

Primary E-bulletin

Term 5 May 2026

Included in this bulletin are details of resources available to schools, but their inclusion does not mean that we, as a programme, are necessarily endorsing them.

Welcome

I hope that the summer term is going well for everyone. I have pulled together information on a wide range of resources and training opportunities to support schools/settings in further developing positive physical and mental health for your pupils and school colleagues. I hope you find the information useful and supportive. If you have anything (resources/websites/training opportunities) that you would like me to share in the Term 6 newsletter, please let me know. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you or anyone you work with are not already on my mailing list and would like to be added, please let me know at the email address below.

These newsletters are added to the Healthy Schools section of the Better Health website and can be downloaded here: [Healthy Schools Newsletters | Better Health North Somerset](#)

Steve Davis (steve.davis@n-somerset.gov.uk)

Advanced Public Health Practitioner for Children and Young People
North Somerset Public Health Team

North Somerset Healthy Schools' Programme

This year will be the final year of the Healthy Schools' Programme for Primary schools in its current form. Following a review of the programme, the Public Health Team are keen to develop our support for all schools and we feel that a new model of engagement with CYP settings is needed. Further details of this new model will be shared with schools in September but there will be a greater focus on developing effective networks, improving our digital offer, providing more guidance on health matters and offering professional development opportunities.

Mental Health

CYP Mental Wellbeing Network

The last CYPMWN meeting was held on Wednesday 25 February from 3.30 to 5pm. A link to a recording of this meeting can be found here: Recording of meeting: [North Somerset Children and Young People Mental Wellbeing Network - YouTube](#) The meeting includes input from CAMHS on Service updates, finding mental health support for children and young people, Foundations for Wellbeing curriculum from the PSHE Association, Silvercloud, Kooth, Qwell, staff wellbeing and support for neurodivergent CYP. Useful links copied below.

[CAMHS :: Avon and Wiltshire Mental Health Partnership NHS Trust](#)

[Find Mental Health Support for Children and Young People in North Somerset | Better Health North Somerset](#)

[PSHE Association Foundations for Wellbeing curriculum Primary](#)

[Introducing SilverCloud digital mental health support for children and young people - Sirona care & health](#)

[Home - Kooth](#)

[Home - Qwell](#)

[10 ways to support staff wellbeing -PDF attached](#)

[Autism and Mental Health Webinar Access](#)

[Neurodiversity Hub - BNSSG Healthier Together](#)

[Art activities from The Art Room | Place2Be](#)

[Trauma and ACEs \(Adverse Childhood Experiences\) | North Somerset Council](#)

Find the right mental health support services

The Mental Wellbeing Team have developed a new online resource for children, young people and adults to find mental health support services for CYP. We want users to be able to find the **right service at the right time**. There are two sections to this webpage: one for CYP themselves to use and one for adults to use. Both of the webpages are organised into categories of support to help users find the right support. Please share the link below with your staff, parents and wider community.

[Find Mental Health Support for Children and Young People in North Somerset | Better Health North Somerset](#)

Mental Health and Autism webinars

Mental Health and Autism in Young People CPD webinars have been recommissioned by the Public Health Mental Health team for the 2026-2027 financial year. The webinar is two hours, delivered by Neurodiverse Training and have been

very positively received. The first webinar will be held on 21 May. The link to book is [here](#)

Important: If you book on to this webinar but later find you cannot make it, you must give us 2 working days' notice of your cancellation, to avoid incurring a £75 fine to your organisation.

Kooth transition sessions for Y6 pupils

Kooth will be running a Year 6 transition session with multiple dates to choose from over the coming months and we'd love to invite your Year 6 class(es) along. The virtual online session held on Zoom will focus on:

- Transition wellbeing
- Ensuring students are aware of support they can access now and throughout their time at secondary
- Feelings around transition
- Tips to help students feel better about the move
- Calming activities to try out
- Chance to look around the Kooth website
- Walkthrough of how to create their account if they wish to and have a device to hand such as a tablet or laptop

To book, [please complete this form selecting your preferred date](#). If the dates don't work for you, please do let us know and we will try to accommodate with an alternative date or, failing this, we can provide a recording.

At Kooth, we offer free support with no waiting lists. Kooth is a safe space for young people to talk about their wellbeing without the fear of judgement. We have clinical practitioners on hand to offer one-to-one support through text-based counselling, operating after school hours, on weekends, and during school holidays. Your students can access the immediate help they need without a formal referral.

If students could have access to a device with the internet enabled that would be great. It would be wonderful for them to have the opportunity to explore the Kooth website and take a look at the activities, tools and magazine during the session.

If you have any questions at all before then, please feel free to pop over an email to Lauren at lfinn@kooth.com

Free Secondary School transition resources

The Anna Freud website has a teacher toolkit including free resources to help Year 6 and Year 7 pupils feel more confident. These can be found at: [Moving Up! Free Transition to Secondary School Resources | Anna Freud](#)

Jigsaw also offer a free Transition Resource pack which includes PSHE-aligned lessons and printable resources. You can sign up for this pack at: [Support pupils through a confident, connected transition to secondary school - Jigsaw](#)

Mental health support for North Somerset parents/carers

Qwell is a new, free service available in North Somerset offering mental health support for parents/carers. Please share this information with your school community.



Qwell

Free, safe and anonymous mental health and wellbeing support in North Somerset for all parents & carers.

Whatever you're going through, we're here to help

-  Connect with our supportive online community
-  Find practical advice and information
-  Chat anonymously with a counsellor
-  Access a range of emotional wellbeing tools

 Get support today qwell.io

The poster features a woman in a red top sitting on the floor with her hands on her head, looking distressed. The background is a mix of light beige and dark blue.

Chat Health

ChatHealth is a confidential text messaging service run by our School Nursing service. It allows students to contact healthcare professionals about a range of issues including emotional health and wellbeing, relationships, smoking, stress and anxiety, self-esteem, bullying, drugs and alcohol and sexual health, however it is not an emergency service. [ChatHealth – Children and Young People’s Services](#)

NHS



**11-19
YEARS OLD?**

We help young people with all kinds of things like ...

Message us for confidential advice and support and to chat with a School Nurse.

ChatHealth

Send a message to:
07312 263093

The service is open on Monday to Friday from 9am-5pm.

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps) Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Service provided by

Sirona
care & health

Place2Be-Parenting Smart

Place2Be has produced a parenting advice service on their website. This provides parenting advice written by child mental health experts and offers practical tips to

support children's wellbeing and behaviour. There are currently 57 topics including 'De-escalation techniques with children', 'Help your child manage separations and goodbyes' and 'My child doesn't want to go to school'. Most topics include a short video and some written guidance. This is an excellent resource and could provide much needed support for parents/families who are struggling. Here is the link to the Parenting Smart webpage which can be shared with parents/carers in your school community: [Place2Be: Parenting Smart: Articles](#)

NSPCC Programmes


Building Connections-an online service for young people up to the age of 19 who are experiencing loneliness [Building Connections | Support service for young people | NSPCC Learning](#)

Please contact Tamsin Sheldrake-NSPCC North Somerset Schools Coordinator on Tamsin.sheldrake@nspcc.org.uk for further details about NSPCC programmes.

Wellspring Counselling

Wellspring Counselling have launched a free listening service for children aged 11-18.

Further information can be found on their website but please promote this service through your normal communication channels. [Free Listening Service 11-16 Years - Wellspring Counselling](#)



The poster features a central image of a young woman with her hand to her face, looking thoughtful, surrounded by various icons like a magnifying glass, a bar chart, and a percentage sign. Below the image, the text reads: 'WE'LL LISTEN TO YOU NOW' in large white letters, followed by the Wellspring Counselling logo. Below the logo, it says 'LISTENING MENTORS TO GIVE YOU A SAFE SPACE' and 'FREE Service for Ages 11-16 yrs Face to face 35 minute weekly sessions in Clevedon, Nailsea, Portishead and Weston'. At the bottom, there is a green box with the text 'CALL NOW TO BOOK AN ASSESSMENT' and contact information: '01275 810879 VERY SHORT WAITING LIST!!' and 'reception@wellspringcounselling.org.uk'.

WE'LL LISTEN TO YOU NOW

Wellspring Counselling

LISTENING MENTORS TO GIVE YOU A SAFE SPACE

FREE Service for Ages 11-16 yrs
Face to face 35 minute weekly sessions in Clevedon,
Nailsea, Portishead and Weston

CALL NOW TO BOOK AN ASSESSMENT

01275 810879 **VERY SHORT WAITING LIST!!**
reception@wellspringcounselling.org.uk

SilverCloud

SilverCloud, delivered by Northpoint, is a new online mental health and wellbeing service available to children and young people across Bristol, North Somerset, and South Gloucestershire. [Introducing SilverCloud digital mental health support for children and young people - Sirona care & health](#)

This NHS-approved platform offers self-guided, evidence-based programmes designed to support low mood and anxiety, drawing on the principles of Cognitive Behavioural Therapy (CBT). Developed by clinical experts, the programmes are free, confidential, and accessible anytime via mobile phone, tablet, or computer.

In addition to resources for young people aged 12 and above, SilverCloud also provides tailored modules for parents and carers of children aged 5 and upwards, helping them to better support their child's emotional wellbeing.

Mental Health Support Team (MHST)

Children, Young People, Parents and Carers in BNSSG now have the option to **self-refer to MHST** when MHST work in their schools.

This is a change families and professionals have been asking for, as we are aware that some people would prefer not to have an initial direct conversation with a member of school staff, relating to their mental health. **We still encourage our MHL's to make use of the current referral forms and continue with referral consultations as normal.**

Self-referrals will be possible across BNSSG from 27 April. Other professionals (Eg, GP's) will then have the opportunity to signpost to this pathway from the beginning of Term 6 (June).

Find out more at: [Mental Health Support Team - OTR](#)

oTR

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

Mental Health Support Team (MHST)

Education Mental Health Practitioners (EMHPs) work as part of the MHST in your **selected schools**, either **1:1 or in groups**. We are trained to provide **early** intervention, Low Intensity Cognitive Behavioural Therapy (**LI-CBT**), which is a type of brief talking therapy to help with **anxiety, low mood**, and other **wellbeing** struggles. It does take work so you need to **want to** work with us.
***We do not offer a crisis service.**

Get in Contact

0117 403 8735

awp.mhstenquiries@nhs.net

How can you access us?

Speak to a trusted member of staff in school who will work with the school **Mental Health Lead (MHL)** to make a referral to us.
OR

If you would prefer **not** to speak to a member of staff directly and think we are the right service for you, then complete a **self-referral** form by scanning the QR code or going to our website.

↓

We will then meet with your MHL or review your online referral. Even if we are not the right service for you, we will still help your school to think about what options may be helpful.

↓

If LI-CBT is suitable for you, then you will start meeting with your EMHP.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with **selected schools** across Bristol, North Somerset and South Glos. **To find out where we work, check out our webpage:**
<https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2>

This leaflet is also available in other languages. Please contact us for more information.

MHST
Tools to thrive

Wellbeing for Life curriculum-PSHE Association

The PSHE Association have produced a research-led mental health and wellbeing curriculum for primary schools — *Foundations for Wellbeing* — which will support pupils aged 4-11 to understand and manage their emotions, attention and behaviour with 35 fully-resourced lessons, practical strategies and statutory RSHE coverage.

- **35 fully-resourced lessons** – 5 per year group from EYFS to Year 6 – that you can plan seamlessly into your wider PSHE/RSHE curriculum. ([See lesson summary.](#))
- **Evidence-based self-regulation strategies** that benefit learning and wellbeing
- **Sequenced progression** to develop emotional literacy over time
- **Classroom-ready PowerPoints** and pupil-facing materials, including videos and posters
- **Alignment with DfE statutory RSHE requirements** for teaching about mental health and wellbeing
- **Exclusively available to School and School Plus members** (with access to [additional, on-demand CPD training](#) available to School Plus members only).

Further information can be found at: [Foundations for Wellbeing](#)

Nature and Wellbeing Activity Packs

Sometimes the most powerful moments for children's wellbeing happen outside.



A few quiet minutes noticing the breeze in the trees.

A short walk listening for birds.

A chance to move, breathe and reflect.

To support schools with simple ways to bring these experiences into the school day, **Jigsaw Education Group** and **Forestry England** have partnered to create two free Nature and Wellbeing activity packs for children aged 3–11.

Designed for Early Years, KS1 and KS2, the packs include practical outdoor activities that help children connect with nature while developing simple techniques to support their mental and physical wellbeing.

Inside the packs you will find activities such as:

- Noticing nature – helping children slow down and tune into their senses
- Move like nature – mindful movement activities inspired by the natural world
- Nature buddy – building connection and care for the environment
- Nature journals and prompt cards to encourage reflection and curiosity

The activities have been designed with teachers in mind. They require very little equipment and can be used in school grounds, playgrounds, parks or local green spaces.

Spending time in nature can help children feel calmer, more connected and ready to learn. These resources offer a simple starting point for schools wanting to bring more wellbeing-focused outdoor experiences into everyday school life.

Download the free Resources here: [Nature & Wellbeing Activity Pack for Schools | Free Mental Health Resources](#)

PSHE/RSE

Relationships and sex education (RSE) and health education

The Department for Education published new statutory guidance for schools in July 2025. The guidance contains information on what schools should do and sets out the legal duties with which schools must comply when teaching relationships education, relationships and sex education (RSE) and health education. The guidance is for introduction from 1st September 2026. The revised guidance can be found here: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

The PSHE Association have provided helpful, free guidance on how to manage these changes in your school: [Statutory RSHE](#) They have also recently published a Programme of Study for KS1-5. This can be downloaded at: [Programme of Study for PSHE education \(KS1-5\)](#)

All schools must have an up-to-date written policy for relationships or, where they teach sex education, for RSE. The new statutory guidance for makes it clear that schools must proactively engage and consult with parents when developing and reviewing their policy. Further details can be found on Page 4 of the statutory guidance: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

The PSHE Association offer guidance on writing your PSHE Education Policy but you will need to be a member to access this: [Writing your PSHE education policy](#) Jigsaw provide a policy template. Trusts may provide PSHE policies for their schools so please check if this is the case for your school. Whether your PSHE policy is a Trust-wide one or your own, all staff should be familiar with its contents

NSPCC Learning-Harmful sexual behaviour training

The NSPCC provide an online course to support staff in gaining the knowledge they need to confidently identify and manage incidences of harmful or problematic sexualised behaviour. The course costs £35 and lasts for two hours. Further details can be found at: [Harmful sexual behaviour in schools training | NSPCC Learning](#)

Tackling misogyny

The PSHE Association have produced a free teacher pack to support schools in tackling misogyny. This pack can be found here: [Misogyny, online influencers and the PSHE curriculum](#)

Life Lessons have also produced a teacher guidance resource which can be found here: [Anti-Misogyny in 2025 Teacher Guidance Resource - Life Lessons](#)

Anna Freud Mentally Healthy Schools provide a resource called ‘Outside the Box’ to promote gender equality and tackling sexual harassment. This can be found here: [Outside the Box: promoting gender equality & tackling sexual harassment in schools : Mentally Healthy Schools](#)

RSE Day

RSE Day will be celebrated on 25 June this year with the theme of ‘It begins with me’.



For anyone that doesn't know, RSE Day is a day to celebrate good practice in education around healthy relationships and positive sexual health. Each year we produce free lists of things that schools can do to celebrate the theme and raise awareness with their pupils and families.

These lists are available on the RSE Day website www.rseday.com.

This year, they are encouraging schools across the country to join in with their special RSE Day song, 'It begins with me'. They plan to create a video montage of children nationwide singing the song.

Please do share with your colleagues and don't forget to plot yourselves on our map to show us you are celebrating <https://padlet.com/AchieveWellTeam/rse-day-map-2026-li6yz1dgwt62eryr>. On the day and in the lead up please feel free to tag #RSEday on your socials.

Physical Health

Food and Nutrition at School

North Somerset's Public Health team have recently updated the council's Better Health website with a wide range of resources and plans to support teaching and promoting healthy eating in schools. The resources include lesson plans, healthy eating resources and lunchbox tips. These can be accessed at [Food and Nutrition at School | Better Health North Somerset](#)

British Nutrition Foundation

The British Nutrition Foundation offer a range of CPD opportunities to support schools in developing their food curriculum and healthy eating. Some courses are free and others cost as little as £45. Further details can be found at: [British Nutrition Foundation - Courses](#)

Sport and Physical Activity Bursary Scheme

Help Young People Get Active - Bursary Scheme open

Grants of up to £50 are available to help children and young people (aged 18 or under) access the sport or physical activity they love. The bursary can be used to cover:

- Sports kit or equipment
- Membership or annual fees for clubs and activities
- Entry fees for events or competitions related to their sport or activity

We are also happy to work directly with clubs and activity providers across North Somerset to explore additional ways to support applicants.

More information and how to refer someone is available here:

<https://www.betterhealthns.co.uk/information/pabursary/>

ParkPlay

A safe, free, welcoming and inclusive way for families to play together every Saturday and have fun.



9.30am to 11am every Saturday at: Castle Batch, Worle, Weston-super-Mare, BS22 7PL.

If you would like a visit by a member of the Physical Activity team to tell your pupils all about ParkPlay please get in touch: getactive@n-somerset.gov.uk

Further information can be found at: [ParkPlay | Better Health North Somerset](#)

Junior Park Runs (4 to 14 year olds)

Parkrun primary

Junior parkrun happens every Sunday at 9am, encouraging families to be active by running and walking a two kilometre route in the local community.

Schools can sign up to become a parkrun primary and receive a toolkit to support them.

Junior parkruns happen in Cheddar, Clevedon, Nailsea, Portishead, Yatton and Worle.

More details can be found here: <http://parkrun.me/jpinfo>

Schools can register as a parkrun primary here: <https://blog.parkrun.com/uk/2025/09/12/parkrun-primary-initiative/>



Active Travel Awareness Days

Active travel plays a key role in improving pupils' physical and mental health, tackling air pollution around school sites and supporting climate action. Embedding walking, wheeling, scooting and cycling into the school run, curriculum delivery, enrichment

activities and whole-school events helps pupils develop lifelong healthy habits while reducing congestion and road danger.

A list of Active Travel Awareness Days for May to July is available to download here: <https://www.betterhealthns.co.uk/information/active-travel/>

Oral Health

The PSHE Association has launched new free lesson materials for EYFS and SEND pupils, co-developed with dentistry experts as part of the BRUSH project. The new lesson materials will support pupils to develop healthy habits for taking care of their teeth now and in the future, ensuring alignment with the relevant requirements from the DfE's 2025 statutory RSHE guidance (for implementation from September 2026) and early years foundation stage (EYFS) statutory framework. The free lesson resources can be found here: [Dental health lesson materials for EYFS & SEND](#)

You could do this as part of North Somerset's Oral Health Awards: [Oral Health Awards | Better Health North Somerset](#)

Further information about our Oral Health Promotion Service can be found via the poster below:

Better Health North Somerset

ORAL HEALTH PROMOTION SERVICE

North Somerset Council

Oral health in North Somerset children is sadly declining. Despite best efforts from many of us to reverse the trend last year 25% of our 5-year-olds had experience of tooth decay. Let's band together and let children and families know how to prevent unnecessary and traumatic dental work. We can help...

TRAINING FOR STAFF:

- BASIC ORAL HEALTH OVERVIEW
- ORAL HEALTH CHAMPION DEVELOPMENT
- INTEGRATING ORAL HEALTH PROMOTION
- SUPERVISED TOOTHBRUSHING

VISITS:

- ASSEMBLIES
- CLASS LESSONS
- DROP INS
- STAY AND PLAYS
- PARENT'S EVENINGS

FREEBIES:

- TOOTHBRUSHING PACKS
- MOUTH CANCER SELF-CHECK KITS

Oral Health Awards

Why not earn some recognition for efforts whilst you're at it? To earn your bronze, silver, gold or platinum award in oral health promotion: Educate staff and pupils, Integrate ways of practice, Reinforce learning with an intervention and mobilise your community to maintain good oral health.

JOIN THE TOOTHBRUSH REVOLUTION catherine.wheatley@n-somerset.gov.uk

WWW.BETTERHEALTHNS.CO.UK/PROFESSIONALS/ORAL-HEALTH/

Keeping Safe

Parenting Village update

Parenting village coffee morning


This is a relaxed and friendly drop-in session where parents and parenting specialists will be on hand to share resources, offer support, a listening ear or just spend time talking about what it's like to be a parent.

“It takes a village to raise a child” comes from an old African proverb. It shares the message that it takes many people to provide a safe and healthy environment in which children can flourish.




Scan here to learn more about our advanced parenting groups



 **When?** First Friday of each month
Where? Best Start Family Hub Castle Batch, Bishop Avenue, Weston-super-Mare, BS22 7PQ
What time? 09:30am – 11:00am

 **TEMPORARILY SUSPENDED**

 **When?** Third Monday of each month
Where? Clevedon Library, 37 Old Church Road, BS21 6NN
What time? 9.30am - 11am



Advanced Parenting groups

Advanced Parenting Groups



The Family Wellbeing Parenting Team have on offer various advanced parenting groups which are free to attend and run by trained facilitators. All groups are evidenced based meaning they employ tried and true methods built on research that demonstrate positive outcomes and are most likely the most reliable way to approach parenting. The groups cover different ages and stages from 0-25 years.



Groups on offer

- Mellow Parenting (0-4 years)
- Incredible Years Autism & Language Delay (2-7 years)
- Incredible Years Preschool & School Age (3-10 years)
- D.A.R.T – Domestic Abuse Recovery Together (7-14 years)
- Non-Violent Resistance (9-17 years)
- Parents Plus: Working Things Out (11-17 years)
- Parents Plus: Adolescent Programme (11-17 years)
- Parents Plus: Special Needs Programmes (11-25 years)
- Parents Plus: Parenting When Separated (all ages)



For information on the advanced parenting groups, please search for "North Somerset Advanced Parenting Groups" on your chosen search engine or scan the QR code.

For more information or any questions, please contact the Parenting Team:
parenting.groups@n-somerset.gov.uk

Family Action



Domestic Abuse Healing and Empowerment Service

Domestic Abuse Healing and Empowerment North Somerset offers emotional and practical support, as well as information and guidance, to children, young people and adults that have experienced domestic abuse in North Somerset. The service supports the recovery journey, empowering individuals and resulting in greater wellbeing and improved quality of life.

Referrals are only accepted from specific referral pathways. For now, please send enquiries to the general email: northsomersethealingempowerment@family-action.org.uk

Once referral forms are finalised, we will link to these from our website: [Domestic Abuse Healing and Empowerment North Somerset - Family Action](#).

Bright Beginnings Groups – Coming Soon

We are pleased to share details of our upcoming Bright Beginnings Groups, which will be starting soon across several local venues. These groups are designed to support children in their early development while offering parents and carers a welcoming space to learn, play and connect with others.

Bright Beginnings focuses on building strong early foundations through play-based activities that support children's social, emotional and communication skills. Sessions also provide practical support for parents and carers, with time to share experiences, build confidence and learn simple strategies to support their child's development at home.

We will be running the following Bright Beginnings courses over the coming weeks:

0 to 12 months - Best start family hub healthy living centre, running from 6 May to 24 June

12 to 24 months - Best start family hub Banwell, Winscombe and Sandford running from 1 June to 13 July

0 to 12 months - Worle Library and family hub, running from 4 June to 16 July

0 to 12 months - Best start family hub Portishead, running from 4 June to 16 July

Each course is led by experienced staff who understand the importance of early relationships and positive interactions. Sessions include a mix of guided activities and relaxed play, creating a calm, supportive environment for both children and adults.

If you would like more information about any of the Bright Beginnings Groups, please contact: Family.Hub@n-somerset.gov.uk.

Substance Use

Substance Advice Service

The Substance Advice Service is a specialist service for children and young people aged 10 to 18 who are affected by substance use, either directly or indirectly (children affected by familial substance use). The service is also available to families and carers, as well as professionals who work with them.

We provide information, advice and education around drugs, alcohol and nicotine. We also provide treatment programmes for children who want to cut down or quit using drugs and alcohol.

Most of our work completed with children is on a voluntary engagement basis. We can meet children wherever they feel most comfortable, whether it's at school or college, at home, in our building or in a community setting such as a youth club or café.

For further information or to access a referral form please contact yipsadmin@n-somerset.gov.uk or visit [SAS Website](#)