

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

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

Young Carers in Southampton

Are you, or do you know a young person, aged 8-18 and helping to care for a family member who is ill or disabled?

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

023 8022 4224

teamyoungcarers@nolimitshelp.org.uk

www.nolimitshelp.org.uk

www.facebook.com/nolimitshelp

[@nolimitshelp](https://twitter.com/nolimitshelp)

Young Carers in Southampton is a project in partnership with



**NO
LIMITS**

Helping Young People
Help Themselves

Registered Charity No. 1088835

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www.nolimitshelp.org.uk

Tel: 023 8022 4224

Who are Young Carers?

A young carer is someone under 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, or someone you know, is affected by looking after a family member, helping with things such as: cooking, cleaning, shopping, looking after younger siblings and providing emotional support 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?

Young Carers in Southampton is a service for young people aged 8-18 whose lives are affected by caring for an unwell or disabled family member.

We work with young carers across the city and offer support & guidance to support you in making choices about your future, including support with:

- Creating positive social networks and relationships
- Getting into education, employment and training
- Helping you have your say and get your voice heard
- Finding suitable accommodation and providing housing advice
- Accessing benefits
- Managing debts/bills and support with budgeting
- Developing or improving life skills such as decision-making, planning and time management
- Supporting your wellbeing and confidence

We are here to help you:

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

As well as the Young Carers in Southampton 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, Anxiety.
- Southampton Healthy Ambition, supporting children and young people to reach their potential in education
- Money Advice – help with money, benefits and dealing with debts
- Help with housing and homelessness
- Free use of a phone and computers with internet access
- Help with benefits and filling in forms
- Use of a shower and washing machine if you are homeless
- Help with drug and alcohol problems
- Help with looking for work, apprenticeships, training and getting back in to 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, physical and psychological development.

We can help with these issues to build resilience and coping skills, reduce isolation and have loads of fun!

