

Primary E-bulletin

June 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 that the last term of the academic year 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. I hope you find the information useful and supportive. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you have anything you would like to add to the newsletter in the future, please contact me on 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' Programme

The 15 Primary Schools from North Somerset involved in the Healthy Schools' Programme this year are coming to the end of their journeys for this cycle. This includes two special schools and thirteen primary schools. Schools involved in the programme have completed a wide range of projects including the development of more active lunchtimes, developing the opportunities to cook in school and developing nurture practices across the school community. Schools in the programme have received a £250 grant to help improve their provision.

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.

Mental Health

Children and Young People's Mental Wellbeing Network (CYPMWN)

The second meeting of this network was held on Wednesday June 11th from 3.30-5.00pm. The following speakers/topics were covered in the meeting.

EYFS SEMH resources/school transition resources-Josh Dyer (Education Psychology Team) [North Somerset EPS training library | North Somerset Council](#)

School Nursing Team support packages-Penny Synczys (Public Health Nursing Clinical Lead) [School Nursing Service – Children and Young People's Services](#)

Music Therapy and Wellbeing-Heather Walters (Head of West of England Music Therapy and Wellbeing) [West of England Music and Arts](#)

CRuNCH-Cook 5 initiative-John Thompson (Chair of Trustees) [Cook 5 Initiative](#)

North Somerset Parenting Programmes-Emma Pattinson (Parenting Lead) and Lauren Nurse (Senior Parenting Coordinator) [Advanced parenting groups | North Somerset Council](#)

A recording of the meeting can be found here: [North Somerset Children and Young People Mental Wellbeing Network - Wednesday 11 June 2025](#)

If you would like to be added to my contact list for future meetings, please contact me at steve.davis@n-somerset.gov.uk

North Somerset EPS Training Library

North Somerset's Educational Psychology Team are continuing to develop their training library to support educational settings to meet the needs of learners. There are a range of useful resources to support our work in meeting the emotional needs of pupils. Please follow the link below to find training videos on themes such as EBSA (Emotionally Based School Avoidance), Positive Transition and Early Years Social, Emotional and Mental Health: [North Somerset EPS training library | North Somerset Council](#)

MHST Transition Roadshows



The MHST team has been delivering our annual Transition Roadshow to primary schools across the Weston and Woodspring areas where we are based. We have a few remaining days to complete the schedule; once completed, we will have visited:

- **38 primary schools**
- **Approximately 1,500 Year 6 students**

The Roadshow features a 45-minute engaging and interactive workshop that explores and normalises students' emotions and concerns related to transitioning from primary to secondary school. The session encourages young people to consider their own strategies for promoting positive mental health, including problem-solving, grounding techniques, mindfulness

practices, and the importance of seeking support when necessary. Additionally, students receive a "Secondary School Passport," which they can use during their transition days. This passport allows them to record vital information about available support services in their new school, mental health strategies, and provides signposting for further assistance including the school nursing team.

We also introduce students to the Educational Mental Health Practitioner (EMHP) operating within their new secondary schools, further enhancing access to mental health support.

School staff have expressed appreciation for the value of these workshops, and we have enjoyed witnessing students actively engage with the content. We recognize that this transitional period is crucial for students' mental health and wellbeing. Therefore, we remain committed to supporting all students in accessing timely and appropriate support when needed, during and after transition.

Place2Be-The Art Room-Creativity and Mental Health

🧠 The Art Room team has developed a series of free projects for children to make at home or school together with parents, carers or teachers.

These activities are different to the Creative Wellbeing Projects in that they are not directly linked to the PSHE curriculum and can also be used by families at home.

These activities can help adults and children to nurture their relationship whilst having fun making art together. Each project offers space to explore an engaging

theme through stories, art and conversation. The activities provided can be adapted to a range of settings with children of different abilities and ages.

The aim of these projects is to encourage children to create something they want to make. We hope their creativity can be celebrated and social and emotional wellbeing strengthened through this process. Themes include: Mindful Listening, Noticing Feelings, Soothing Worries, Exploring Changes and Moving up to Secondary School.

Here is a link to all of the free activities: [Art activities from The Art Room - Place2Be](#)

Place2Be-Parenting Smart

Place2Be also 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.

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](#)

Right Service, Right Time

The Public Health 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.

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

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](#)

West of England Music and Arts-Music Therapy



Music therapy is a creative, evidence based therapy with trained therapists. Children and young people don't need to have or use any musical skill. Music is the way we make connections in a therapy session, that we explore feelings and support positive wellbeing outcomes.

Music therapy assessments can be used for a stand-alone assessment report to support and inform or part of longer term therapeutic intervention.

Preschool, Primary or Secondary age

1. **EHC assessment** – we can contribute, as health professionals (AHPs) and members of Health and Care Professions Council, to the EHC assessment for someone who doesn't yet have music therapy by doing a music therapy assessment and report.

The report cites the presenting needs and then the responses to and uses of music - as a tool for health and wellbeing - over 2 face to face sessions.

We state how music therapy could help, as an evidence based therapy, and the benefits for that student directly linked to EHCP outcomes to be addressed and the 4 domains of the EHCP.

Our music therapy Goal Based Outcomes link directly to the EHCP outcomes.

This is part of NS council Wave 3: *specialist intervention from a professional*

2. Our **music therapy assessment** can be used as a **stand alone package** to highlight where music therapy could be an integral/valuable part of the provision for a child or young person who already has an EHCP e.g at a review stage if an alternative intervention is needed - *where talking therapy has not been possible or isn't appropriate and a creative therapy is needed.*

Also, our creative health team offers:

- Small nurture groups – 4 children depending on need; 8 week package
- Whole class wellbeing & music: face to face – music as a tool, for wellbeing
- Morning afternoon or whole day; starts with whole school assembly and approach to wellbeing through music. Wellbeing and music activities are modelled per class and then class well-being ambassadors model their 2 activities to the other classes until you all know all 10 within your school!
- Creative music and wellbeing sessions

Please contact: Heather.Walters@wema.org.uk for anything music therapy or wellbeing related.

Or Jenni.Parkinson@wema.org.uk for any Inclusive music education enquiries

Kooth

Nearly **1 in 4 young people** in the UK report feeling anxious about moving up a school year. Transitions, whether it's starting secondary school, changing classes, or facing new expectations, can be a major source of stress for students.

You see firsthand how these changes impact students' wellbeing. That's why **Kooth's free digital mental health resources** are here to support them through every step.

Your free June resources

KoothKlass Live stream webinars straight to your classroom

Let's talk about moving up to secondary or high school

A chat about transitioning to a new school in September.

For year 6/ p7 [book here](#)

For middle schoolers [book here](#)

Kooth's support for young carers

For young people aged 11+ who are young carers. Find out about Kooth, myth- busting and words from our Kooth Clinical team. [Book now](#)

We're still here over the summer: Let's talk about loneliness and healthy relationships

A 30 minute webinar for young people aged 11+ on tackling loneliness and building healthy relationships. [Book here](#)

KoothTalks Families Free webinars for parents and carers

How to support your child to manage change when moving up to secondary school

A 30 minute webinar for all parents and carers of children who are starting secondary school this year. [Share with parents](#)

Helping young people stay safe on smartphones and online

Find out how parents can support online safety for their children and how Kooth keeps young people safe. [Share with parents](#)

Assembly for your whole school or year group

[Book](#) your free Kooth mental wellbeing assembly with your local engagement lead.



PSHE/RSE

PSHE Association School Plus

The PSHE Association have recently launched a new package for schools called School Plus. This includes all the benefits of their standard membership (unlimited users, access to lesson plans, guidance and planning tools) and personalised support from subject specialists. The School Plus membership also provides access to their new CPD training library, live webinars and networking opportunities and quick tips for classroom practice videos. Further information can be found at: [School Plus learn more](#)

Pride Month toolkit 2025

Two toolkits (one for Primary and one for Secondary) are available to download from the Anna Freud Mentally Healthy Schools website. Both are full of resources to celebrate and support those who identify as LGBTQIA+ during Pride Month and beyond. [Pride Month toolkit 2025](#)

Sexual Health and Wellbeing

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.



Sexual Health Service

A new sexual health service called Yuno launches across BNSSG on 1 April. The service is commissioned by Bristol City, North Somerset and South Gloucestershire councils. Yuno will offer free and confidential access to a wide range of services and will be provided by the NHS and a number of not-for-profit organisations working collaboratively.

Access to most Yuno sexual health services will be through a new clinically supported [easy-to-use website](#), which acts as a digital 'front door'. Managed by a team of experienced sexual health clinicians and other healthcare professionals, the platform will ensure people receive trusted, high-quality and timely care.

Yuno will have an enhanced focus on prevention of poor sexual health through a health promotion and engagement service which will also be responsible for delivering outreach to those at greatest risk of poor sexual and reproductive health outcomes.

Yuno Professional Training 2025/26 delivered by Brook

Training opportunities are available for all professionals working with children and young people in North Somerset on sexual health are now available through Eventbrite. Sessions include Yuno: Relationship and Sex Education (RSE) delivery in practice, Yuno: Understanding Masculinity and Tackling Misogyny in RSE and Yuni: Supporting and including young people with SEND in RSE. The range of training opportunities will grow over time so this webpage is worth saving to your favourites for future reference. [Yuno Professional Training 2025/26 | Eventbrite](#)

Physical Health

Funded Walk to School Outreach Programme

We're excited to share that **North Somerset Council** is partnering with **Living Streets** to take part in the **Walk to School Outreach programme in 2025-26**, offering schools the chance to participate in **WOW – the walk to school challenge**. This award-winning initiative is designed to improve children's health, reduce traffic, and make local streets safer and more sustainable.

Thanks to **Active Travel England funding**, we're thrilled to offer this program **for free during the next academic year** to all schools in North Somerset that have not participated in WOW over the past three years.

Taking part in WOW will not only benefit your school and community but also help raise North Somerset's Local Authority Active Travel Capability rating. By encouraging more children to walk, wheel, cycle, or scoot to school, we'll collectively raise the authority's rating, which could unlock additional funding and support for future active travel initiatives further benefiting schools and their communities.

- *“...WOW has kept our children motivated and engaged in Active Travel and we now have 15% more children walking, cycling or scooting than last year! It has given us a much more accurate idea of our travel data and has enabled us to work with families to help them keep moving. Working with Abbie as part of the Sustainable Travel Team has helped our plans become actions and we're continuing to see great results!...”* Pastoral Lead at Windwhistle Primary School

Participating in the **WOW challenge** also supports your school's goals for a funded **Modeshift STARS** accreditation and helps you take steps towards your schools **Climate Action Plan** as part of the Department for Education's (DfE) sustainability programme. Both of these initiatives support the wider push for more sustainable travel options, while helping your school improve its environmental impact and achieve recognition for your commitment to reducing carbon emissions.

Here's why WOW is a great opportunity for your school:

- **59% fewer car journeys** to the school gates
- **43% more active journeys**, leading to improved health and wellbeing
- Reduced traffic congestion and pollution, making the school run safer and cleaner

Thanks to **Active Travel England funding**, your school can access **FREE WOW resources**, including the **WOW Travel Tracker**, which makes it easy to monitor and encourage active travel.

This offer is available to schools **that have not had WOW in the past three years**. However, if your school has participated previously, we'd still love to hear from you. **Funding may also be available to support schools that have taken part in WOW before** — please get in touch to express your interest in participating again this year.

To get started **email me back as soon as possible** to express your schools interest. We want to sign schools up by the start of term 6 to ensure they don't miss out on this fully funded opportunity!

Let's work together to make the school journey safer, healthier, and more sustainable for everyone, while also helping to enhance North Somerset's active travel capabilities. We look forward to seeing your school take part in this exciting funded program!

Contact: Abbie Edbrooke

abbie.edbrooke@n-somerset.gov.uk



ParkPlay – free family activities

[ParkPlay](#) is helping build happier, healthier communities in North Somerset by bringing people together through play. ParkPlay takes place every Saturday in Weston-super-Mare and Portishead at:

- Castle Batch Recreational Ground, 9.30am to 11am
- Merlin Park, Portishead, 10am to 11.30am.

It's free, safe, welcoming, and open to everyone. It's a great way to meet people and have fun. ParkPlay runs every Saturday and will continue throughout the summer holidays!

To find out more, visit: park-play.com/parks/south-west

Or like our Facebook pages: [Castle Batch](#)

[ParkPlay](#) and [Portishead ParkPlay](#).

You can also email us at: GetActive@n-somerset.gov.uk.



Cricket event at Castle Batch CC

The All Stars Cricket event is back at Castle Batch Children's Centre, Worle this summer. Sign up today while there are still spaces available!

We are excited to announce that there will be two cricket activities taking place over the summer at Castle Batch Children's Centre:

- 5-8 year olds (parents/carers must stay with children for this session)
Tuesday 5 August, 10am to 2pm
Use code 5AHY7
- 9-12 year olds
Wednesday 6 August, 10am to 2pm
Use code AQ3MJ.

Both sessions are free, you just have to use the codes.

You can book via the QR codes (click on the posters below to enlarge them for scanning) or [find out more](#).

We are very excited to be hosting this event again this year. If you are working with any families who would benefit from this activity, make sure you sign up as soon as possible while there are still spaces available as this event often books up quick.

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. Timings can be found below:

[Weston-super-Mare](#) - Sundays at 9am, Walford Avenue Neighbourhood Open Space

[Nailsea](#) - Sundays at 9am, Golden Valley playing field

[Clevedon](#) - Sundays at 9am, Clevedon Seafront

[Yatton](#) - Sundays at 9am, Yatton Recreation Ground

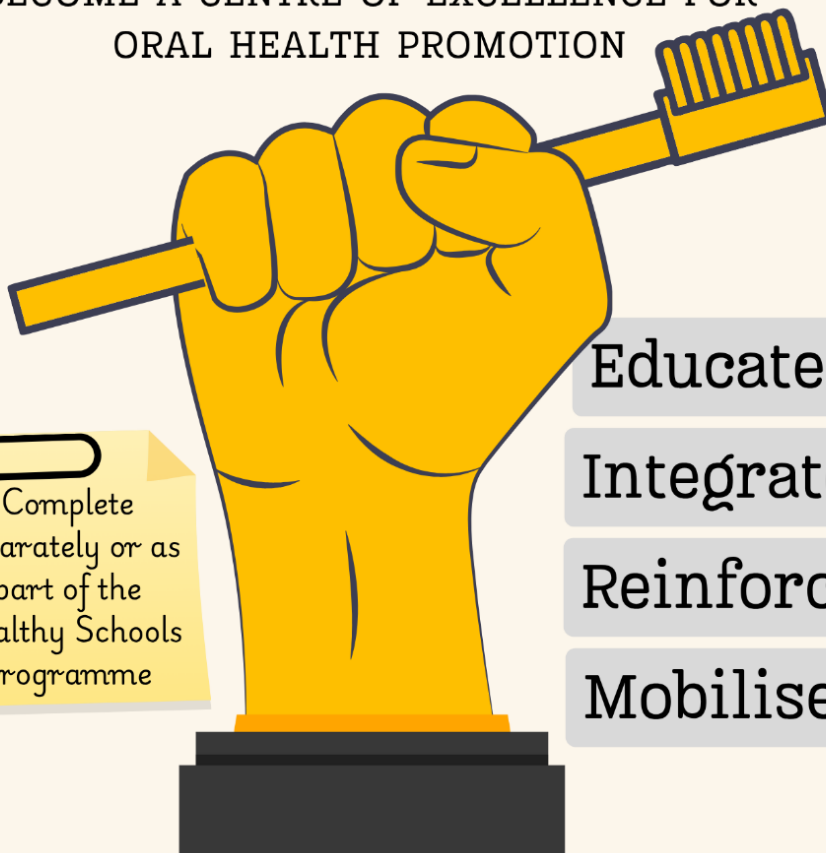
Please share information with parents/families.

Oral Health

Oral Health Awards

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



Oral Health Promotion Service



ORAL HEALTH PROMOTION SERVICE



WAYS WE CAN HELP YOU TAKE CARE OF TEETH

Whatever your service, if your work is with children, young people or vulnerable adults, you have a role to play in promoting oral health. Here are a few ways we can help you get started, but if you have your own ideas we'd love to support if we can.

TRAINING FOR STAFF:

- BASIC ORAL HEALTH OVERVIEW
- ORAL HEALTH CHAMPION DEVELOPMENT
- INTEGRATING ORAL HEALTH PROMOTION
- SUPERVISED TOOTHBRUSHING
- MOUTH CARE ESSENTIALS



VISITS:

- ASSEMBLIES/CLASS LESSONS
- CLUBS/GROUPS/DROP INS
- STAY AND PLAYS
- INFORMATION STANDS





PLUS:

- TOOTHBRUSHING PACKS
- MOUTH CANCER SELF-CHECK KITS
- VISITS TO GROUPS/CLASSES

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

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

<https://www.betterhealthns.co.uk/professionals/oral-health/children/>


Support for parent/carers


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 Thursday of each month
Where? Nailsea and Backwell Children's Centre, Pound Lane, Nailsea, BS48 2NP
What time? 1.30pm - 3pm

 **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



North Somerset
children's
 centres



 **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: 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

Holiday Activities and Food (HAF)

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



The poster features a group photo of diverse children and young people smiling. To the right of the photo, the text reads 'HAF NORTH SOMERSET Holiday Activities & Food Summer Holiday Fun 2025!'. Below this, there are three circular icons: a paint palette, a target, and a food can. Further down, it says 'Parents and carers will be able to view the activities available and book using our booking platform: www.eequ.org/northsomersethaf'. Below that, it asks 'Should you have any queries then please email: HAF@n-somerset.gov.uk'. At the bottom, it provides phone numbers: 'Phone 07385 978806 or 07385 017565'. On the right side of the poster, there is a graphic of a sun with rays, two birds flying, and a colorful bunting banner.

Website link to HAF website: [Holiday, activities and food \(HAF\) programme | North Somerset Council](https://www.eequ.org/northsomersethaf)

Healthy Eating



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

Who's it for?

Children and young people aged 5 – 16 years old and their schools, or the clubs they attend.

We'll also be having a special focus on young people in the first two years of secondary school. We specifically want to help support young people, at a time when they are developing more independence, to make choices and form healthier habits that will have positive long-term benefits. (We'll be calling on our secondary school teachers to help us!)

What's the ambition?

We want:

- to help children and young people make and choose healthy, sustainable snacks
- 6,000 schools to register for Snack-tember
- Over 1 million young people to take part

We will be providing:

- classroom materials for teachers
- hints and tips for school caterers
- information for parents/carers

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