

## Annual Review: 2011 - 2012

### What is No Limits?

At [No Limits](#) we help young people help themselves. We offer a huge range of services that are delivered through over [fifteen projects](#) which includes support for young people who are homeless, children in care, young offenders, young carers, those with drink/drug issues, young parents, those with emotional or behavioural issues and those who are unsure of their sexuality.

Over the last nineteen years increasing numbers of young people have come to us for support, the services we offer have grown, the area which we serve has extended and we have extended our services to a wider range of the population (26 years and under). Southampton is still our main base but we now operate in Eastleigh, Fareham, Portsmouth, Basingstoke and across Hampshire.

Advice and Support is delivered through our [drop in centres](#), schools, FE colleges, outreach and includes counselling, group work, advocacy and individual support. Young people know that we offer a unique 'one stop shop' and that they can rely on us to provide the most appropriate support and help. The professionalism of our 50 staff and 120 volunteers, is second to none.

### Young people say that No Limits has really helped them .....

*"I was on self destruct and No Limits helped me when I felt I couldn't carry on"*

*"It's helped me to transform my life, myself into a better person with the help of their staff!"*

*"With their support I can stand on my own two feet"*

*"A really helpful place to feel safe whilst exploring my past"*

*"A brilliant service for young people and a good place to get advice and seek help"*

*"I've got a place to live and now I'm getting help to go to college"*



No Limits helped almost 5,000 young people during this year with 33,545 separate contacts overall.

39% of the young people we saw told us they were experiencing vulnerabilities beyond that which is normal for most young people. From the individual contacts we saw:

- 833 were NEET
- 543 had mental health issues
- 462 had substance misuse issues
- 398 were homeless
- 314 were young offenders
- 291 were young parents
- 231 in care or care leavers

It must not be forgotten that No Limits is a charity which costs just over a million pounds a year to run. We raise this from the public, businesses, grants and contracts and we need **your** help. [Donate Here](#).

We improved our presence on the web with a new website, [Twitter](#), and [Facebook](#) accounts and our own [You Tube](#) channel. We also had additional successes winning awards and with publicity in the local news and radio.

This year we started to diversify our income streams by undertaking sporting events (runs, bike rides, sky dives), street parties, charity events as well as online services such as [Every Click](#), [Just Text Giving](#) and [Mission Fish](#). There is much more information about our income and expenditure in our Annual Report and Accounts (2011/2012).

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

Large print or electronic copy available on request

Charity Number: 1088835

Company Number: 4183173

## Staff and Volunteers

Due to our success in gaining a range of new commission services, our staff numbers have grown this year. We now employ 30 full time and 20 part time workers and were pleased to welcome students on placements from Universities.

Our volunteers are fully integrated in all aspects of our work and without them we could not support the young people in such depth and breadth. We encourage volunteers from all walks of life including young people themselves. Volunteers make a crucial contribution to the provision of information, advice and counselling services at each of the Charity's 'drop in' centres. It is estimated that 120 different volunteers contributed around 11,967 hours of time over the course of the year (a 21% increase on the previous year) giving in kind support to the value of £138,000. James one of our younger volunteers said

*"I have greatly enjoyed my volunteering. Meeting the young people and seeing the development because of something you, as part of No Limits, have done is great".*

## How we made a difference to young people's lives in 2011/2012

The excellent core work through our three drop ins, schools and other community sessions continued to be very much in demand. All our projects went from strength to strength and we have some great case studies that show the very positive affect our work has on the lives of young people in Hampshire. We are particularly proud of three new projects.

**A2T** Our Access to Tenancy project helps homeless young people who cannot get into private rented accommodation in Southampton and Eastleigh to gain independent living skills, open savings account, access a rent bond, find a landlord and maintain a tenancy. This year we found accommodation for 28 homeless young people through A2T. This project has been shortlisted for a Children and Young People Now Award 2012 in the early intervention category.

**Just 4U** Supports young people who are looked after by Hampshire and Portsmouth Social Care. Our Just 4U Project provides Independent Advocates that help young people get their point of view across at meetings and help them find out about their rights. We also match the young people with a long term Independent Visitor giving them continuity at a time of

upheaval and uncertainty in their lives.

**Breakout Youth**, Breakout is a project for young people in Hampshire aged 13 to 21 (up to 25 if additional needs are identified) who identify as lesbian, gay, bisexual, transsexual, transgender or unsure of their gender or sexual identity. Breakout offers confidential one to one support and weekly social groups that meet at safe locations in Southampton and now Fareham, Basingstoke, Eastleigh and Winchester. No Limits has successfully supported this group in becoming a charity in its own right.

**Our Have Your Say service user survey showed us that young peoples satisfaction with No Limits is very high:**

- 87% of children and young people told us their knowledge of where to get help had improved
- 78% felt better about their future
- 76% felt their confidence had improved
- 76% told us their stress levels had improved
- 76% felt more able to deal with their own problems

## Who we work with

We are very fortunate to be working with, and alongside, a range of other great providers such as Solent NHS, Local Authorities, Youth Support Services, Probation, Youth Offending, Pathways, Youth Options, SVS, YMCA and Chapter 1. We are also able to receive additional support from other providers that often specialise in a particular aspect e.g. NEET work. This working together provides a seamless one stop shop experience for young people who find it difficult to cope with a whole range of agencies and staff.

Describing the partnership working to deliver health and wellbeing services, including sexual health to young people, Susan Richardson, clinical nurse manager at Solent NHS Sexual Health Service says

*"A sustainable and respectful working partnership has developed, allowing for provision of local cost effective services, which can really make a difference to young people lives. Feedback received from young people is always very positive and highlights that they feel safe and confident in accessing the services available."*

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