

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



No Limits
13 High Street
Southampton
SO14 2DF

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At your school or college:

Come and see us at one of our Health and Wellbeing drop-ins at your school or college. See our website for details
www.nolimitshelp.org.uk/school-and-college-drop-ins

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Call us:

023 8022 4224

Email us:

advice@nolimitshelp.org.uk

Visit our website:

www.nolimitshelp.org.uk

Support us

Your help and support can change the life of a young person and give them a brighter future.

For information on how you can get involved, including how to make a donation...

Call: 02380 224224
Visit: <https://nolimitshelp.org.uk/get-involved/>
Or send a cheque to our registered office

Time4U

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 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 form.

**NO
LIMITS**

Helping Young People
Help Themselves

Registered Charity No. 1088835

Time4U

Weekly youth group



11-18 year olds with learning disabilities

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Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

WHO ARE WE?

Time4U is a youth group for 11 to 18 year olds. We offer weekly sessions that are fun and full of activities. These group sessions give you the opportunity to meet and make friends with other young people in a similar situation to yourself.

WHAT IS THERE TO DO?

- A chance to relax, laugh and have fun!
- Games
- Arts, crafts & workshops
- Music
- Magazines
- Cooking & refreshments
- Trips out

WHY COME TO TIME4U?

Come along to Time4U to get support, meet friends and try out new activities. Does your learning difficulty make it hard to make friends? Would you like to join with other young people for some fun sessions? Our trained staff will ensure you have fun and are supported.

WHEN?

**Monday's
5:30pm to 7:30pm**
Food provided, venue centrally located.

HOW TO JOIN US?

You can call us or come into our Advice Centre. Ask to speak to a worker to find out more about Time4U.

You will need to be a member of Buzz Network.

If you like what you hear we'll get you started at the group soon after.

