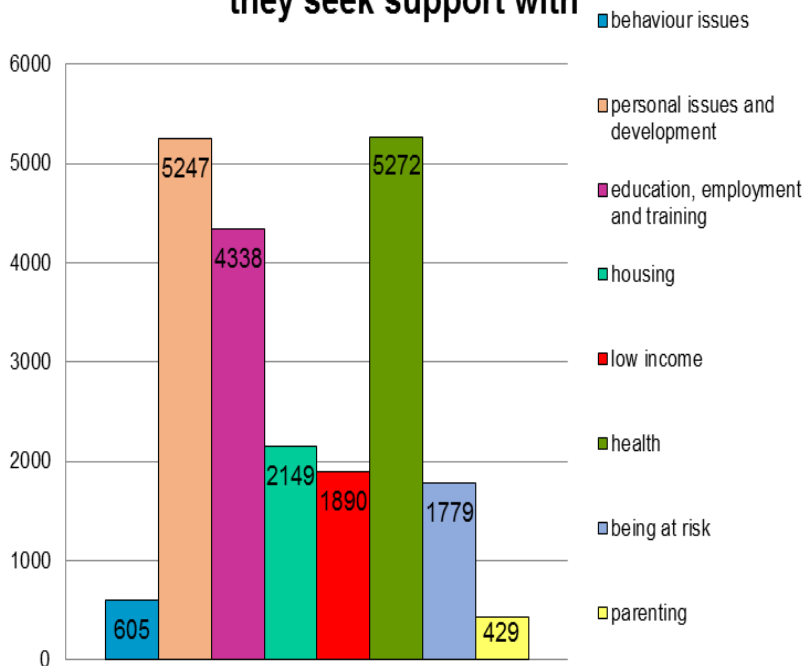
Kayle (aged 20) found herself facing homelessness, when sleeping on her sister’s sofa was no longer an option. She said: “it was a horrible feeling. You feel worthless really, like life is not worth it. I was getting depressed, it was a bad time”. After coming to No Limits for support Kayle was helped to find and move into a shared house and now has a part time job as well. “It was stressful, but it has been so far the best thing of my

About Us - No Limits delivers high quality information, advice, counselling, advocacy and support to children and young people in Hampshire, helping them to achieve positive outcomes. We are a local charity, committed to supporting local young people to help themselves. We have 56 staff and 130 volunteers, and an annual income of £1,492,768 an increase of 34% on 2011-2012.

“helping children and young people help themselves achieve positive outcomes”

- Offering caring, supportive, confidential environments where young people can explore issues which are affecting their lives.
- Providing accurate and up to date information and good advice relevant to young people’s needs.
- Enabling young people to explore options, gain

Numbers of young people and the issues they seek support with



“Thank you so much for all the help No Limits has given my son. The counselling has been life changing and a life saver for us both and has changed Sam’s life giving him a chance that we couldn’t have achieved without you. He now has his own place, independence, is looking for work and your continued support is invaluable. Thank you.”