



Rachael Smith



I like No Limits because I have made new friends and learned new skills. I also like No Limits because it's really relaxing, when I felt upset I could talk to someone for advice. I like what we do at No Limits because we are introduced to new activities. E.g. going on trips and going outside for walks. My confidence has really improved and I now can complete tasks myself. I also enjoy dancing and doing things that I may not have enjoyed before; I am now willing to give things ago thanks to No Limits.