

# Alternative Provision Guidance for families

**NO  
LIMITS**  
Helping Young People  
Help Themselves

## Who are No Limits?

No Limits is a youth information, advice, support and counselling charity for children and young people up to the age of 25, with a focus on supporting their overall health, wellbeing and development. With years of experience in youth support, we provide a safe and nurturing environment where young people can grow, learn and overcome challenges.

Scan the QR code to watch a video on YouTube about how No Limits can help young people.



We are excited to offer a new specialised alternative provision for schools, designed to cater to students who may benefit from a more tailored educational approach.

Our provision is rooted in understanding each student's unique needs and providing them with the tools and support to thrive both academically and personally. This alternative provision is underpinned by No Limits' Youth Access approach, which focuses on holistic, integrated and person-centred support.

At No Limits, we know that some children find school incredibly overwhelming. Emotionally Based School Non Attendance (EBSNA) is not a choice, it's a sign that a child is struggling. Our aim is to offer a smaller, calmer, more supportive environment where children can rebuild confidence and feel safe attending again.

If you would like to know more, you can contact Phoebe Dolby, our Head of Alternative Provision at: [phoebe.dolby@nolimitshelp.org.uk](mailto:phoebe.dolby@nolimitshelp.org.uk) / 07741 667 182

## The form

We've asked the school to share some information about your child so that we can understand whether we are the right service to support them. Our aim is to make sure that anything we offer genuinely helps things feel more manageable, both in school and in their wider world. We want you to know this is a supportive step, not a punishment.

We also ask you about any other services involved so that we understand who is already supporting you. This helps us to work in a joined-up way, avoid repeating work you're already doing and be aware of any plans or risks we need to consider to keep your child safe while they are with us.

It's important for us to know when your child feels most comfortable and at their best. This helps us plan sessions that build on what already works for them. We also ask about the times or situations that feel more difficult for your child. Understanding these helps us avoid approaches that could feel overwhelming or triggering and allows us to plan support that feels safe and manageable.

Your views are really important. You know your young person best, and we want to make sure that any support we offer feels helpful and that we can work together in a way that feels right for your family.

Most importantly, we want to hear from the young person themselves about how they feel about spending time with us and what they think they might need support with.