

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

023 8022 4224

advice@nolimitshelp.org.uk

www.nolimitshelp.org.uk

www.facebook.com/nolimitshelp

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

Bright Beginnings

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 feedback form.

**NO
LiMiTs**
Helping Young People
Help Themselves

Registered Charity No. 1088835

Bright Beginnings

A befriender project for parents to be

**NO
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www.nolimitshelp.org.uk

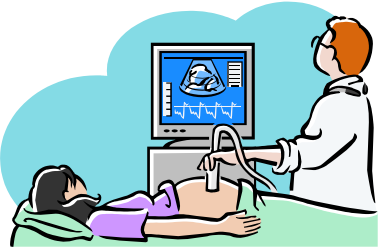
Tel: 023 8022 4224

What is Bright Beginnings?

Bright Beginnings is a project that provides befrienders for young parents who would like additional support.

This project is for you:

- If you are aged between 17 ½ and 23 years old when 3 months pregnant



- If you do not have enough support



- If you would appreciate the support of a befriender

Your befriender will:

- Meet with you regularly during your pregnancy and until your baby is at least a year old
- Support you (and your partner if you are together) to prepare for looking after your baby
- Help you understand the changes you are going through and how you can have a good relationship with your baby
- Offer other services available from No Limits, which might be of benefit to you, e.g. help or support with financial or housing issues

I have always felt that my befriender respects me and never judges me or the decisions that I make. I am happy to be a part of the project

Who befrienders are:

- Specially trained No Limits Volunteers
- Experienced parents themselves
- Passionate about helping you be the best parents you can be

We are here to help you:

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

As well as our Bright Beginnings Service, we also offer a variety of other services in the No Limits advice centre and schools and colleges:

- Free condoms, pregnancy testing and chlamydia screening
- 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
- Counselling – face to face and online counselling where you can talk in confidence
- Money Advice – help with money, benefits and dealing with debts
- Therapeutic groups - Anger Management, Anxiety, Bereavement
- Southampton Healthy Ambition, supporting children and young people to reach their potential in education

And much, much more...