

NO LIMITS

**Helping Young People
Help Themselves**

www.nolimitshelp.org.uk

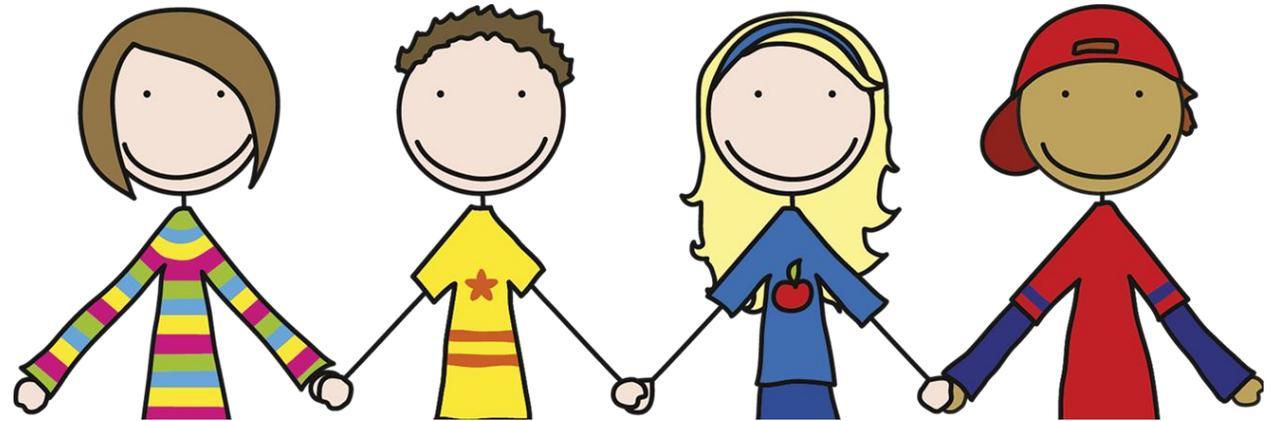
Who are No Limits?

- We **support, advise** and **educate** young people aged 11-25 years old.
- Help them **gain skills** and **knowledge** needed to manage their lives, grow in **confidence** and build **brighter futures**.
- You can talk to us in confidence about anything you are experiencing or have concerns/worries about.



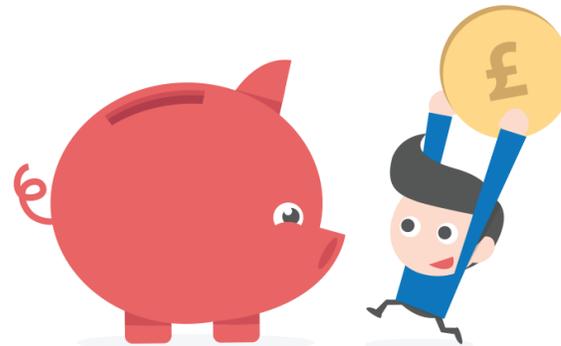
Who are Young Carers?

- A **young carer** is someone under 18 who helps look after someone in their family who
- Has a chronic illness
- Is disabled
- Has a learning disability
- Has a mental health condition
- Misuses drugs and/or alcohol



What might a **Young Carer** do?

- Practical tasks such as cooking, housework & shopping
- Physical care such as getting someone out of bed
- Emotional support
- Personal care such as helping someone wash and dress
- Managing the family budget, collecting prescriptions
- Help give someone their medicine
- Help someone communicate
- Help look after brothers and sisters



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How Caring Can Affect a Young Carer



Frank, J (2002). *Making it Work - Good practice with young carers and their families*. London: The Children's Society - 12-13.

Young Carer Facts

The average age
of a young carer
= 12

80%

of young carers
may not be receiving the support
they need from their local authority.

1 in 3 young carers
spend between 11–20
hours each week caring.



1 in 10
young carers
are providing a high level of care.

1 in 5
secondary school
children have a
caring role



How many young carers are there?

- There are **800,000** secondary school pupils in England with a caring role.
- This means there are six young carers in every secondary school classroom.



Signs of a Hidden Young Carer?

- Low Mood/Mental Health
- Pupil Premium/Free School Meals
- Not joining extra curricular activities
- Homework
- Regular Lateness
- Low Attendance
- Appearance
- Peer Groups
- Parents Evenings



New Challenges For Young Carers



COVID: 56% of young carers say their education is suffering since Coronavirus. (Carers Trust)

Alcohol: Nearly a third of UK public drank more alcohol than usual during the pandemic. (Kings College London)

Self harm rates have risen fastest among young people since 2000 (Samaritans)

Food Poverty Record: 2.5 million food parcels were delivered last year. (Trussell Trust)

Digital Poverty: 1 in 3 young carers are from low income families. They don't have the funds to catch up on homework. (Carers Trust)

Mental Health: 1 in 3 young carers say they have experienced mental health issues

Cost of Living Crisis

- Internet
- Phone Credit
- School Uniform

Referrals

The screenshot shows a web browser window displaying the No Limits website. The browser's address bar shows the URL <https://nolimitshelp.org.uk>. The website's logo, "No Limits Helping Young People Help Themselves", is in the top left. A navigation menu includes "About Us", "Vacancies", and "News". A search bar with the text "Search our services..." is on the right. A dark blue navigation bar contains buttons for "Get Help", "Support Us", "Resources", "Contact Us", "Donate", "Request Support", and "Leave Site".

The main content area features a dropdown menu for "Referrals" with the following options:

- Refer Myself
- Refer A Young Person
- Drop-Ins
- Health & Well-Being
- Welfare
- Support Groups
- Family & Care
- Participation & Social Action
- Virtual Services

Below the dropdown, there is a section titled "Top tips for looking after your well-being". The text reads: "Staying at home and indoors can be challenging, but there's lots of ways you can look after your well-being. Our Youth Workers have come up with some useful links to online resources." A green button labeled "Find Out More" is positioned below the text.

The background of the main content area shows a white box with a yellow smiley face sticker on it. At the bottom right, there is a "Leave A Message" button.

The browser's taskbar at the bottom shows the Windows logo, a search bar with "Type here to search", and several application icons. The system tray on the right indicates a temperature of 8°C, a cloudy sky, and the date and time: 09:11 on 02/02/2022.

Young Carers in Southampton

- Youth Support Group – Face to Face
- 1:1 support – in school, in the community or online
- Workshops – What is a Young Carer?, Looking After Myself, Autism, What is Cancer?
- Fun Activities and Day Trips throughout the year
- Residentials including the annual Young Carers Festival Weekend 1st – 3rd July 2022
- Young Carers Champions – Local and National Platform

Other Support & Resources



Young Minds support Young Peoples' mental health: www.youngminds.org.uk

[Young Minds Crisis Messenger](#)

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.



These appointments are private, and you can speak to a youth worker one to one.

Webchat

We also offer further support on our [No Limits Online Web Chat](#) service where you can speak to a Youth Worker.



Childline is available to all young people.

It has someone on the end of the phone if you want to talk about problems any time of day 0800 1111. www.childline.org.uk



Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Simply TEXT SHOUT to 85258

Visit the website for more information: www.giveusashout.org