

## Information for Friends and Family

- Do you know a child or young person who cares for someone else?
- Do you think the responsibility placed on this young person may be too much?
- Do you feel that the young person needs help and support?

If the answer is yes and you would like more information or to make a referral please contact us:

Young Carers in Southampton  
No Limits  
35 The Avenue  
Southampton  
SO17 1XN

**02380 224224**

[teamyoungcarers@nolimitshelp.org.uk](mailto:teamyoungcarers@nolimitshelp.org.uk)

Young Carers is a project in partnership with



## Young Carers in Southampton

### Equal Opportunities

All children and young people have an equal right to use our project and an equal right to respect.

### Confidentiality

We believe you have a right to privacy and therefore a confidential service.

Everything you tell us can remain confidential. This means we won't talk about any details you tell us to anyone outside of No Limits unless there is a serious risk of harm to you or another person.

### How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by talking to a worker, visiting our website, writing in our comments book or completing a feedback form.

The logo for No Limits, with 'NO' in a small, bold font above 'LIMITS' in a large, bold, blue font with a white outline.

Helping Young People  
Help Themselves

Registered Charity No. 1088835

# Young Carers in Southampton

**A service for  
Children or Young  
Persons who are caring  
for someone**

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Helping Young People  
Help Themselves

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

Tel: 023 8022 4224

## What is a Young Carer?

A young carer is someone aged 8-18 who helps to look after a family member with a physical or learning disability, mental ill health, chronic illness or may have difficulties with drug/alcohol use.

If you are affected by looking after a family member and help with things such as: cooking, cleaning, shopping, looking after younger siblings then you may be a young carer.

I think that the Young Carers Project has definitely made a difference, because I am a lot happier, knowing that I have someone to turn to when things get rough - Young Carer aged 15



## What do we do?

- Offer a break away from home and your caring responsibilities
- Opportunities to meet other young carers and make new friends
- One to one support
- Group sessions
- A chance to be listened to and to have a voice
- Information and guidance
- New opportunities & days out
- A range of other support including in school support
- Reduce isolation and opportunities to have fun



## We are here to help

At No Limits we are all about helping young people to help themselves.

As well as the Young Carers Project, we also offer a variety of other services in the No Limits advice centre and in secondary schools and colleges:

- Counselling: One to one counselling where you can talk in confidence
- Therapeutic groups: anger management and anxiety
- Southampton Healthy Ambition: Supporting children and young people to reach their potential in education
- Money Advice: Help with money, benefits and dealing with debt
- Help with housing and homelessness
- Use of a shower if you are homeless
- Free use of phones and computers with internet access
- Help with drug and alcohol problems
- Help with benefits and filling in forms
- Help with looking for work, apprenticeships, training and education

**And much, much more...**

### Our Young Carers

Even though a child may not seem like they are struggling, in our experience there can be problems that others are not aware of. Young carers are vulnerable to bullying and caring can limit their educational, social and psychological development. We can help with these issues to build resilience and coping skills, reduce isolation and have loads of fun!