

# NO LIMITS

Helping Young People  
Help Themselves

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



## Join in with our 30th Birthday Celebrations

No Limits is turning 30 in June and we hope you will celebrate it with us! If you've been involved with the charity over the last 30 years, whether you knew us as a young person, volunteer, or staff member, we'd love to hear from you.

For more details and to get involved, please click below to fill in our short form.

**FILL IN FORM**

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# Charity Yoga at Westquay

Sunday 19th February  
10:30-11:30am  
Ground Floor,  
Westquay



## Come and practice Yoga with No Limits

Kat, our Fundraising Officer and professional yoga teacher, is running a yoga session in Westquay, raising money for No Limits.

The session is free, but all donations are welcome. It's for all ages and abilities too, so whether you're a newcomer or practice regularly, we'd love to see you there!

Please bring a yoga mat or large towel and a drink to keep hydrated. Any questions, please email [kat.hutchings@nolimitshelp.org.uk](mailto:kat.hutchings@nolimitshelp.org.uk)



# ABP Southampton Marathon places still available - get yours before they're gone

No Limits running places are being snapped up quickly for this year's ABP Southampton Marathon. Running for No Limits offers you a big discount on entry, whilst raising money for a fantastic cause. Sign up now to avoid missing out!

## Details for running for No Limits:

Entry fee: FREE

Admin fee: £12 (includes a No Limits running top)

Minimum fundraising target: None

## How far can I run?

We have places available for all three distances (full marathon, half marathon, 10k), so just let us know what you'd like to do and we'll sign you up for your chosen distance.

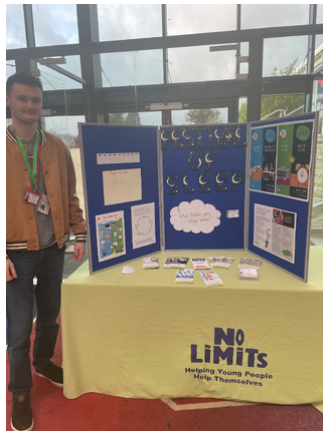
You'll also get access to a free training plan and 1:1 support from our Fundraising Team to help you prepare and reach your fundraising target.

To sign up and run for No Limits, or find out more, email [kat.hutchings@nolimitshelp.org.uk](mailto:kat.hutchings@nolimitshelp.org.uk)

## SIGN UP NOW

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## School & College Drop-Ins in Southampton

Our Early Help team promote positive wellbeing and healthy living in schools and colleges across Southampton, with a new theme each week. This month has seen liver health, sleep hygiene and getting active.

See the full list of schools and colleges we are in here: [Drop-In Sessions In Southampton Schools & Colleges \(nolimitshelp.org.uk\)](https://www.nolimitshelp.org.uk/drop-in-sessions-in-southampton-schools-colleges)

We'll be in at the same time and in the same place each time.

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## Work or Volunteer for Us!

It's brilliant working at No Limits! We have a number of full time, part time, paid and voluntary opportunities available, including new roles in our DASH team and Volunteer Youth Workers.

**"The best thing about working at No Limits is that everyone puts young people first. It's great to work with so many people who care so passionately."**

**VIEW ALL ROLES**



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