

Phone or drop-in and speak to a youth worker at the No Limits Advice Centre:



No Limits
13 High Street
Southampton
SO14 2DF

How to get in Touch:

Call us:

023 8022 4224

Email us:

Youngpeople&parentscommunitysupport
@twosaints.org.uk

Community Support

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 so we offer a confidential service.

Everything you tell us can remain confidential. This means we won't talk about any details you tell us unless there is a serious risk of harm to you or another person.

The Community Support service is part of a partnership working collaborative between No Limits (South) Two Saints and the YMCA.



Community Support

Helping you to Set Up or Maintain Safe Accommodation

A service for 16-25 year-olds in Southampton who are homeless, at risk of homelessness or who want support to maintain their tenancy



TWO SAINTS is a registered society under the Co-operative and Community Benefit Societies Act 2014 no. 26511R and is an exempt charity

No Limits is a registered charity in England and Wales. No: 1088835

What support is available?

Community Support Workers can support you if you are 18- 25 years old and in need of help with maintaining a tenancy, resettling into a new tenancy or supporting you to stay at home.

Our Support Workers can work with you through:

One-to-one Support

Community Support Workers can come to your home or meet you in the community for pre-arranged appointments.

Drop in Support

You can drop in and talk to a Community Support Worker at the No Limits Advice Centre. Our workers are available Monday-Friday 1.30pm - 4pm.

You can access these without appointment.

Group work

You can attend a variety of workshops on managing a tenancy, managing anxiety or anger, cooking on a budget, finding work or training opportunities and many others.

“I was supported to claim the right benefits and my worker really listened to me as I was feeling worried. Now I feel more confident.”

Is Community Support for me?

Community support may be for you if:

- You would like some support to move into a new tenancy. This could be around managing financially, understanding your rights and responsibilities, settling into the community or building your confidence in living independently.
- You have a tenancy and are struggling to pay your rent and bills, are in debt, have had complaints about noise or behavior, there are problems with the condition of your home, you want help communicating with your landlord, you feel isolated or you have been threatened with or issued an eviction notice.
- You are living at home but there are problems with this, or you are being asked to leave. You may want support to improve the situation at home so you can stay, or some advice about how to make a planned move into independence.

I was desperate to move out as I was always arguing with my parents. I didn't really have a clue what to do. I'm still at home but it is better and I'm saving up for my own place.

More about Community Support

Our Community Support Workers are friendly, easy to talk to and can support you with:

- Income and Benefits
- Bills, Budgeting and Debt
- Substance use
- Physical health
- Education / Training / Work
- Daily Living
- Life Skills
- Social Networks and Relationships
- Children / Dependents
- Legal Issues
- Offending Behaviour
- Personal Development
- Mental Health issues
- Emotional support
- Achieving your goals