

Bright Beginnings

**NO
LIMITS**
Helping Young People
Help Themselves

Support for young parents aged 16-25 to help improve all aspects of their health and the health of their baby



Bright Beginnings workers provide one-to-one support to young parents aged 16-25 and their baby, through pregnancy up until the baby's second birthday.

Support is given by our trained befrienders, who will meet with parents regularly to offer support with anything they may be struggling with, such as:

- Preparing to look after your baby.
- Help to understand the changes you're going through and how to have a good relationship with your baby.
- Meetings and paperwork to do with your child, like health, childcare and learning.
- Accessing other services and groups for support.

How to get support from Bright Beginnings



Drop in to our Advice Centre. You don't need an appointment to talk to a youth worker.



Refer online at
nolimitshelp.org.uk/get-support



Call 02380 224 224 (option 1)

Further support

Open six days a week including two evenings, you can drop in to our Advice Centre without having to make an appointment and speak to one of our youth workers about any issue you have.



Advice Centre



Bright
Beginnings



Refer



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk