

OFFICIAL

## **No Limits Youth Club**

A Youth Club Session that is open for young people aged 11-24 years old who identify as having an additional need.

Find us at the Southway Youth Centre on Wednesday nights from 6pm to 8pm.

We run sessions including arts and crafts, pool, Xbox and Wii and a huge range of board games!

As well as the activities, we do cover topics with young people such as healthy relationships, risk taking behaviour, drugs and alcohol, the environment and much more.

The sessions are free to attend. Although a referral via a professional body is not required, as a parent/carer if you would like your son/daughter to attend you must contact us before attending.

For further information about sessions and activities running in the group please call Kirsty on 01752 308607 / 07585 404012 or email [nolimits@plymouth.gov.uk](mailto:nolimits@plymouth.gov.uk)



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