

Who are we:-

Safe Haven (No limits): We are a Charity ran organisation which is a part of No Limits Help Charity, we are based in Southampton; however, we have grown and have come into one of your local communities which is Farnham NEHF , we have also grown into the Isle of wight ! We are eager to support and advise and cater for young people and their families our age bracket is 10yrs - 18 yrs. We are based on mental health crisis and wellbeing; Safe Haven runs in the later part of the afternoon as an out of hours confidential service. Our 1 2 1 are dedicated to the young person and their needs and based on what they are feeling and wanting to do. Our drop ins are activity based, such as doing Mental health workshops, Awareness workshops, Anti bullying, LGBTQ workshop, Wellbeing Workshop, Life skill Workshop, Meditation Workshop and so many more. (if there isn't a work shop you seen and would like to do a particular workshop or have a suggestion for a workshop, please let us know and we see what we can put in place).

Meet the team:-

Megan (Lead Crisis Intervention Support worker for Youths)

My passion:-

“I am passionate about supporting children and young people and helping them feel safe, heard, and understood. I believe every young person deserves someone who will listen without judgement and support them through difficult times. My aim is to build positive relationships with young people and their families and help them feel supported to move forward.”

My Selfcare:-

“Love to walk my dog, although he takes me through a lot of mud!”

“Cozying up on a raining day with hot chocolate and Netflix”

John (Crisis Intervention Support worker for Youths)

My passion:-

“My passion is about working with children and young people and supporting them through difficult times. I believe every young person deserves to feel safe, valued, and listened to. My role is to work alongside young people and their families to provide support and build positive outcomes.”

My Selfcare:-

“I Love to do sport and often visit the GYM ”

“ I enjoy meeting with friends and family to socialise and have a laugh “

Opening times

Please note we may not respond until a few days / hours later as our norm days of working are Monday and Thursday 3.30pm - 7 pm , Tuesday 3pm – 8pm , if it's a medical emergency please call **111** etc or alternative for a non-medical emergency our HR number via landline is provided on our business card.

Our running times at NEHF Safe Haven:

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|----------|---------------|---|
| Mondays | Royal oak hub | 3.30pm - 4.30pm (Drop-in services) 4.30pm - 5.30pm (face to face appt or remote appt) |
| Tuesday | Online | 3pm – 8pm |
| Thursday | Royal oak hub | 3.30pm - 4.30pm. (Drop-in services) 4.30pm - 7.00pm; (face to face appt or remote appt) |

Other days speak to a youth worker via No limits. Monday – Sunday on 02380 224 224 (option 1)

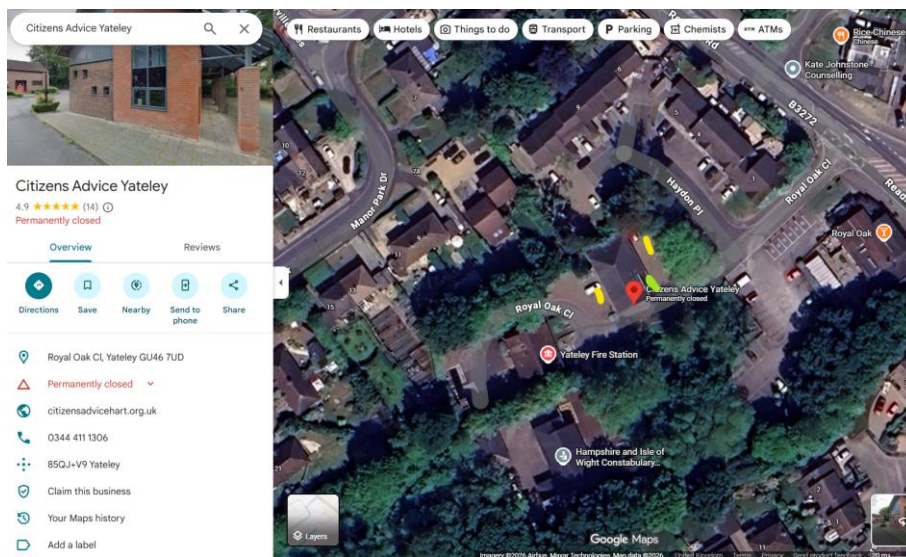
Our Location

<https://maps.app.goo.gl/yCpYEZJ5BAAtFwUt8> (Royal Oak Cl, Yateley GU46 7UD)

The building use to be Yateley`s citizen advice building. It is next to the police station / fire station

(We have attached a screenshot of where you can park , which are the yellow dots, the green dot is the entrance)

We ask parents to either drop off or remain in the car unless the young person wishes for parent to be within the 1:1 sessions.



We ask if you're attending and have arrived please send a text to us on 07918259361 or whatsapp us, so we can help you get into the building. Please when entering the building we ask if you can be quiet until you are in the room with us as the building is a borrowed facility and is used by other professionals and their clients.

Our confidential statement

Confidentiality at No Limits / Our statement :-

No Limits is a confidential service. This means that, in general, we won't tell anyone outside of No Limits what you've told us, unless you agree that we can. However, sometimes we have a duty to tell someone



what you've told us, if we need to protect you and/or other people from harm. This includes serious harm that could happen to you now but could also include if someone has seriously hurt you or someone else in the past. We will do our best to let you know if we have to share something you've told us.

Our rules

- We are a safe space for young people and children please be mindful of our space and other clients.
- Our sessions offer drop ins and 121 support we encourage you to be respectful towards others and our staff.
- Safe haven offers 4 sessions, if you have missed 3 sessions, or no longer communicate us we will unfortunately have to close your case; however, you always welcome back when the time is more right.
- You are always welcome to request for a different youth worker if the one you are currently matched with does not fit; there may be a wait, but we will get to you.

More information can be provided on our website.

Our Socials

Our entrance website: No Limits (Young People's Support Charity) (nolimitshelp.org.uk)

Our Safe Haven website: Safe Havens | Mental Health and Wellbeing | No Limits (nolimitshelp.org.uk)

If you have any enquires etc please feel free to message us via text/ call/ email and we will be happy to help.

Feedback : With your time with us we may be ask you a couple of times to provide us your feedback on our online form, as this enables us to be able to see how we are doing. As we are a charity your feedback is important to us to support us to keep running and reaching out further into the communities.

Feedback from our young people from drop ins "I feel so relived I am not the only one who feeling the way I am"

Feedback from our young person from 1 2 1

"I love safe haven because I am safe my mind is safe, and I can speak freely and non-judged and it's all within a confidential space and I can finally be able to breathe"

Our Socials:

No Limits (@nolimitshelp) • Instagram photos and videos

No Limits | Southampton | Facebook



Kind regards Safe Haven NEHF (No limits)