



## 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](http://www.nolimitshelp.org.uk)**

