

 **LIMITLESS**  
**ONE2026**

**21 FEBRUARY**

**NINE LOCATIONS | ONE EVENT**  
**ONE LIMITLESS FAMILY**  
**LIMITLESSLIM.CO.UK/ONE**

**BREAKOUT**

# WALES : VICTORY CHURCH, CWMBRAN

**6.00PM DOORS OPEN**  
**6.30PM ARTIST - ANTIDOTE**  
**7.30PM WORSHIP**  
**8.00PM SPEAKER - BEN RYAN**  
**9.00PM FINISH**

## ANTIDOTE



One of award-winning urban youth charity Ruff & Ruby's most popular projects, is the missional hip hop collective Antidote. The band has helped pioneer a citywide movement for church youth groups in Stoke, Blaze Youth, which is part of an inter-church network for youth leaders. It also connects with kids via Ruff & Ruby's Sound Advice music studio.

## BEN RYAN

Married to Laura and dad to three amazing girls, Ben is the Director of Ministries for Limitless and part of the leadership team at Living Waters Church in Chorley. He's passionate about championing the next generation, loves great food, loud rock music, and dreams of life on the open road in a campervan.

