

Drop in to our Advice Centre, call or visit our website to speak to one of our friendly youth workers



No Limits  
13 High Street  
Southampton  
SO14 2DF

### 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](http://www.nolimitshelp.org.uk/school-and-college-drop-ins)

-  023 8022 4224
-  [advice@nolimitshelp.org.uk](mailto:advice@nolimitshelp.org.uk)
-  [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)
-  [www.facebook.com/nolimitshelp](http://www.facebook.com/nolimitshelp)
-  @nolimitshelp

### 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

## Next Steps

### 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

**NO  
LiMiTs**  
Helping Young People  
Help Themselves

Registered Charity No. 1088835

**Next Steps**

# Next Steps Project

One to one support  
for young carers, care leavers  
and young offenders

*Youth Options*  
a better future  
for young people

**NO  
LiMiTs**  
Helping Young People  
Help Themselves

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)  
Tel: 023 8022 4224

# What is Next Steps?

Next Steps is a partnership between No Limits and Youth Options. It is a Big Lottery funded project that provides one to one support and advice to young people aged 16-24 who live in Southampton, and are going through transitions in their lives.

## Young Offenders

If you have left, or will be leaving a Young Offenders Institution or Prison soon, and would like help and support with resettlement, through:

- Finding suitable accommodation
- Housing advice
- Accessing benefits
- Managing debts/bills
- Budgeting
- Developing or improving life skills such as decision-making, planning and time management
- Getting into education, employment and training
- Creating positive social networks and relationships
- Substance misuse
- Signposting or referring to other agencies
- Helping you have your say
- Reducing the risk of re-offending

## Young Carers

If you are a young person whose life is affected by caring for a family member who may have a physical or learning disability, mental ill health, chronic illness or have difficulties with drug/alcohol use and you would like support & guidance with looking forward to your future options, including support with:

- Creating positive social networks and relationships
- Getting into education, employment and training
- Helping you have your say
- Finding suitable accommodation
- Housing advice
- Accessing benefits
- Managing debts/bills
- Budgeting
- Developing or improving life skills such as decision-making, planning and time management

### Contact:

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

Call: 023 8022 4224

## Care Leavers

If you have left, or will be leaving care soon and would like help and support with moving forward and living independently through:

- Finding suitable accommodation and housing advice
- Accessing benefits
- Managing debts/bills
- Budgeting
- Developing or improving life skills such as decision-making, planning and time management
- Getting into education, employment and training
- Creating positive social networks and relationships
- Substance misuse
- Signposting to other agencies who can support you with other issues you may be facing
- Helping you have your say
- Maintaining contact with your Social Worker

### Contact:

[enquiries@youthoptions.org.uk](mailto:enquiries@youthoptions.org.uk)

Call: 07881 109 682



**LOTTERY FUNDED**