

Our open access Advice Centre in central Southampton is open to all young people aged 11-25 years



**No Limits**  
13 High Street  
Southampton  
SO14 2DF

Get in touch



023 8022 4224



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



[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)



[www.facebook.com/nolimitshelp](http://www.facebook.com/nolimitshelp)



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

Registered address: 35 The Avenue, Southampton, SO17 1XN

## Thinking about Volunteering?

No Limits is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

### We recognise that:

The welfare of the child, young person or adults we work with is paramount.

All people, regardless of age, disability, gender, racial heritage, religious belief, sexual orientation, or identity, have the right to equal protection from all types of harm or abuse.

Working in partnership with children, young people, their parents, carers and other agencies is essential in promoting children, young people and vulnerable adult's welfare.

**NO LiMiTs**  
Helping Young People  
Help Themselves

Registered Charity No. 1088835

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## Becoming a Volunteer for No Limits

No Limits works with children and young people and their families. We offer information, advice, support, counselling and advocacy.

Volunteers make a crucial contribution to the provision of our services for children and young people. All volunteers are fully integrated in all aspects of our work.

There are lots of ways that you can be involved at No Limits, whether you want to work directly with children and young people or provide support behind the scenes with administration, fundraising or governance.

We provide thorough training and induction, and can match your skills with one of our existing volunteering opportunities.



## Volunteering Opportunities

A selection of the volunteering opportunities available at No Limits

- In our open access No Limits Advice Centre
- In schools and colleges with the Health & Wellbeing drop-ins
- Qualified or student counsellors and family therapists
- Befrienders for expectant parents - Bright Beginnings
- Supporting our therapeutic groups and youth clubs - Teen Safehouse, Safehouse, Time4U, Breakout Youth, Anger Management, DASH.
- Supporting our Outreach and Early Intervention teams with one off events / sessions in schools and in the community
- Volunteering in administration, fundraising, marketing and volunteer recruitment.
- Young People's volunteering opportunities such as secret shoppers, young recruiters and young workers.

## How can I get involved

Volunteer information evenings take place throughout the year. This provides an opportunity to ask questions of current volunteers and staff and find out what opportunities are available.

Details of all our volunteering opportunities are on our website: [www.nolimitshelp.org.uk/work-with-us/volunteering-opportunities/](http://www.nolimitshelp.org.uk/work-with-us/volunteering-opportunities/)

If you have any queries in the meantime that cannot be answered on the website you can email;

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



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