

Phone or drop-in and speak to a youth worker at our friendly No Limits Centre:



No Limits
13 High Street
Southampton
SO14 2DF

Call us:

023 8022 4224

Email us:

enquiries@nolimitshelp.org.uk

Visit our website:

www.nolimitshelp.org.uk/page/volunteering

Thinking about Volunteering?

No Limits is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

We recognise that:

The welfare of the child, young person or adults we work with is paramount.

All people, regardless of age, disability, gender, racial heritage, religious belief, sexual orientation, or identity, have the right to equal protection from all types of harm or abuse.

Working in partnership with children, young people, their parents, carers and other agencies is essential in promoting children, young people and vulnerable adult's welfare

NO LiMiTs

Helping Young People
Help Themselves

Thinking about Volunteering?



Charity Number: 1088835 | Company Number: 4183173

NO LiMiTs

Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

enquiries@nolimitshelp.org.uk

Becoming a Volunteer for No Limits

No Limits work with children and young people (up to the date of their 26th birthday) and their families, offering them information, advice, support, counselling and advocacy.

Our volunteers are fully integrated in all aspects of our work and without them we could not support the young people in such depth and breadth. We encourage volunteers from all walks of life including young people themselves.

Volunteers make a crucial contribution to the provision of information, advice and counselling services at each of the Charity's 'drop in' centres, in Health & Wellbeing 'drop ins' in schools and colleges, through our youth support groups, individual projects and specialist services.

We offer a full package of support, training and expenses for all our volunteers including supervision, initial then ongoing training, social events and tri yearly reflection and update evenings.

Details of all our volunteering opportunities are on our website www.nolimitshelp.org.uk/page/volunteering

or you can email enquiries@nolimitshelp.org.uk if you'd like to discuss your options further.

Volunteering Opportunities

A selection of the Volunteering Opportunities available at No Limits

- On our open access No Limits drop-in centre
- In schools and colleges with the Health & Wellbeing drop-ins
- Qualified or Student Counsellors, Family Therapists and Group Facilitators
- Mentors for Looked After Children - Independent Visitors
- Befrienders for Expectant Parents - Bright Beginnings
- Home Makers - supporting young people to live independently
- Supporting our therapeutic groups and youth clubs - Teen Safehouse, Safehouse, Breakout Youth, Anger Management, DASH...
- Supporting our Outreach and Early Intervention teams with one off events / sessions in schools and in the community
- Supporting the Administration of the Charity
- Joining the Fundraising Team

Support with Fundraising

Fundraising is not all about shaking a tin outside the local supermarket. There are plenty of ways to provide support for No Limits.

This could be by giving your time as a volunteer, by organising or taking part in an event or by donating items such as food and clothing.



www.facebook.com/nolimitshelp



[@nolimitshelp](https://twitter.com/nolimitshelp)



sign up for our email newsletter at www.nolimitshelp.org.uk