

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

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: nolimitshelp.org.uk/get-involved/

Or send a cheque to our registered office

Youth Ambassadors

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

No Limits (South) is a registered charity in England & Wales
No. 1088835

Youth Ambassadors

Have your say and help to shape our services.

Volunteer to raise awareness of No Limits at events

Help to Fundraise

**NO
LiMiTs**
Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

No Limits needs your help to develop our service

- Are you aged 14-25 years old?
- Have you, would you or could you use, or are you currently using No Limits services?
- Would you like to get involved in developing and promoting our services?
- Do you want to achieve a national volunteering certificate after 50 hours of volunteering?
- Do you want to learn about recruitment, fundraising and other areas of No Limits work?
- Would you like to meet new people, learn new skills and have fun?

How can you help?

No Limits is committed to engaging young people to volunteer and believe they are the key to shaping our services.

Our **Youth Ambassadors** meet fortnightly to talk about changes that may happen and to inspire ideas to help the community.



There are many ways our Youth Ambassadors can be involved:

- Taking part in photo shoots
- Creating promotional materials
- Promoting No Limits at events
- Assisting with staff recruitment
- Participating in focus groups
- Generating ideas for how No Limits can provide a better service
- Helping to fundraise

Get Involved!

Call us: 023 8022 4224; Email: enquiries@nolimitshelp.org.uk;

Visit our website: nolimitshelp.org.uk/get-help/youth-ambassadors/

About us

No Limits works with young people (up to the age of 26) and their families, to provide free, confidential, information, advice, support, counselling and advocacy.

Our aims are:

To help children and young people aged under 26 to help themselves achieve positive outcomes through:

- Offering caring, supportive, confidential environments where young people can explore issues which are affecting their lives.
- Providing accurate and up to date information and good advice relevant to young people's needs.
- Enabling young people to explore options, gain skills and resources, solve problems and make informed decisions.
- Enabling awareness of their rights and responsibilities and to advocate for and promote children and young people's rights.

