

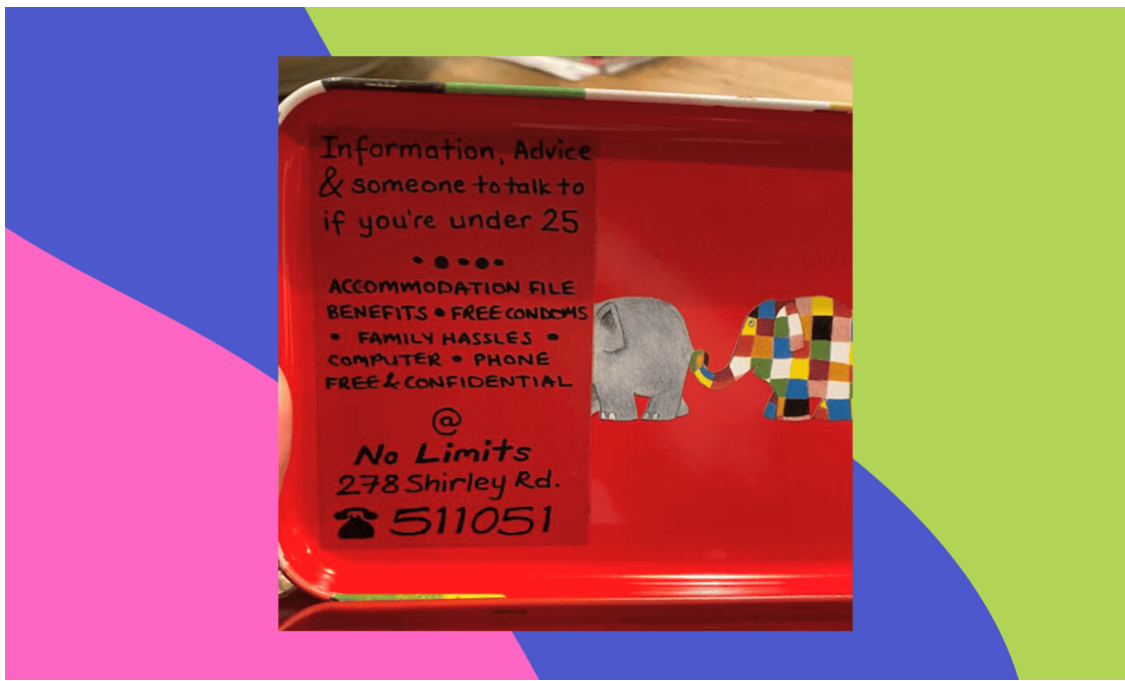


## **New Community Counselling Contract for No Limits**

We are delighted to announce that we have won the contract to provide community counselling for children and young people aged 5 – 18 (or 25 with special education needs) across Hampshire, Southampton and Portsmouth.

This is a similar service to the one we have been providing in Hampshire and Southampton and will now extend to Portsmouth as well. We will continue to deliver some of the service through our Hampshire Youth Access partners across the county, providing a local, community based service offering the best support to children and young people.

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## Send Us Your Stuff

A couple of weeks ago, we got a message on Instagram from Karen, who did a work placement at No Limits as part of her university course, with a picture of an old sticker she'd found from the time.

What a throwback!

Building up to our 30th birthday, if you've got any old No Limits branded leaflets, stickers, mugs, wristbands or anything else, we'd love to see it.

Please send a picture to [communications@nolimitshelp.org.uk](mailto:communications@nolimitshelp.org.uk) with any other info you can remember.



# Hold a Street Party for Us

This year, as part of the Coronation weekend, we are inviting you to hold your street party in aid of No Limits.

The Coronation will take place on the weekend of the 6th to the 8th of May and is a great chance to raise some money to help vulnerable young people in your local community. Take a look at our No Limits Street Party Pack for some ideas on how to celebrate!

[DOWNLOAD THE PACK HERE](#)



## ABP Marathon - Don't Forget to Sign Up

We still have a few places for this year's ABP Southampton Marathon for all distances. 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

## Running Stories

We are also after a few sentences about your running journey to post on social media. Running is great for improving our mental health and we want to highlight

this. If running has helped you in any way, it would be great if you could help us encourage others to benefit in the same way – please send us a photo of you running plus any information on how you got into running, how it has helped you mental health or how it makes you feel to Kat – [kat.hutchings@nolimitshelp.org.uk](mailto:kat.hutchings@nolimitshelp.org.uk)

## SIGN UP NOW



**THANK YOU!**

### Thank You to a Couple of Schools

A big thank you and well done to staff and pupils at The Gregg School for raising money for No Limits! They held a non-uniform day to mark the end of Children's Mental Health Week last month and raised an amazing £324.95 for us.

Another big thank you to Sparsholt Primary School for donating £200 towards our annual Young Carers Summer Camp - it's greatly appreciated!



**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



No Limits, 35 the Avenue, Southampton, Hampshire SO17 1XN, 02380224224

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