

Time 4U

**NO
LiMiTS**
Helping Young People
Help Themselves

Weekly groups for children and young people aged 8-18 with special educational needs whose parents/carers have a MaxCard+, registered though the Buzz Network.

Time 4U sessions provide the opportunity for you to meet with likeminded young people, make friends, have fun and talk about the things that are important to you.



Sessions are full of fun activities to take part in, such as cooking, playing games, watching films, arts and crafts, and trips out too.

The support groups are also a safe space to talk about any issues you may be facing, whether that's to do with online safety, self-esteem and confidence, relationships or your emotional health and wellbeing.



How to join Time 4U

Time 4U sessions run weekly at our Advice Centre. Groups are split into ages 8-12 and 13-18.

To get support from our 16-25 Mental Health Transitions team, fill in one of our referral forms at nolimitshelp.org.uk/get-support

Parents and carers will need to have a MaxCard+, registered through the Buzz Network.

Further support



Scan here to find out more about our Buzz Network



Scan here for information about Time 4U and our other groups



Scan here to fill in a referral form



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