



Design a Mascot for No Limits

Welcome from No Limits

We are a children and young people's charity that helps, supports and advises you on how to live your best life.

If you want to know more about how we help, or want to talk to us, visit our website - www.nolimitshelp.org.uk

What is a mascot, and why we need your help!

A mascot represents an organisation, think of Sammy and Mary Saint representing Southampton Football Club.

We want you to help us design a round, cuddly, mascot for our counselling* service, and maybe give it a name too.

Competition details

Draw, paint or collage (it's up to you) your mascot on the space on the next page. Your mascot should help children (aged 5-11) to feel safe and calm when they come to a counselling session.

- Send a photo of your design to: enquiries@nolimitshelp.org.uk, make sure to include the word 'mascot' in the subject line.
- Or you can send your design by post to: No Limits Mascot, 11 Cranbury Terrace, Southampton, SO14 0LH
- We need to receive your entry by 31st December

The winner will be chosen by our counselling team, and will receive a £20 Amazon voucher.

**Counselling is where you talk to someone about your feelings and problems.*

My name is

My contact details are:

email address, home address or telephone number

My mascot's name is:

Draw your mascot here:

Is there anything else you'd like us to know about your design?



@nolimitshelp

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