

## Youth Ambassadors: No Limits needs You...

- Are you aged 14-25 years old?
- Have you, would you, could you or are you using No Limits services?
- Would like to help ensure other young people know about our services and advocate on their behalf?
- Would you like to get involved in developing and promoting our services?

**We are looking for volunteers to attend regular meetings / training sessions. As well as take part in activities such as:**

- Helping promote No Limits through photo shoot opportunities, talking about us at events, being used in promotional material. Helping plan our events.
- Helping in the staff recruitment process (being part of our Young Peoples panel)
- Participation in focus groups/consultations about issues all Young People face
- Feedback ideas/suggestions on how No Limits can provide a better service.

<http://www.nolimitshelp.org.uk/page/young-volunteers>



*No Limits is committed to safeguarding the welfare of children and young people.  
All volunteers will be subject to an enhanced Criminal Records Bureau check.*

## No Limits Youth Ambassadors 2017 sessions

*(dates from June to be confirmed)*

**At No Limits, 13 The High Street, Southampton, SO14 2DF**  
*(refreshments provided)*

### **Interested?**

**Just fill out the application form and then we'll see you at any or all of our upcoming V50 sessions\*\*:-**

- **Monday 23rd January (5-6:30pm)**
- **Monday 27th February (5-6:30pm)**
- **Monday 27th March (5-6:30pm)**
- **Monday 24th April (5-6:30pm)**
- **Monday 22nd May (5-6:30pm)**

**Cheers, Liz ([liz.carter@nolimitshelp.org.uk](mailto:liz.carter@nolimitshelp.org.uk))**

**\*\* These sessions will include understanding networking and charity fundraising; recruitment training to help with the recruitment of new staff for No Limits; mutli-media training; planning meetings for upcoming events / consultations; participating in focus groups; helping to design our staff training; feeding back on how young people friendly our information / publicity actually is; No Limits service update sessions etc...**