

**NO
LIMITS**

Helping Young People
Help Themselves



YOUNG CARERS IN SOUTHAMPTON

***A service for Children or Young Persons aged 8-18
who are caring for someone***

Young Carers in Southampton offer a break away from home and your
caring responsibilities

- Meet other young carers and make new friends
- One to one support
- Group sessions
- A chance to be listened to and to have a voice
- Information and guidance
- New opportunities & days out
- Reduce isolation and opportunities to have fun

If you are affected by looking after a family member and help with things such as: cooking, cleaning, shopping, looking after younger siblings then you may be a young carer. Get in Touch:

02380 224 224

www.nolimitshelp.org.uk

