

YOUNG CARERS CARD



HOW TO ACCESS

Indoor Activities

For all the indoor activities, take the Young Carers ID card and the staff will take a photo of you and link it to the ID card.

Outdoor Activities

Each young carer needs to take their carer ID card each time they visit the outdoor centres. You won't need to prove your identity as long as you have the ID card on each visit.

**Registered Office: 35 The Avenue,
Southampton, SO17 1XN Tel:02380 224 224
Email: enquiries@nolimitshelp.org.uk
Web: www.nolimitshelp.org.uk
Registered Charity Number: 1088835
Registered Company Number:418317**

Venue	Benefit
The Quays Swimming & Diving Complex	Free access to leisure and main pools Monday to Friday Gym session £1 age 11+
Bitterne Leisure Centre	Free swimming Saturday and Sunday Gym session £1 age 11+
Chamberlayne Leisure Centre	Gym session £1 age 11+
Woodmill Outdoor Activities Centre	Kayak hire £5 per session bring a friend free
Outdoor Sports Centre	Free access to astro pitch and crazy golf
Board in the City	Free entry and one complimentary squash
Alpine Snow Sports Centre	Donutting £5 per person per session
High Score Arcades	Half price session tickets
SeaCity Museum, Tudor House & Southampton City Art Gallery	Make a booking in venue with ID card for 10% off