

Primary E-bulletin

Term 1 September 2025

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 everyone had a great summer break and that the new school has started positively for you. 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 2 newsletter, please let me know. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you are not already on my mailing list and would like to be added, please let me know at the email address below.

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

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

Healthy Schools' Primary Programme

We held a Healthy Schools' celebration event at Baytree School, Clevedon at the end of the summer term. The occasion recognised the progress which each school had made on their health improvement journey. Healthy Schools' leads shared examples of the work undertaken and how this had supported pupils' positive mental and physical health. Awards were given out to mark their achievements.

We have now completed our recruitment of Primary schools for the 2025-26 Healthy Schools' Programme. There will be 24 schools involved next academic year with grants of £350 to support schools implementing their Healthy School's action plans. Look out for information in the Spring Term newsletter for the 2026-27 cohort recruitment.

Healthy Early Years

Last call for school-based preschools and nurseries to enrol on the next cohort of the 'Healthy Early Years Scheme'. You can find out more at:

<https://www.betterhealthns.co.uk/professionals/healthy-early-years/healthy-early-years-award-scheme/>

The scheme encourages Early Years Teams to promote healthy eating and good oral health in preschool aged children. It recognises and celebrates your existing practice and supports you to make changes to your daily practice.

- It's free to participate
- Supports the EYFS guidance.
- Settings can receive a small grant to support with purchasing resources to help implement the scheme

To find out more contact Jayne on Healthy.EY@n-somerset.gov.uk



Mental Health

Next CYP Mental Wellbeing Network meeting

The next CYP Mental Wellbeing Network for mental health leads is being held via Teams on **Thursday 9th October from 3.30-5.00pm**. This is the third meeting of the network which has one meeting in each of the three school terms. Most schools now have someone who attends the meetings which provides updates on support available for CYP's mental health. The next meeting will have input from the Mental Health Support Team leadership, Off the Record, Place2Be-Parenting Smart support (see info below) and Christina Perry (VLC) on their inclusion toolkit. There are currently 64 colleagues due to attend. If you have not received an invite and would like to attend, please send me an email and I will add you to my mailing list. The meeting is recorded and shared with everyone on the mailing list.

Free Online Autism and Mental Health training

North Somerset's Public Mental Health Team have organised some **free online training** on the complex relationship between autism and mental health conditions and how to support young people with autism experiencing mental health difficulties.

There are currently four dates for the training:

Tues 21st Oct 2025-2-4pm-currently sold out

Wed 10th Dec 2025 10am-12pm-waiting list [Autism & Mental Health in Young People Tickets, Wed 10 Dec 2025 at 10:00 | Eventbrite](#)

Wed 14th Jan 2026 2-4pm [Autism & Mental Health in Young People Tickets, Wed 14 Jan 2026 at 14:00 | Eventbrite](#)

Thurs 12th Mar 2026 10am-12pm [Autism & Mental Health in Young People Tickets, Thu 12 Mar 2026 at 10:00 | Eventbrite](#)

Tickets can be booked by following the Eventbrite links above. I would recommend booking the training quickly as the first two sessions have been booked up quickly.

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 54 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

Speak out, Stay Safe is a safeguarding programme for children aged 5 to 11 years old. It helps children understand:

- abuse in all its forms and how to recognise the signs of abuse
- that abuse is never a child's fault and they have the right to be safe
- where to get help and the sources of help available to them, including our [Childline service](#).

Further information and a link to sign up for the programme can be found here: [Speak out Stay safe programme | NSPCC Learning](#)

Other programmes include:

PANTS-for EYFS, KS1 and KS2 pupils: teaching them the underwear rule [PANTS resources for schools and teachers | NSPCC Learning](#)

Building Connections-an online service for young people upto 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 all of the programmes. A flyer with further details of the programmes is attached to the email with this newsletter.

Right Service, Right Time

The Public Health team are in the process of transferring all of the information contained in our Right Service, Right Time document to our Better Health website so that is more easily accessible for all users and so that it can be updated more easily and efficiently. Links with further information about a wide range of mental health service providers can be found on this page: [Children & Young People's Mental Health & Wellbeing | Better Health North Somerset](#)

We are looking for schools to work with us to ensure that the development of this platform meets your needs and those of your pupils. If you would like to play a part in the co-production of this new webpage, please contact me.

Voluntary Action North Somerset (VANS)

VANS are organising some dates and locations for four Mental Health events for CYP and Parents/Carers. The events are likely to be in Pill, Weston, Banwell and Clevedon. I will share further details once these are finalised but if any school would like to be involved, please contact Claire Payne at info@vansmail.org.uk

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. [New Free Listening Service 11-16 Years - Wellspring Counselling](#)



**WE'LL LISTEN
TO YOU NOW**



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

CAMHS

The latest referral guidance for CAMHS can be found attached at the top of this webpage: [Professionals :: Avon and Wiltshire Mental Health Partnership NHS Trust](#)

This includes information on:

- 1 Introduction to CAMHS
- 2 What is this guidance for?
- 3 Who do CAMHS work with?
- 4 When might it be a CAMHS referral?
- 5.. What referral information is required?

- 6 How to make a referral?
- 7 Who can refer?
- 8.. When might it not be a CAMHS referral?
- 9.. What to do if you're unsure?
- 10..Where to find other sources of help?
- 11..Other Specialist Services
- 12..Consent, confidentiality & communication

Effective Referral Training

There is another opportunity for a member of school staff to attend online Effective Referral Training led by CAMHS. It is essential that a member of staff has attended an Effective Referral training session before submitting CYP referrals to the CAMHS team. If the person who will make CAMHS referrals in your school has not attended a previous ER session then this training would be perfect for them. The first hour of the training will begin with input from other mental health service providers about their programmes and how to make referrals. From 10-12, Claire Luker (Principal Clinical Psychologist for CAMHS) will lead the training on the criteria, process and triage for CAMHS referrals.

Places can be booked through this Eventbrite link:

[Making an effective mental health referral for Children and Young People Tickets, Tue, Sep 30, 2025 at 9:00 AM | Eventbrite](#)

Young Minds

Young Minds is a leading charity fighting for a world where no young person feels alone with their mental health. They offer support to young people, parents/carers (of children and young people) and professionals. They have a wide range of resources for schools, teachers and community groups covering themes such as 'Support with grief and loss', 'Supporting young autistic people with their mental health' and 'A quick guide to OCD in young people'. This is a great resource to use in school and promote with families. [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Mental Health and Lived Experience

The Public Mental Health Team have organised some free training in November to help practitioners understand mental distress and is delivered by facilitators with lived experience. The training is focused on adults but there are many themes which will overlap with the experiences of children and young people: [Mental Health and Lived Experience Tickets, Tue 11 Nov 2025 at 13:00 | Eventbrite](#)

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. I will be sharing further information about this new guidance along with some key documents in the coming weeks. The revised guidance can be found here: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

Staff training on new RSE and health education guidance

The PSHE Association are offering online RSHE courses for PSHE/RSHE leads in Primary and Secondary schools (separately) in the autumn term covering the statutory changes, practical ideas and classroom strategies to support the implementation of the new RSHE curriculum (statutory from Sept 2026). The training costs £195 per session.

Secondary:

Sept 18th (fully booked)

Dec 3rd (places available) [Online CPD: RSHE: Successfully implementing the new statutory requirements \(secondary\)](#)

Primary:

Sept 23rd (fully booked)

Dec 2nd (places available) [Online CPD: RSHE: Successfully implementing the new statutory requirements \(primary\)](#)

Life Lessons are offering a free practical online session for PSHE/RSHE leads unpacking the new RSHE guidance on Thursday 2nd October from 3.30-4.30pm. The sessions will include breakout discussions, Q and A and practical takeaways to support implementation. Places can be booked here: [Understanding the New RSHE and KCSIE Guidance: A Practical Guide for Schools - With NSPCC - Life Lessons](#)

Brook

[Brook](#) is a Sexual Health charity which provides a wide range of support and advice for young people and professionals on a wide range of issues such as relationships, puberty, gender and sexuality.

Their website is full of useful information to support schools particularly with regards to Relationship and Sex Education.



Sign up here: [Join Brook's Learning Network](#)

Gender Action

Gender Action is an award programme which promotes and supports a whole-school approach to challenging stereotypes. Through the programme, schools can demonstrate their commitment to ensuring all young people reach their full potential. Further information can be found here: [Gender Action - Gender Action](#)



A school award programme for gender equity

Physical Health

Active Travel

Active Travel-Funded for NS schools-join our free September Twilight Briefings

Welcome back! This September, we're inviting schools across North Somerset to join a series of free, after-school Twilight CPD sessions designed to support pupil

wellbeing, sustainable travel, and your school travel planning and climate action goals.

These short online briefings offer practical support, free resources, and ideas to help your school boost active travel, pupil voice, and meet targets outlined in your Climate Action Plans—all while aligning with your curriculum and travel plan objectives with a chance for you to ask lots of questions and join other schools. Attending any of these Twilight CPD sessions will count as evidence towards your school's Modeshift STARS accreditation, supporting key initiatives in active travel, pupil voice, curriculum planning, and partnership working.

Who should attend?

These sessions are ideal for:

- PE Leads
- KS2 Teachers
- PSHE Coordinators
- Admin Teams
- School Travel Champions
- Climate & Sustainability Leads
- Anyone involved in wellbeing, curriculum planning, or travel planning

Session 1: Join the WOW Walk to School Challenge - Primary

With: Abbie & Maya from Living Streets

Date: Tuesday 9th September | **Time:** 4:00–4:30 PM

Platform: Microsoft Teams | [Join the meeting now](#)

Meeting ID: 346 837 474 946 4 | **Passcode:** CN3eM6Lq

→ Get your pupils walking! Learn how to take part in the award-winning WOW Walk to School Challenge—completely free for North Somerset schools, thanks to Active Travel England funding.

Session 2: Free Bikeability Training – Help Us Get More Pupils Cycling!

– All Schools

With: Abbie & Frances from Life Cycle UK

Date: Wednesday 17th September | **Time:** 4:00–4:30 PM

Platform: Microsoft Teams | [Join the meeting now](#)

Meeting ID: 342 203 053 039 1 | **Passcode:** ua9Rh33s

→ Some pupils are getting trained — but many are missing out.

Bikeability is free, fun, and gives children vital cycling skills for life. While most schools are taking part, not all pupils are benefiting — and we want to change that. We're asking schools to help us reach the majority of Year 6 pupils, so everyone gets the chance to build confidence and stay safe on the roads.

Taking part also supports your Modeshift STARS travel plan and unlocks more funded support.

Don't use it or lose it offer – lets work together to make sure more pupils don't miss out.

Session 3: Free Sustainable Travel Events & Empowering Pupil Voice

– All Schools

With: Abbie, Frances & Daisy – Travel Behaviour Change & The Big Conversation

Date: Tuesday 23rd September | **Time:** 4:00–4:30 PM

Platform: Microsoft Teams | [Join the meeting now](#)

Meeting ID: 355 917 309 611 6 | **Passcode:** Ee6Ln6KE

Hear about Your new journey - and sign up for a sustainable travel event to get free a Dr Bike, and information and offers for staff and pupils in Term 1 / 2.

Hear about the Big Conversation on transport decarbonisation and share your thoughts on how pupils can shape the future of travel in North Somerset.

Why This Matters

Your school's involvement in these programmes helps create a safer, healthier future for all North Somerset children. Together, we can build momentum, secure funding, and empower pupils with skills and a voice to shape their travel and wellbeing.

Let us know you're attending.

Reply to this email to confirm or ask any questions. We'd love to see someone from your team there.

Let's give every child the confidence to travel actively and safely.

Best wishes,

Abbie Edbrooke (she/her)
Sustainable Travel and Road Safety Officer
Schools & Communities
Environment, Assets and Transport Services Directorate
North Somerset Council

Tel: 01934 426629

E-Mail: abbie.edbrooke@n-somerset.gov.uk

Sport and Physical Activity Bursary Scheme

North Somerset Healthy Lifestyles Team are offering grants of up to £50 for children and young people who come from low-income families to support them in accessing

the sport or physical activity they love. The money can be used to cover sports equipment, membership to clubs and activities and entry to events or competitions. Further information can be found at:

[Sport and Physical Activity Bursary Scheme | Better Health North Somerset](#)

ParkPlay

Free community play (90 minutes) on Saturday mornings in Worle and Portishead.

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

Junior Park Runs (4 to 14 year olds)

Junior Park Runs are held over the weekend for children and young people aged between 4 and 14. This is a free, fun and friendly 2km event. Further information can be found at: [parkruns - North Somerset Athletic Club](#)

Go4Free

Go4Free is a physical activity project which aims to increase participation across all age ranges, by providing free passes to a physical activity class/session from the list below.

To be eligible for a Go4Free pass you will need to meet both of the below criteria:

Take part in less than 30 minutes of physical activity per week

Live in North Somerset

Referrals into the scheme can be made by the North Somerset Healthy Lifestyles Advisors (HLA), North Somerset Social Prescribers (see the list at the bottom of the page), or via another local professional. Self-referrals can also be made.

The Go4Free pass will provide you with five FREE visits and five HALF PRICE visits (for which you will pay a maximum of £3 per session) to one of the approved Go4Free physical activity sessions of your choice. Follow this link for further information: [Go4Free | Better Health North Somerset](#)

Joe Wicks' Activate Programme

The government teamed up with Joe Wicks in the summer to launch a new animated series for children, known as Activate. The hope is that the programme will help get more children moving and encourage a healthier lifestyle. The first sets of episodes are available now on You Tube: [Activate with Joe | My brand new workout series for kids - YouTube](#)

Updates to immunisation programmes

The UK Health Security Agency updated routine and selective childhood immunisation programmes over the summer. This information may be worth sharing with your families. Full details can be found here: [Routine childhood immunisations from 1 January 2025 \(babies born before 1 July 2024\) - GOV.UK](#)

Oral Health

Better Health North Somerset

ORAL HEALTH PROMOTION SERVICE



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



FREEBIES:

- TOOTHBRUSHING PACKS
- MOUTH CANCER SELF-CHECK KITS

VISITS:

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





 **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.

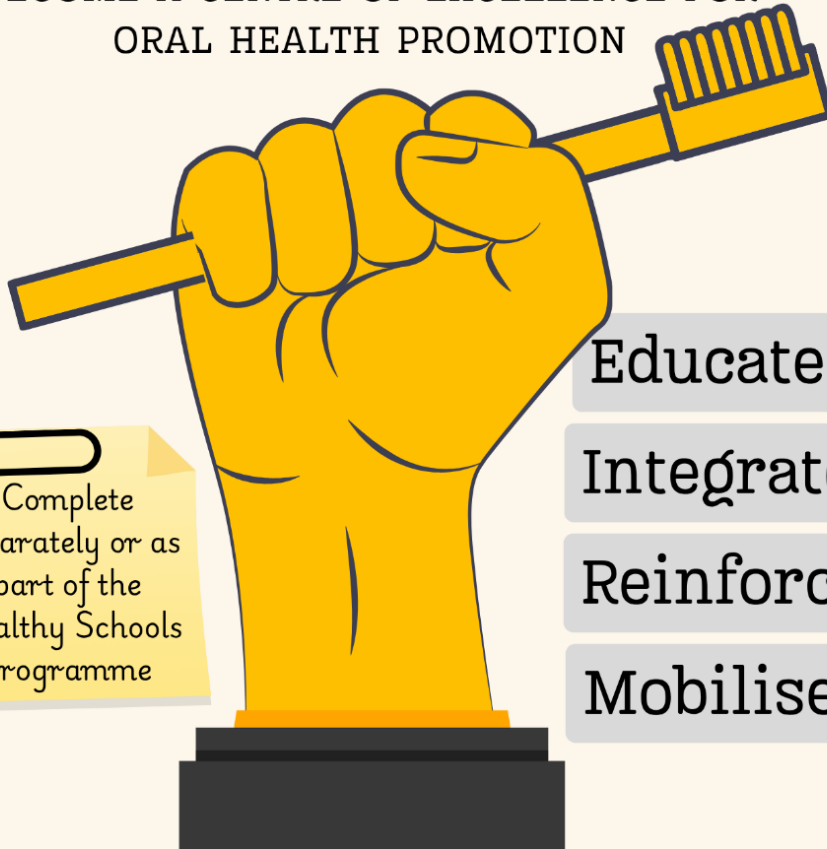


JOIN THE TOOTHBRUSH REVOLUTION catherine.wheatley@n-somerset.gov.uk

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

Oral Health Awards for schools

BECOME A CENTRE OF EXCELLENCE FOR
ORAL HEALTH PROMOTION



Complete separately or as part of the Healthy Schools programme

Educate

Integrate

Reinforce

Mobilise

Find out more: catherine.wheatley@n-somerset.gov.uk



Support for parent/carers

Parenting Village

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.



When? First Friday of each month
Where? Castle Batch Children's Centre,
Bishop Avenue, Weston-super-Mare, BS22 7PQ
What time? 09:30am – 11:00am



When? Second Tuesday of each month
Where? Oldmixon Family Centre, Monkton Avenue,
Weston-super-Mare, BS24 9DA
What time? 09:00am – 11:00am



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

Scan here to learn
more about our
advanced
parenting groups



Advanced Parenting Groups



Advanced Parenting Groups

Parenting isn't easy even when your child is well and happy. Sometimes all we need is a little advice and guidance to get us back on track when things are tricky.

The Family Wellbeing Parenting Team have an offer of 13 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.

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 below.

- Incredible Years Autism & Language Delay
- Incredible Years Preschool
- Incredible Years School Age
- D.A.R.T – Domestic Abuse Recovery Together
- Parents Plus: Adolescent Programme
- Parents Plus: Working Things Out
- Parents Plus: SEND
- Parents Plus: Parenting When Separated
- Non-Violent Resistance
- Mellow Parenting

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



Parents Plus programme



Parents Plus: Adolescent Programme



Attention Parents

The teenage years can be a challenging time for many families. By helping parents develop warm relationships with their teenagers you can reduce conflict and support teenagers to grow up as well-adjusted and happy adults

Join our **Parents Plus 'Adolescent Programme'** and meet other parents in a supportive group to make this a reality.

Venue: Portishead Library, Horatio House, 24 Harbour Rd, Portishead, Bristol BS20 7AL

Start: Wednesday 1st October 2025

End: Wednesday 26th November 2025 (*no group during the school holidays*)

Time: 18:00 – 20:30

For more information about the group and how to refer, please visit the North Somerset website: <https://n-somerset.gov.uk/my-services/children-young-people-families/advanced-parenting-groups> **Or email:** Parenting.Groups@n-somerset.gov.uk



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie

FREE Holiday Activity and Food (HAF) days for children and young people who receive benefits related free school meals

Website link to HAF website: [Holiday, activities and food \(HAF\) programme | North Somerset Council](#)



SAVE THE DATE

Live booking from **7th November 2025!**

HAF NORTH SOMERSET
Holiday Activities & Food

Christmas Holiday Fun 2025!

If your child receives benefits related free school meals then they are entitled to these free days! Find out more here:
[North Somerset HAF](#) or email HAF@n-somerset.gov.uk

QR code for our booking platform

The graphic features a red Santa hat with a gold bell, a red circular stamp with 'SAVE THE DATE' and stars, and the HAF logo with icons for a paint palette, a target, and a camera. Below the text are illustrations of five colorful Christmas stockings hanging from a green pine branch with a red bow, and a decorated Christmas tree with presents at its base.

Healthy Eating

Public Health free training sessions

The Public Health Team are offering some free training sessions for Early Years staff on the following themes: Pre-packaged foods, Compassionate approaches to food and nutrition, healthy lunchboxes, food and nutrition provision and food and nutrition education. Details and dates along with booking information can be found [here](#).



Snack-tember 2025

'Snacktember 2025: A Delicious Movement Towards Healthier, Sustainable Snacking

As September approaches, the British Nutrition Foundation (BNF) is inviting schools, families, and communities across the UK to take part in Snacktember 2025—a vibrant, month-long initiative designed to revolutionise the way children and young people snack. Formerly known as Healthy Eating Week, Snacktember is now a dedicated campaign focused on helping 5–16-year-olds explore, try, and make healthier, more sustainable snacks. **Why not kick off the new school year with Snacktember and help children build healthy, sustainable snacking habits that last?**

What Is Snacktember?

Snacktember is more than just a catchy name—it's a national movement aimed at improving the snacking habits of young people. With research showing that 79% of young people aged 10–13 consume two or more snacks daily, and many of these being high in sugar, salt, and saturated fat it makes sense to make, a meaningful change.

Throughout September, we are all encouraged to make use of a wide array of free resources, including:

- **Activity ideas** to spark curiosity and creativity
- **Posters** to promote the campaign and educate on better snack choices
- **Recipe videos and guides featuring five “hero” snacks** that are easy, affordable, and nutritious
- **Parent/carer guides** and **caterers guides** to support healthier snacking at home [Snack-tember Parent's guide](#) [Snack-tember Caterer's guide](#)
-

Why It Matters

Snacking is a major part of children's daily diets, and poor snack choices can contribute to long-term health issues. Snacktember aims to:

- Boost **energy levels** with nutrient-rich options
- Improve **concentration** and **mood** during the school day
- Reduce intake of **unhealthy ingredients** like added sugars and saturated fats
- Promote **sustainability** by encouraging snacks that are better for the planet

These benefits will help carry your children through the academic year, supporting their physical health, emotional resilience, and academic success every step of the way.

How to Take Part

Participation is simple and open to schools, parents, carers, and caterers. Here's how you can get involved:

Try the hero snack recipes at home with your children

Talk about what makes a snack “better” using the campaign's educational materials

Encourage children to explore, try, and make new snacks throughout the month

Further information can be found at: [Snack-tember 2025 | British Nutrition Foundation](#)

The Bigger Picture

Snacktember isn't just about one month—it's about creating lasting habits. By engaging children in fun, hands-on learning and giving them the tools to make informed choices, the campaign hopes to build lifelong skills and confidence around food and nutrition.

Whether you're a teacher, parent, or carer, Snacktember offers a unique opportunity to make a real difference in children's lives—one snack at a time. So this September, let's snack smarter!

The North Somerset Better Health website has a wealth of information to help support people of all ages to eat well: [Eat Well | Better Health North Somerset](#)

Healthy Start Scheme

Help families afford healthy food and milk, and to access free vitamins through the Healthy Start Scheme



Eligible families can receive a pre-paid card, with [Funds](#) uploaded automatically to every 4 weeks, to spend on healthy food and milk in food shops.



Plus access to free vitamins form Children's centres: for pregnant/nursing mothers and drops for 0-4 yr olds. [Home delivery](#) from Town Hall an option if family has no transport to Children's

Centres.

Scheme eligibility: Those who are pregnant and/or have children under 4 years AND meet income [criteria](#).

How do families apply? [Online form](#), phone 0300 330 7010 or [email](#). No printer signatures needed. Help to apply in our libraries.



Main aim: To increase consumption of fruit and vegetable to: Manage body weight and increase nutrients in diet. Therefore reduce risk of heart disease, stroke, cancer and other chronic diseases. Help reduce outcomes associated with poor nutrition. [Source](#)

Research shows 8% of under 5s in UK are Vit A deficient, low income groups generally have less vit C. Pregnant/breastfeeding women and young children at risk of vit D deficiency'. [Source](#)

Call to Action! Contact [Anna Dedman](#) for help to promote, and to receive leaflets, posters and banners. Many thanks for your valuable support during the ongoing cost of living struggles for families.

As always, for further information on any subject mentioned in this newsletter you can get in contact using the contact details below:
steve.davis@n-somerset.gov.uk