

# Secondary E-bulletin

## Term 6 June 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 busy end to the school year is going well for everyone and that everyone has a great summer break when the end of this term arrives. 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 1 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](mailto:steve.davis@n-somerset.gov.uk))

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

## North Somerset's PSHE Programme

This year will be the final year of the PSHE Programme for Secondary 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 Tuesday 9 June. The agenda included updates from the MHST team, Wellspring Counselling, the Parenting Team and Voyage Learning Campus. A recording of the meeting can be found by following this link to NS CYP Mental Wellbeing Network playlist: [North Somerset Children and Young People Mental Wellbeing Network - YouTube](#)

I have also attached to this email the presentations from Wendy Griffin on Wellspring's Counselling offer and Christina Perry on the VLC's outreach work and pre-panel checklist.

## 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](#) Schools and community settings will soon receive posters advertising this new webpage along with a QR code for easy access.

## 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 free webinar is two hours, delivered by Neurodiverse Training and have been very positively received. The next online webinar will be held on Tues 15 Sept from 11am to 1pm. The link to book is [Autism & Mental Health in Young People Tickets, Tuesday 15 September • 11 AM - 1 PM GMT+1 | Eventbrite](#)

## Useful Mental health support links for North Somerset parents/carers

Guidance and links to support can be found on the Better Health North Somerset website: [Children and Young Peoples Mental Health](#)

### Qwell

Qwell is a free service available in North Somerset offering mental health support for parents/carers. Please share this information with your school community: [Qwell](#)

### 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, however it is not an emergency service: [ChatHealth – Children and Young People's Services](#)

### NSPCC Programmes

Building Connections is 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](mailto:Tamsin.sheldrake@nspcc.org.uk) for further details about NSPCC programmes.

### Wellspring Counselling

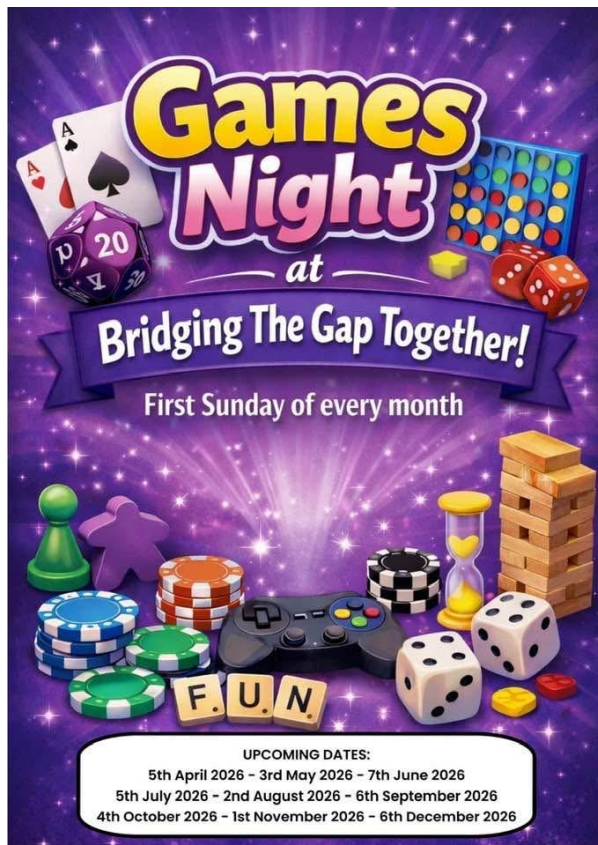
Wellspring Counselling have launched a free listening service for children aged 11 to 18. Further information can be found on their website but please promote this service through your normal communication channels: [Free Listening Service 11-16 Years - Wellspring Counselling](#)

### SilverCloud

SilverCloud provides online, evidence-based programmes to support mental health and wellbeing. The service is available to children, young people and parents and carers across Bristol, North Somerset, and South Gloucestershire. [Introducing SilverCloud digital mental health support for children and young people - Sirona care & health](#)

## Bridging the Gap Together

Bridging the Gap Together is a charity based in Weston-super-Mare which aims to provide a supportive and inclusive environment where everyone, regardless of their challenges, can thrive and achieve their full potential. Their focus is on supporting neurodiverse CYP: [Bridging The Gap Together - Welcome](#) They host a range of activities and group sessions including Games Nights: [Bridging The Gap Together - Bridging The Gap Together!](#)



## Place2Be - Parenting Smart

Place2Be has produced a parenting advice service on their website. Written by child mental health experts, it offers practical tips to support children's wellbeing and behaviour. There are currently 57 topics and most include a short video and some written guidance. Please share with parents/carers in your school community:

[Place2Be: Parenting Smart: Articles](#)

## 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.

**We still encourage our MHL's to make use of the current referral forms and continue with referral consultations as normal.**

Self-referrals are open now. Other professionals (Eg, GPs) can 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

### 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.mhst.enquiries@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.



## Wellbeing for Life curriculum - PSHE Association

The PSHE Association have produced a research-led mental health and wellbeing curriculum for secondary schools — *Wellbeing for Life* — which will empower KS3-4 students with practical knowledge and skills to manage their attention, behaviour and emotions. Further information can be found at: [Wellbeing for Life curriculum](#)

## Mental Health Support Benches

New mental health support bench plaques have been installed across Weston-super-Mare, through collaboration with the Weston Seafronts Team and the Community Response Team. These plaques provide signposting to support services in locations identified as places where individuals who may be vulnerable are known to gather, ensuring that support is visible and accessible to those who may need it most.

You can read the press release on the North Somerset Council website: [Mental Health Support Benches](#)

You can also view and share the local social media post: [facebook - Support Benches](#)

## 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 1 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

### Water Safety

I have attached a Water Safety PDF from Avon Fire and Rescue to this newsletter email. Further resources to support teaching and learning on water safety can be found on the PSHE section of the Better Health website: [Personal Safety \(Secondary\) | Better Health North Somerset](#)

## 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](#)

## Launch of Pol-Ed in North Somerset



In order to support our partners in education in keeping our children safe, the **Office of the Police and Crime Commissioner for Avon and Somerset** is delighted to announce that it has purchased [Pol-Ed](#) on behalf of all schools across Avon and Somerset. The implementation of the product will be managed by the [Avon and Somerset Violence Reduction Partnership](#) with support from [Avon and Somerset Police](#).

Pol-Ed is completely FREE for all North Somerset schools to access.

Developed by PSHE specialist teachers and quality assured by West Yorkshire Police for legal accuracy. Pol-Ed provides a comprehensive range of PSHE lessons, assemblies, and Pol-Ed Passport resources, all delivered directly through the [Pol-Ed website](#).

The programme is fully aligned with statutory RSHE and Health Education and is designed to support schools in delivering high-quality, engaging PSHE education with confidence.

Pol-Ed includes:

- Over 20 lessons for every year group
- Four key curriculum strands – relationships, understanding the law, keeping safe, wellbeing
- Pol-Ed Passport lessons to support personal development and assessment
- Curriculum maps to support sequencing and long-term planning
- Evidence documents showing alignment with statutory guidance
- A programme of FREE online CPD sessions throughout the year.
- All supporting materials can be found within the Resources areas of the website.

Pol-Ed's core aim is to help keep children safe while supporting schools in developing pupils' knowledge, confidence, and ability to make positive, informed choices.

Once your school is registered, you can add all teaching staff so they can access resources directly with their classes. To support with this process, we have attached a short guide explaining how to add users.

If you are a PSHE lead, you may also find the reporting function particularly useful. This allows schools to track and analyse lesson delivery across the school.

## Physical Health

### HAF Programme-Summer Holidays

HAF (Holiday Activities and Food) Programme  
Report 2026-7

From Paige Gunstone (HAF Coordinator)



#### Summer Holidays HAF Provision 2026

Did you know that **FREE Holiday Activities and Food (HAF) activity days** are available for young people who receive **benefits-related free school meals**?

Our bookings for **Summer holiday HAF programme** are **NOW LIVE**. You can find out more information and how to book by visiting: [How to book HAF activities | North Somerset Council](#)

The Summer programme will offer a **great range of activities for teenagers and their families**, including, family swim sessions and activities, organised activity days, teen gym sessions, Theatre skills and technical skills workshops and a variety of sports and outdoor activities

Young people can book **up to 16 free sessions** over the Summer holidays. HAF activities are a fantastic opportunity to have fun, try new activities, make friends, and enjoy healthy food.

If you have any queries, please contact: [HAF@n-somerset.gov.uk](mailto:HAF@n-somerset.gov.uk)



**HAF** NORTH SOMERSET  
**Holiday Activities & Food**

**Bookings are now LIVE!**

Children and young people who receive benefits related free school meals are invited to book onto our free HAF Summer Activities.

#HAF2026

BEST START IN LIFE

Funded by UK Government

For more information about HAF please visit: <https://eequ.org/northsomersethaf>

## Snack-tember

The aim of Snack-tember is to help children and young people have healthier, more sustainable snacks. Last year, nearly **1 million** children and young people took part in the first ever *Snack-tember!* This year, they want to reach 2 million!

Registration for *Snack-tember* 2026 is now open, so if you work with children and young people aged 5-16 years, in any setting, come and get involved!

**REGISTER NOW** and be the first to receive the latest updates about Snack-tember, and access to ALL the resources as they become available!

## 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](#)

## Bite Back Programme

Bite Back in Schools is a free programme supporting secondary schools to improve their food environment while developing students' leadership, advocacy, and teamwork skills. The programme empowers students to become School Food Champions in their school, working together to identify issues around school food and take practical action to create healthier, fairer food cultures.

Delivery is flexible, with full support provided to schools, making the programme well suited to a wide range of school contexts. Participating schools receive:

- A £500 grant to fund student-led improvements
- An inspiring kick-off assembly from a Bite Back Ambassador
- Resources, student workbooks, and badges
- Full delivery support (only 15 flexible staff hours required)
- Opportunity to join a growing national movement of schools and young food advocates

Applications are welcome from all mainstream schools including SEN, Alt-prov and PRU schools (excluding Independent schools)

Schools can sign up here:

<https://www.biteback2030.com/bite-back-in-schools/england-join-bite-back-in-schools/>

If you have any upcoming events/meetings Bite Back would be able to attend or speak at, please contact them. They're eager to speak at Headteacher conferences, PSHE network meetings and in person events where they can.

**FUEL THE FUTURE: BITE BACK IN SCHOOLS**

FULLY FUNDED, STUDENT-LED PROGRAMME TO TRANSFORM YOUR SCHOOL'S FOOD

FOR YEARS 7, 8, 9 OR 10 STUDENTS EXPLORE FOOD ENVIRONMENTS IN SCHOOL AND THEIR COMMUNITY

SKILL-BUILDING RESEARCH, COMMUNICATION, ADVOCACY, AND TEAMWORK

REAL IMPACT LASTING CHANGE IN YOUR CANTEEN

15 HOURS OF CONTENT IN A WAY THAT WORKS FOR YOU

TRIED & TESTED DELIVERED SUCCESSFULLY IN 200 SECONDARY SCHOOLS

**WHAT WE OFFER**

- ✓ Ready-to-go resources and session plans
- ✓ Kick-off assembly delivered by an inspiring Bite Back ambassador
- ✓ £500 grant to help you run it
- ✓ High-quality physical resources, including workbooks and badges

"The Bite Back programme has been a catalyst for change at our school."  
DARTON ACADEMY

"My students are loving the content of the lesson resources"  
THE GILBERT SCHOOL

APPLICATIONS NOW OPEN!

**BITE BACK**

If you have any questions, please feel free to reach out to the Programmes Manager at: [andy.rayment@biteback2030.com](mailto:andy.rayment@biteback2030.com) or [book in a call directly here.](#)

## Food for Thought – supporting healthier choices

School communities play a big part in supporting families to make healthier choices. School events can be filled with sweet treats and sugary drinks, which can be harmful over time. Attached with this newsletter is a PDF that includes ideas and tips for making small changes to encourage healthier options. You can also find this on the [Food and Nutrition at School](#) page of the Better Health website.

## Free Inclusive Schools, Active Girls Webinar

The Department of Health and Social care invite you to join their Inclusive Schools, Active Girls webinar, focused on puberty and menstruation. This is a free, one-hour

session (part of a South West series) designed to support schools in creating more inclusive environments where every girl feels confident, comfortable, and able to take part in physical activity.

FREE 1 HOUR ONLINE WORKSHOP - REGISTER HERE

# INCLUSIVE SCHOOLS, ACTIVE GIRLS WEBINAR 2

TUES 7<sup>TH</sup> JULY 16:00-17:00  
WEDS 8<sup>TH</sup> JULY 14:00-15:00  
[REGISTER HERE](#)  
OR SCAN THE QR CODE:

**WITH A FOCUS ON PUBERTY AND MENSTRUATION**

**WORKSHOP FOCUS**

**PUBERTY AND MENSTRUATION:  
HOW CAN WE SUPPORT GIRLS  
TO FEEL MORE COMFORTABLE,  
CONFIDENT AND ACTIVE**

**SPEAKERS**

- Wendy Taylor, National Manager- Women and Girls, Youth Sport Trust
- Dr Natalie Brown, Female Athlete Health Lead, The FA, Research Associate, Period Education UK, Swansea University
- Jess Harvey, Research Assistant, Period Education UK, Swansea University Doctoral Researcher, University of Bath
- Bourne Academy, Bournemouth

**OVERVIEW**

This webinar will explore how schools can better support girls to remain active and engaged in physical activity during puberty and menstruation.

- **understand why change is needed** - the Youth Sport Trust will share data and insight from the annual Girls Active National reports exploring girls' experiences of puberty and participation. It will highlight the Girls Active programme and signpost to free resources to support schools embed youth voice, codesign and place girls' needs at the heart of PE, sport and physical activity.
- **What the evidence tells us** - Researchers will present the latest evidence on puberty, menstruation and physical activity, share insights from teachers and young people, highlight available resources including Period Education UK, and provide practical recommendations for schools.
- **What is the impact** - Bourne Academy, Bournemouth will showcase how they have supported children through increased participation in physical activity through the school

**LEARNING OUTCOMES**

1. Understand barriers around puberty that prevent girls from enjoying and participating in PE and physical activity.
2. Recognise the impact of school policy and culture on participation, confidence and inclusivity.
3. Use national data and lived experiences to inform local school strategies.
4. Explore period education, Active Girls and key resources
5. Identify champions and advocates to drive policy change.

**TARGET AUDIENCE**

- Headteachers and senior leadership teams
- Deputy Head/Assistant Head
- Governors and trustees
- Directors of education and local authority school improvement leads
- PE and curriculum Leads
- SENCO
- Class Teacher
- School Games Organisers
- Anyone with an interest in supporting girls to be more active.

Available on either:

Tuesday 7 July, 4pm to 5pm

or

Wednesday 8 July, 2pm to 3pm

**Register here:**

[REGISTRATION - Inclusive schools, Active Girls - puberty and menstruation \(webinar 2\) – Fill in form](#)

## Chiva – HIV in Schools

Chiva provide resources developed for schools and other education settings, including an [education toolkit](#), with lesson plans on HIV, and the [HIV in schools](#) guide to help teachers support any pupils who are living with HIV and to educate other pupils about HIV and end the stigma associated with this: [Chiva | Education Settings](#)



## Free Training: Changing the Narrative: 'Why Weight?'

This 20-minute online course explores how everyday environments, services and language influence health and wellbeing. Based on the regional ['Why Weight'](#) pledge, it highlights how staff can help create supportive, stigma-free environments and improve access to healthy food and active lifestyles. You will need an iLearn account to access the training, if you don't already have one, please email: [ilearnsupport@n-somerset.gov.uk](mailto:ilearnsupport@n-somerset.gov.uk) to register. [iLearn Why Weight Training](#)

## 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 (all ages)

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](mailto:getactive@n-somerset.gov.uk)

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

## Junior ParkRuns (4 to 14 year olds)

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/>



## Oral Health

### Brush Up

[Brush Up](#) is a new oral health improvement initiative for North Somerset. This free programme aims to give staff confidence to give brief, sensitive, evidence-based oral health advice, alongside age-appropriate toothbrush packs, to children, young people, families and adults who may face barriers to good oral health.

## Free Training: Oral Health Promotion for children and young people aged 5 to 19 years old

Good oral health is essential for children and young people to stay well, thrive and avoid preventable pain. This module introduces the main oral health issues affecting 5 to 19-year-olds and how staff can promote healthy habits and prevent problems early.

You will need an iLearn account to access the training, if you don't already have one, please email: [ilearnsupport@n-somerset.gov.uk](mailto:ilearnsupport@n-somerset.gov.uk) to register. [iLearn Oral Health Promotion Training](#)

## Keeping Safe

### Youth Connections Hub – MAVIS bus

Operating every **Tuesday and Thursday from 2pm to 7pm**, the [Youth Connections Hub](#) is delivered using the [MAVIS bus](#) and is supported by colleagues from the [Youth Justice Service](#) and the Safer Communities team.

The project aims to:

- Provide a safe and informal space for young people to talk about any concerns, including community safety
- Offer information, advice, and signposting to local clubs, activities, and community groups as well as other services which may be beneficial
- Make referrals or signpost young people to other relevant services where appropriate

Youth Connections Hub operates across **Weston and Worle**, including locations such as the Queensway Centre and Weston town centre as well as visiting all the **secondary schools** within the area.




## 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.



 **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

Scan here to learn more about our advanced parenting groups



## 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:  
[parentinggroups@n-somerset.gov.uk](mailto:parentinggroups@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](mailto: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](#).

## 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](mailto:yipsadmin@n-somerset.gov.uk) or visit [SAS Website](#)

# Sexual Health

## Yuno Sexual Health – free online and in-person training

Yuno offer free online and in-person training on a variety of topics, with some specifically targeted at education staff, as well as training to deliver the condom delivery scheme (CDS). More details and the booking link are available here:

<https://www.betterhealthns.co.uk/information/yuno-training-for-schools/>

More information about paid training available through Brook can be found here: [RSE Professional Training: Sex Education Programmes](#)

Yuno and Brook Education Services also support schools with a range of activities: Assemblies for Y9-13, Outreach and Health Promotion, My Life 1 to1s and targeted RSE group sessions. Follow this link for more information: [Outreach, educational services in North Somerset](#)