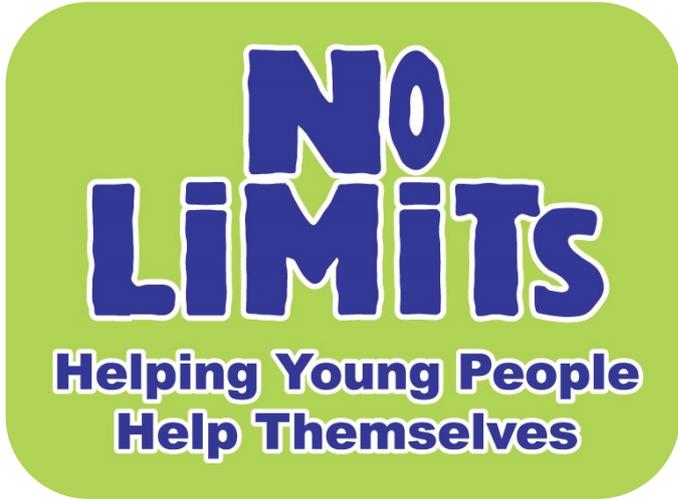




Annual Report 2015-16

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

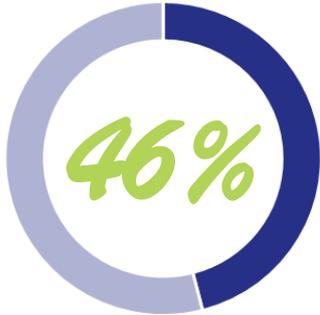


Last year 5,865 young people were given advice and support

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 **1,739 students** information, advice and support on issues including sexual health, bullying, building resilience, domestic violence, abuse, healthy relationships, healthy eating, drugs and alcohol, homelessness and self-harm.



46% of young people we supported were experiencing significant vulnerabilities

No Limits are subcontracted by **Solent NHS Trust** to deliver **Southampton Healthy Ambition (SHA)**. We work in partnership with school nurses to support children and young people's emotional health and wellbeing. Our 5 Emotional Health and Wellbeing workers supported **237 individual young people** and delivered group-work to **245 young people** in schools and Further Education colleges.

194

Families have been supported by our 5 Family Navigators

Substance misuse

The DASH substance misuse service is for young people aged up to 25 years. DASH delivers information, advice, support, groups, activities and counselling, and offers a variety of treatments including harm reduction and needle exchange.

408 under 25 year olds misusing substances had contact with our specialist treatment service and **232** went on to receive treatment.

Young people received information, advice and support about substances

1,954

"I now have more control of my actions and I feel like I will always have someone to talk to honestly."

Young person supported by counselling

Education, employment

Our weekly **Work Club** offers young people a session focusing on employability and how to meet with agencies offering training and support with applying for jobs and placements.

No Limits Xtra offers additional one-to-one support filling in applications for education and training and support with relationships, family issues and mental health.

54 young people were supported

212

Young jobseekers attended Work Club over the year

Information, advice, counselling

In the summer of 2015 we moved our City Centre Advice Centre to a new location. We closed the Shirley and Sholing drop-in Advice Centres full time. The centre is open 6 days a week.

- Support and advice on issues including: housing, debt and training; substance misuse; sexual health; mental 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.

2,276

children and young people came to our Advice Centre

No Limits provided counselling through our **advice centre** and the **HeadStart** project.

We offered **11,039 counselling appointments** during the year. We had contact with our counselling services, and **496** went on to receive treatment. The **Clinical Outcomes for Routine Monitoring** tool was used for **80% or more** of young people who received counselling, and our target of **80% or more** of young people consistently achieved.

Participation

We carry out our service-wide bi-annual **Have Your Say** survey to ask young people for their feedback on our services.

This year we have been focusing on involving young people in our service development and our future vision through our **Young Ambassadors**. Young people can accredit their participation through our **VolInspired** volunteering award.

Some of our young ambassadors have worked with **Southampton City Council** to provide emotional health and wellbeing support in the City.

Work and training

people a dedicated drop-in and job seeking. Young people can access apprenticeships and receive support preparing for interviews.

one-to-one support with things like CVs, job applications, debt and money advice, or parenting issues.

by No Limits Xtra this year.

369

homeless young people were supported into accommodation

Counselling and support

drop-in centre to a new and more prominent counselling centres in December 2015 to open the new City Centre a week, offering:

support with housing and homelessness; education, employment and training; mental health; benefits, money management and budgeting; advocacy and rights; and justice and equality.

support via screening, sexual health information and advice.

support with a printer, photocopier and newspapers.

resources for young homeless people.



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

Centre and in four local secondary schools through

the year. **898 children and young people** were in contact to attend ongoing counselling. The CORE model used to establish the outcomes achieved through young people improving their clinical outcomes was

y consultation, asking children and

people in all aspects of recruitment, including the **young ambassadors** project. All our work through the nationally recognised

Southampton City Council to look at

323

Young people had advocacy support from Just 4 U

Housing and homelessness

We delivered our successful **Floating Support** service for 16-25 year olds who are at risk of homelessness, helping them to access, settle into, and sustain appropriate accommodation.

Our **Access to Tenancy (A2T)** project trained young people in independent living to improve young people's housing options in the Private Rented Sector.

219 young people had support with housing and homelessness issues through A2T and Floating Support, while **1,781 young people** received housing advice through our drop-ins and other services.

"Since I've moved into the property my health is better, my depression is better and everything really lifted."

Young person supported by A2T

Vulnerable groups

Teen Safe House is a weekly youth group for 13 -18 year olds who need support and may have mental health issues. **26 young people** attended last year.

Safe House, which opened in October 2015, is a weekly youth group offering facilitated peer support for young adults. **23 young adults** attended last year.

Next Steps offered one to one key worker support to **192 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.

Bright Beginnings provides volunteer mentors for young parents, targeting those who are pregnant with their first child when they don't have enough support. **21 young parents** were supported last year.

In June 2016 we started **Time 4 U**, a project which offers group-based support for 11-18 year olds with learning disabilities.

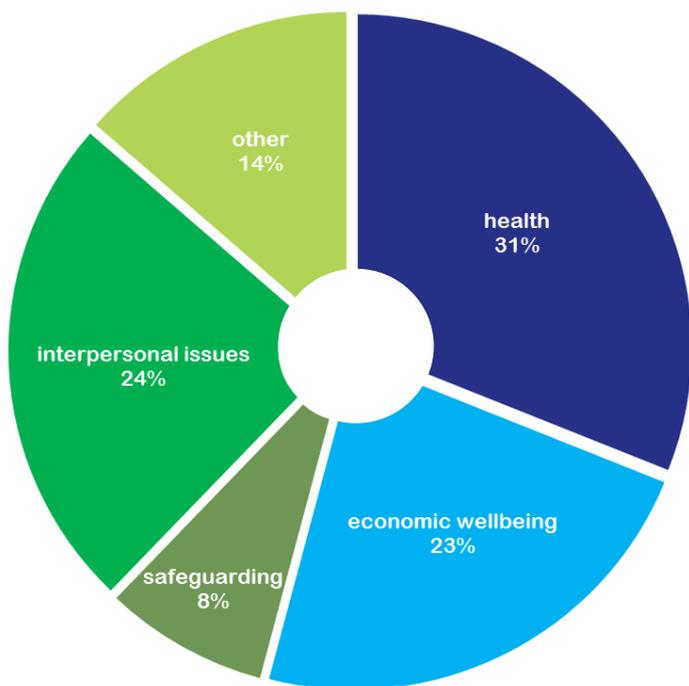
Advocacy and rights

Our **Just 4 U** service supported **367 Looked After Children** and **Care Leavers**:

Advocates work with children and young people in Southampton and Portsmouth to ensure that their views on matters affecting their futures are heard and that they understand what is being proposed and discussed in meetings affecting them.

Independent Visitors meet regularly with Looked After Children in Southampton, Portsmouth and Hampshire and engage in activities. Children are referred by Social Workers.

No Limits' focus of work



of young people said they felt better after having support from No Limits



of young people said they would recommend No Limits to their friends or family

Volunteers

No Limits continues to make a significant use of volunteers in the course of its charitable activities. In particular, volunteers make a crucial contribution to the provision of information, advice and counselling services at our Advice Centre.

2015 - 2016



103
volunteers



10,362
hours

"I enjoy feeling as though I make a difference to young people's lives. I think that No Limits and all the staff do a fantastic job and I feel proud to be part of the team."

No Limits volunteer

Reflections from Simon Derrick, our Chair of Trustees



"Never before has No Limits supported so many children and young people with so many social, health, wellbeing, or emotional challenges or who just need a bit of help, advice or support. This has only been possible with the very considerable help of volunteers, funders, supporters, and our incredible staff. Thank you to every one of you.

There is no doubt that young people face greater social, technological and environmental challenges today than ever before, and our vision to support them with advice and counselling has never been more important and continues to inspire all of us at No Limits. We must close the gap between the haves and have nots."

www.nolimitshelp.org.uk

Charity number: 1088835

Company number: 4183173

35 The Avenue, Southampton SO17 1XN | 02380 224224

www.facebook.com/nolimitshelp

@nolimitshelp

