



# Exciting activities for adults with autism and Asperger's syndrome in Kirklees.



**NO LIMITS** means you can follow your own interests and try something new:

- > Outdoor adventures – rock climbing, canoeing, cycling.
- > Going to festivals.
- > Arts and cultural activities.

Plus much more.  
What we do is up to you!



## NO LIMITS membership:

- > Open to people with autism or Asperger's Syndrome
- > You must be over 18 and living in Kirklees.
- > Membership is free.
- > Pay as you go for activities.

## Why join?

- > Get out and about enjoying exciting activities in Kirklees and beyond.
- > Be supported to make decisions and plan our events.
- > Meet new people and make friends.

**NO LIMITS** can support you to take part in a safe and fun way. We will always spend time getting to know you and what you enjoy doing.

## How do I join?

If you would like to join or receive further information, please contact us.

**Telephone: Lauren Foster 07342 068 940**

**Email: [nolimits@hft.org.uk](mailto:nolimits@hft.org.uk)**

**Office telephone: 01274 655956**

**f [www.facebook.com/nolimitskirklees](https://www.facebook.com/nolimitskirklees)**  
**[www.hft.org.uk](http://www.hft.org.uk)**

## Interested in volunteering?

Get in touch to find out more.

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