Alternative Provision

NO LiMiTS
Helping Young People Help Themselves

No Limits is a youth advice and support charity for children and young people up to the age of 25 in Southampton, Hampshire, Portsmouth and the Isle of Wight. Our holistic services focus on supporting young people's overall health, wellbeing and development and cover issues including mental health, family and relationships, education and employment, substance use and risk-taking behaviour. With years of experience in youth support, we provide a safe and nurturing environment where young people can grow, learn and overcome challenges.

We offer specialised alternative provision for schools, designed to cater to students with Emotionally Based School Non Attendance (EBSNA) and Social, Emotional and Mental Health needs (SEMH).

Provision combines interventions, confidence-building activities and self-reflection, all tailored to each student's unique needs, providing them with tools and support to thrive, both academically and personally. The programme also provides schools with valuable documentation of evidence-based interventions.

Sessions take place in our Treehouse hub building, situated in the garden of our Avenue site in Southampton, with off-site locations also used for community-based activities and learning.

For more information, visit
nolimitshelp.org.uk/paid-for-services/alternative-provision

For consultations or site visits

- Email alternative.provision@nolimitshelp.org.uk
- Call 02380 224 224

Offer 1
Emotionally Based School Non-Attendance

Our emotionally-based school non-attendance (EBSNA) provision is rooted in understanding each student's unique needs and providing them with the tools and support to thrive, both academically and personally. We recognise that EBSNA is often due to an unmet need or trauma related to education experiences. We offer a safe environment, using a PACE+ model (playfulness, acceptance, curiosity, empathy) where young people can begin to rebuild. Reintegration to mainstream school is always the goal, but there is no rush and length of support required will vary.

Group size	Up to six young people in each cohort (bespoke one-to-one mentoring available upon request)
Support includes	• Staff trained in supporting young people with EBSNA • TalkAbout pro-social communication programme • AQA unit awards • Evidence-based interventions • DNA-V interventions - helping psychological flexibility • Opportunities for community engagement • Cooking and life skills • Sport-based interventions • PACE+, relationship-based and trauma informed models of work • An approach underpinned by the nationally evidenced Youth Access model • Predictable and planned routines bespoke to each young person • Non-judgmental support and conversations with parents and carers • Reintegration plans for schools
Students return to school with	• Improved self-esteem and self-awareness • Ability to build trust and strong relationships • Increased ability to self-regulate through self-support plans • Support accessed for addressing underlying causes • Self-help toolkits • EBSNA journals • Tricky moments plans • What helps me thrive plans • AQA unit awards and accreditations
Evaluation	• TalkAbout assessment evidence improvement in areas such as self-awareness and self-esteem • Outcome wheel • Weekly updates to schools • six-weekly review meetings • Family, young person and mainstream school feedback • Regular observation and reflection
Costings	£55 per hour for individual referrals. For group referrals, please get in touch.

Offer 2
SEMH / complex and challenging behaviour

We understand that complex and challenging behaviour is often a form of communication, linked to unmet needs, trauma, or difficulties with emotional regulation. Our approach focuses on understanding the 'why' behind behaviour, rather than simply responding to the behaviour itself.

Staff are trained in safe de-escalation strategies, positive behaviour support, and restorative approaches. We create structured, predictable environments, using a PACE+ model (playfulness, acceptance, curiosity, empathy) that reduce triggers and support young people to develop self regulation.

Our aim is to help with emotional regulation, reduce incidents of behaviour that challenges, and support successful reintegration or transition to appropriate next steps.

Group size	Up to six young people in each cohort (bespoke one-to-one mentoring available upon request)
Support includes	• Staff trained in supporting young people with complex and challenging behaviour needs • TalkAbout pro-social communication programme • AQA unit awards • Evidence-based interventions • DNA-V interventions - helping psychological flexibility • Opportunities for community engagement • Cooking and life skills • Sport-based interventions • PACE+, relationship-based and traume informed models of work • A youth work approach underpinned by the nationally evidenced Youth Access model • Predictable and planned routines bespoke to each young person • Non-judgmental support and conversations with parents and carers • Reintegration plans for schools
Students return to school with	• Improved self-esteem and self-awareness • Ability to build trust and strong relationships • Increased ability to self-regulate through self-support plans • Support accessed for addressing underlying causes • Reintegration plans • Self-help toolkits • De-escalation strategies • Reflection on what helps me to thrive • AQA unit awards and accreditations • Community-based experiences

Evaluation	• TalkAbout assessment evidence improvement in areas such as self-awareness and self-esteem • Outcome wheel • Weekly updates to schools • six-weekly review meetings • Family, young person and mainstream school feedback • Regular observation and reflection
Costings	£55 per hour for individual referrals. For group referrals, please get in touch.

