



No Limits Perth

“For almost eight years No Limits Perth has provided essential emergency support services to the most vulnerable and disadvantaged people across Perth’s northern suburbs.” Janine Wood

An interview with Maggie Hamilton

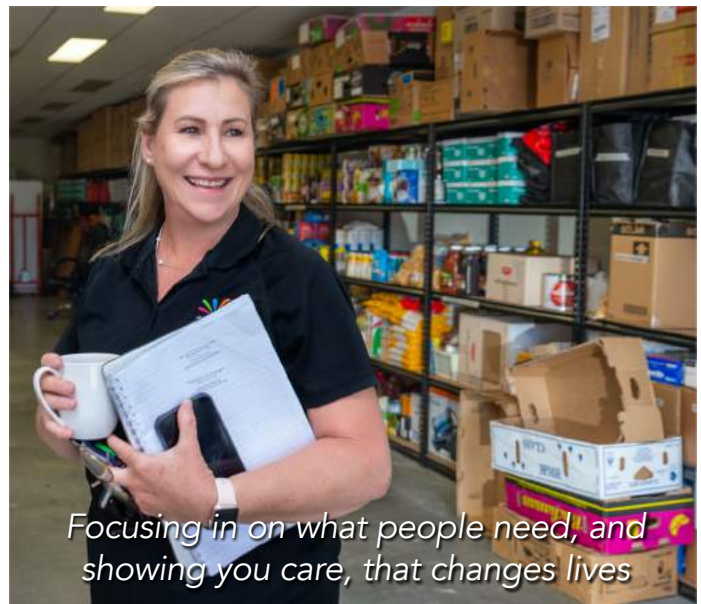
The assistance *No Limits Perth* offers, can be anything from basics such as food, transport, furniture, hygiene and personal items, to helping individuals and families find emergency accommodation. *No Limits Perth* also advocates for those in need.

Co-Founder Janine Wood admits she’s always been drawn to charity work. She’d hear about flood or fire victims, and would reach out. Then she heard of a lady and her daughter, who had been placed in protective custody without any wider resources. Concerned, Janine contacted others asking how they might help and, within twenty-four hours, the lady had a fully furnished home.

Seeing this, one of the police officers on this case met with Janine, explaining as a police officer she came across numerous families experiencing some form of violence, including domestic violence. Constrained by her role, this police officer was frustrated at not being to help these vulnerable people in practical ways.

As a former victim of domestic violence, Janine knows just how difficult life can get, and how important it is for victims to have support. Deciding to act, Janine, along with two police officers started a Facebook page, drawing interest from a growing number supporters and volunteers. ‘These days, ninety-nine percent of those working with *No Limits Perth* are volunteers,’ Janine explains.

She insists that to run a successful outreach, means taking care of the volunteers, as well as those they seek to help. ‘We value our volunteers and nurture them,’ she tells, insisting, ‘the people you gather around you, is very important.’



Focusing in on what people need, and showing you care, that changes lives





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“We all need to live like there’s no tomorrow.”



The people you gather around you is very important. Those who give their time also need to be taken care of.

Those who give their time also need to be taken care of. Without our amazing board and volunteers, we couldn’t do what we do.’

Of equal importance, is being transparent about how and why you offer support. ‘It’s essential everyone shares the same vision,’ Janine explains, ‘and that our volunteers have the same passion and values.’

Some of the many services *No Limits Perth* offers includes food hampers, their mobile laundry service *Positive Spin*, furniture collection and distribution, as well as Christmas hampers, children’s toys, and access to linen. ‘We don’t realise how fragile life can be for people,’ Janine reflects. ‘How quickly things can change, and how easily someone can fall through the cracks.’

Uniquely, all items donated to *No Limits Perth* by the community are distributed without any cost. *No Limits Perth* believes the act of giving to someone in need, without expectation, payment or judgement of a person’s situation, is a particularly powerful way to share kindness - creating a real sense of belonging, as well as building resilience within the community.

‘It’s [understanding] the power of random acts of kindness, focusing in on what people need, and showing you care, that changes lives,’ insists Janine. ‘I believe we are one of the most incredibly generous nations on the planet when it comes to helping someone in crisis.’

‘When people’s lives are changed [by what we do], our lives change too. These experiences mark you forever. We all need to live like there’s no tomorrow.’

No Limits Perth comprises a group of ordinary people, who are passionate and determined to help out. ‘Everyone is focused on building partnerships and long-term relationships,’ Janine tells. ‘We’re united by the same vision, the same heart, same mission to make a difference - one random act of kindness at a time!’

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