

Hill View Voice

Spring Term 2
2025/26



HILL VIEW



Welcome



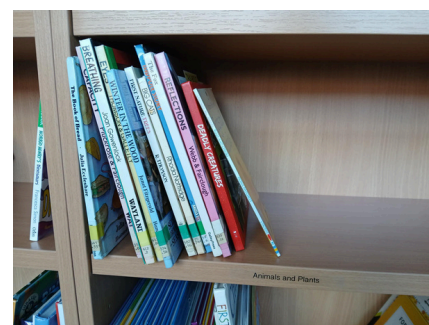
As we reach the end of an incredibly busy and rewarding Spring Term, I want to take a moment to reflect on the fantastic progress our learners have made and share some exciting updates for the term ahead.

This term, our combined celebration of reading and careers brought energy, aspiration, and joy to Hill View School. From immersing themselves in stories to exploring real-world industries, our learners learned that reading opens doors, not only to imagination but to futures they may one day choose to pursue. This forms part of our wider career-related learning offer at Hill View School, which starts in Primary and is embedded across all year groups and classes, enabling our learners to discover what their next steps could be.

For more information about careers at Hill View, please visit our website: [Hill View School - Careers](https://www.hillview-school.co.uk/careers).

A huge thank you to all staff, visiting professionals, and guest authors who helped make the week such a success!

I am absolutely thrilled to announce that our newly refurbished school library is now complete! Creating a welcoming, engaging, and inspiring space for our learners to discover the magic of books has been a major priority for us. The new library will be fully open and available for all classes to use immediately after the Easter break.



Important Dates for Your Diary

- Parents Evening: We look forward to welcoming you to discuss your child's progress on the 5th and 7th of May.
- Booking details: Your child's class teacher will be in touch soon to arrange specific times.

Finally, I would like to wish all our families, learners, and staff a very safe and restful Easter break. We look forward to welcoming everyone back refreshed and ready to learn in the Summer term.

Stu Lambert
Headteacher

**Be the best you.
Build the best us.**

The Knoll

Teachers: Beth , Emma & Victoria



We have loved being able to be outside more with the arrival of Spring! We love playing outside together. If you pop by outside our classroom, you are likely to see mud patches full of dinosaur battles and chalk drawings of our favourite animals on the floor.

In Maths, we explored the numbers 0-5, recognising them, grouping things, and then looking at one more and one less of a number.

In CLL, we have studied the stories 'Aliens Love Underpants' and 'Under the Same Sky.' We have enjoyed exploring new vocabulary in the stories, creating our own aliens and moons, and learning about day and night. We loved a visit from a PCSO for World Book Day too!

In Science, we have explored what materials different objects are made from. We have sorted materials and explored their properties. We have particularly enjoyed investigating weight using floating and sinking experiments outside with our water play!

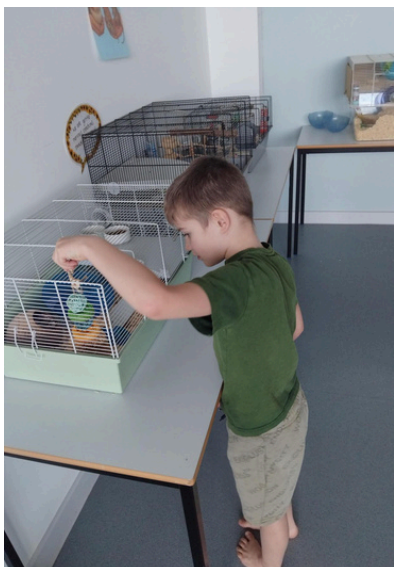
In Our World, we have been learning all about Space with bucket sessions, sensory sessions, and crafts.

We have loved our swimming sessions each week for Outdoor Education, we have made so much progress and have become much more confident and independent in the water. The adults are so proud of us!

This half term, we have been transitioning to the animal care room to visit our school animals for the first time. We are so gentle and really enjoy learning about how to look after them; it has been a real highlight.

We have enjoyed PE sessions of balancing and jumping too!

Great work The Knoll!

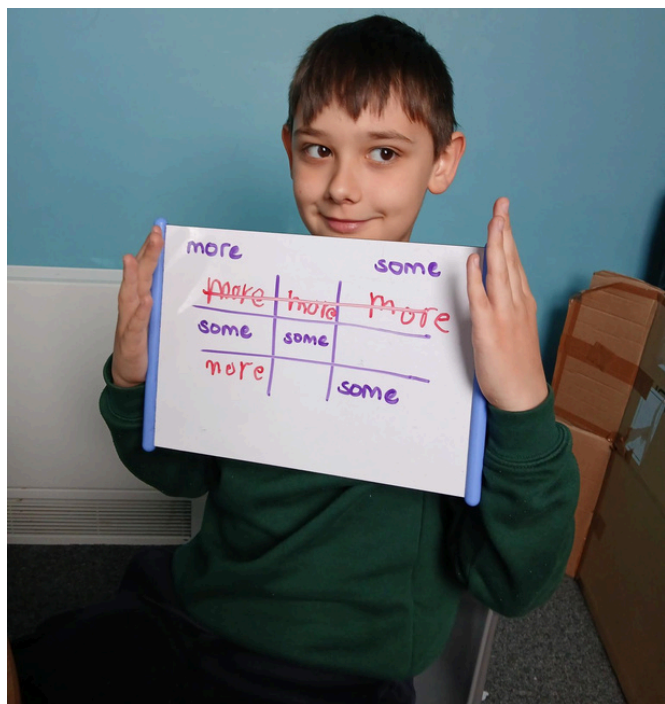


Phonics

Teacher: Cath



This term many learners across the school have worked hard to develop their skills in phonics and reading, filling in some of the gaps in their learning and starting to have the confidence to 'have a go' at something which can feel very challenging. Our approach is very individualised with plans developed around areas of interest where possible. Our younger learners are currently using resources based around dinosaurs, animals, Disney Princesses, Hot Wheels and Bluey! Our older learners have developed a shared interest in Manga Demon Slayer books and they enjoy talking together about the charactersand attempting to teach the adults their names!



Ham Hill

Teachers: Beth , Emma & Victoria



We have had an exciting half term in Ham. The warmer weather has meant a lot of outside and water play. We have been working on team building and taking on lots of outside challenges together.

We have had a lot of fun exploring space. In CLL, we studied 'Aliens Love Underpants'. After exploring the story through craft, drama, and play, we changed the main characters and events to create a new story. We also learnt about the features of information books and created fact sheets. We have also studied space in Our World, Science, and DT, where we have designed and made space rockets, and learnt about exciting space events and moon landings.

In Maths, we have been counting in multiples of 2, 5, and 10. We have also explored length, mass, and capacity. We have secured place value to 50 and can find 1 less and 1 more than a given number.

One of our favourite times of the week is food technology; we have been working on using basic skills such as cutting, mixing, and baking. We have made cakes, cookies, wraps, fruit salads, veggie sticks and dips, and chow mein! We are getting better at trying new foods and are very good at chopping things.

We have really enjoyed Forest School sessions where we have explored nature and seen signs of spring. In LTNA, we have created a garden area and planted lots of exciting plants.

Well done, Ham Class!





Save the date

Parents Evening

MAY 5TH & 7TH

Your child's class teacher will be in touch soon.

**Be the best you.
Build the best us.**





Bottoms, Burps and Bile (& Brains)

A fantastic, and a very funny half term!

We have enjoyed learning about how our amazing bodies work - unsurprisingly, the word "bottom" is still the highlight and continues to cause lots of giggles!

Science- So far, we have explored:

- The brain and how it controls our body
- Our skeletons and body organs (with some very creative designs!)
- How our bodies work on the inside, including our intestines!

We created our own skeletons, some were... very imaginative and unusual, with very long necks and bones in interesting places! We also drew around each other and had a go at placing organs correctly on our bodies, which was a big improvement.

CLL & Topic Work - We travelled into the future in our writing and imagined what we would be doing in our future jobs! We thought about what our future lives might look like, our hobbies and our pets. Even naming our future children! We even got stuck in the future at one point when our time travel machine broke down!

We also created beautiful paper sculptures to represent our imagined time-travel journeys.

Visitors & Experiences - We celebrated World Book Day and Careers Week.

- A visit from a PCSO, who showed us his car and read us a story.
- Virtual sessions with a range of authors, including Michael Rosen
- Our First Hill View Class Assembly with Louisa, including a special story and our Bike-ability certificates being awarded to us.

Food Tech - We've done lots of cooking this term! While the cottage pie wasn't a class favourite, the pasta dishes and anything with cheese were a huge success!

Outdoor Education Learning - We've had plenty of trips to the woods—returning muddy but smiling every time!

All children passed their Bike-ability course and received certificates.

Maths - We've focused on problem-solving in real-life contexts and using our reading skills to solve the maths problems.

The progress in reading this term, especially in maths, has been fantastic for every one of our learners.

It's been a brilliant half-term, and we are really proud of how much the children have achieved, especially their confidence, perseverance, reading, and problem-solving skills. And yes... we are still laughing about the word bottom.

Sally



Outdoor Education

Teacher: Hannah



This half term has been an active and rewarding one across both Primary and Secondary groups. Primary learners took part in various activities. The Knoll continued swimming sessions, where they developed water confidence, practised key skills, and celebrated individual progress, that included Swim England Award completion. Ham and Herne class embraced orienteering at Ham Hill with practical map-reading challenges, this came after Ernest Cook Trust offsite forest school experiences in a new woodland environment. These sessions encouraged teamwork, resilience, and a growing sense of independence as learners explored natural spaces with purpose and curiosity.

In Secondary, Lydeard and Sunny classes continued to make excellent progress in swimming, with almost all learners achieving Swim England awards through consistent practice and determination. Coker and Burrow were introduced to orienteering this term, each taking on challenges tailored to their stage of development. Coker completed a guided walk around Ham Hill, learning the foundations of navigation and outdoor awareness. Burrow took their training even further with in-depth orienteering sessions, starting with independent map tasks on school grounds before moving on to team-based navigation routes at Ham Hill. These experiences supported confidence, independence, and problem-solving as learners worked together to follow set routes in a real outdoor landscape.





HILL VIEW
SCHOOL

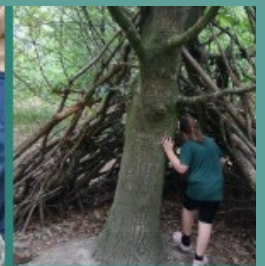


**Be the best you.
Build the best us.**

Join Our Team We Are Recruiting

- Teachers
- Teaching Assistants
- Youth Workers

Join a therapeutic team and make a real difference for SEMH learners by fostering resilience, safety, empathy, and innovation.



Email office@hv.oak.education for more information and be a part of a great team supporting our learners.

Hill View School, Main Street, Ash, Martock TA12 6GD - 01935 733033

Stonebury Class

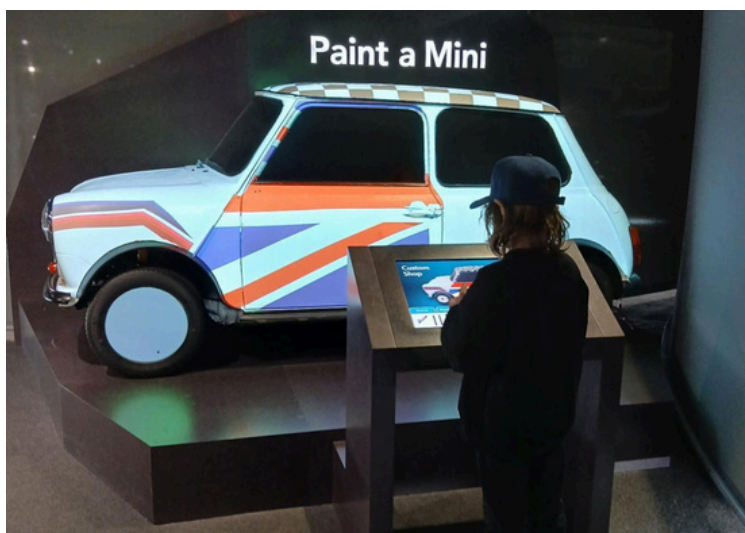
Teacher: Darren & James



This half term, the children in Stone and Cadbury are getting stuck into personalised projects based on what really interests them. Some are exploring Cheddar Caves and Gorge, others are diving into Ancient Egypt, and a few are learning all about aircraft. Our shared theme across both classes is growth, inspired by the spring season and all the changes happening around us.

In Communication, Language and Literacy, the children are learning how to write letters while also finding out how potatoes grow. They've been talking about what plants need, naming different parts of a plant, planting seed potatoes, and watching them change over time. They'll be looking after their plants throughout the term and eventually harvesting them so they can see the whole life cycle from start to finish. In Our World, we're exploring allotments and what makes them special. The children are learning what grows there, how people look after these spaces, and why they matter. They're planting seeds, discovering different types of soil and simple tools, watching their plants grow, and keeping an eye out for the wildlife that shares these spaces. We'll also be talking about what it means to grow your own food and care for nature.

In Maths, we're focusing on place value, addition and subtraction, and measuring length and height. The children will be using lots of practical activities to help build their confidence and understanding.



Lydeard Class

Teacher: Tom

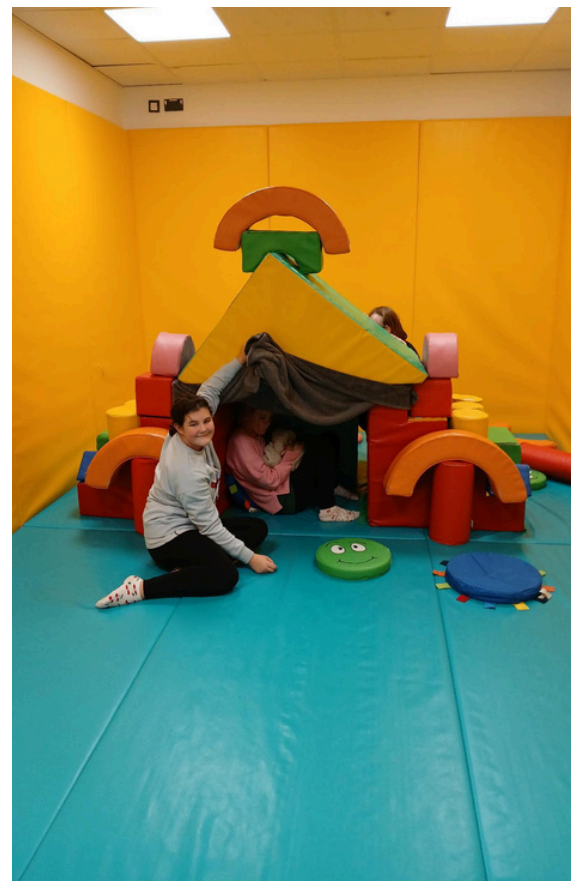


Our learners have been busy in the kitchen, growing in confidence as young chefs. They've worked hard to prepare a variety of dishes—from creamy carbonara to sweet treats for a school event. A particular highlight has been the creation of cake pops, which were a learner request that ended up being a hit with both learners and staff. These sessions have helped develop teamwork, independence, and pride in their achievements.

Alongside practical skills, learners have been strengthening their social skills. It's been wonderful to see new friendships forming and long-standing ones becoming even stronger. Whether they're cooking, playing, or taking part in outdoor activities, learners continue to show kindness, cooperation, and support for one another.

With the improving weather, learners have really enjoyed getting outdoors to practice their movement and coordination skills again. Skateboards, ripsticks, and scooters have been in constant use as learners challenge themselves, try new techniques, and celebrate each other's progress. Their enthusiasm and confidence continue to grow every week!

Swimming has also been a highlight this term. Every learner has given it a go, with some refining their pre-developed skills while others have tried completely new techniques. Their determination, courage, and positive attitude in the pool have been fantastic to see. As we move toward next term, the excitement is already building for our next Outdoor Education focus: cycling. Learners are eager to get started, and we can't wait to see the confidence, teamwork, and resilience they'll bring to the next challenge.



Sunny Class

Teacher: Nathan



This half term has seen learners make academic and emotional progress across the curriculum. In English, pupils have continued exploring *A Monster Calls*, deepening their understanding of the complex emotions Connor experiences as he struggles with his mother's illness. This has supported learners in reflecting on empathy, emotional expression, and the challenges characters, and people, face in difficult times. In Maths, the class has grown in number confidence and expanded their understanding of geometry, working confidently with shapes, angles, polygons, and perpendicular lines. Our Science learning has taken us into space as pupils explored the planets and the wider solar system, developing curiosity and strong recall of key facts.

In Cooking, learners prepared a range of savoury and sweet dishes, comparing these homemade meals with popular takeaway options to promote healthy choices and independence skills. Alongside academic learning, a significant emphasis has been placed on therapeutic support, including the introduction of new sensory tools such as the spin chair, scooter boards, and beanbags in the quiet room. These supports have helped regulate emotions and increase engagement. Learners have also continued to use and further develop their castle fort, which has become a valued space for imaginative play and collaborative problem solving.

Jigsaws have become increasingly important in Sunny, offering a calming activity that promotes focus and teamwork. Throughout the half term, pupils have spent considerable time playing games together, helping to build stronger relationships, improve communication, and develop a more cohesive and supportive classroom community.



Coker Class

Teacher: Mark



Building Strong Foundations in Coker Hill Class

This term in Coker, we have recently been reminded of the importance of laying strong foundations. Whether in the kitchen or the classroom, getting the basics right is the secret to success.

In Food Tech, our learners have seen this first-hand. They've learned that the perfect cinnamon swirl depends entirely on the "foundation" of the dough—getting the yeast, sugar, and salt ratios just right so they rise to the occasion!

That same principle applies in CLL, where we've been revisiting the essentials of handwriting, spelling, and grammar. We aren't just practicing for the sake of it; we're showing students how these real-world skills help them inform, persuade, and plan for their futures.

Over in Maths, we've taken the time to go back to basics. By strengthening our understanding of averages, number patterns, and rounding, we are clearing the path for more advanced topics next term. It's all about filling in the gaps now so we can build higher later.

A key foundation for us at Hill View is the relationship between our staff and students. As trust grows, so does the courage to learn. We are incredibly proud to see our learners becoming more confident to "give it a go," engaging more deeply with their work, and taking bold risks with their learning.



Burrow Class

Teacher: Coral



We're delighted to share what Burrow Hill Class has been exploring and achieving recently. It has been a busy, creative and thoughtful time in our learning.

In Communication, Language and Literacy, the class has been working on writing informative leaflets. Each learner chose an animal to research and then focused on presenting their information using clear subheadings, formal language and factual, engaging writing. The enthusiasm during research and drafting has been wonderful to see, and everyone is beginning to use writing skills with greater confidence and purpose.

In Maths, we have been looking closely at ratios and scatter graphs. Learners have been practising applying ratios to real-life situations and developing the ability to read and interpret data from scatter graphs. The class has been analysing trends, spotting patterns and discussing what the data might be showing them, building both mathematical accuracy and analytical thinking.

Cooking and life skills have been a real highlight this term. Learners have been practising a range of cooking techniques such as baking, boiling and frying, with an emphasis on using equipment safely and independently. They have prepared homemade soup, cooked pasta dishes and even planned and created a full meal costing £5 or less. It has been lovely to watch confidence grow in the kitchen, along with creativity and organisation.

In Digital Skills, we have been exploring the impact of artificial intelligence. Discussions have focused on how AI supports everyday life, the exciting opportunities it can bring, and also the possible challenges or concerns surrounding its use. Learners have been encouraged to think critically, ask thoughtful questions and reflect on how technology shapes our world.

Our work on farm conservation has helped everyone understand how landscapes change over time and why conservation efforts matter. We have talked about wildlife protection, sustainable practices and the long-term effects of looking after the environment. This learning has linked well with our outdoor experiences and has encouraged the class to think about the world around them.

Finally, learners have begun developing important skills for future education and employment. They have been practising interview techniques, exploring potential work experience placements, and learning how to write CVs and complete job applications. These sessions have sparked great discussions about future goals and personal strengths.

Thank you for your ongoing support. We are incredibly proud of the effort, curiosity and maturity learners have shown across all areas of the curriculum. If you would like any more information about what we have been working on, please feel free to get in touch.

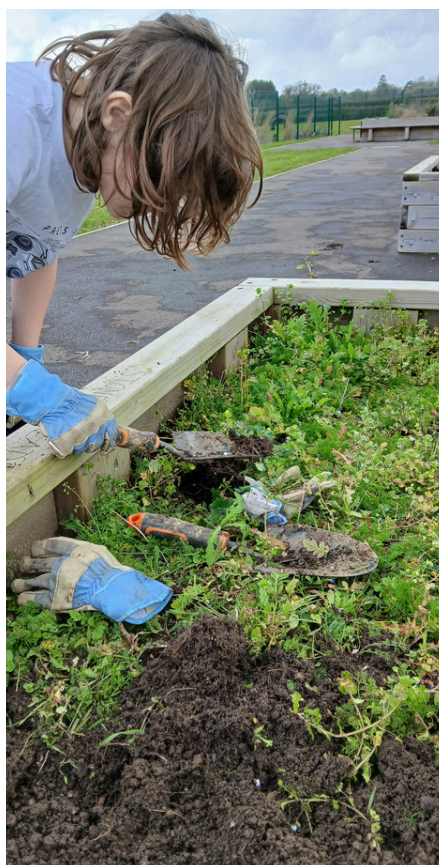


With the start of March, it really does feel like Spring is upon us, and so begins one of my favourite seasons in the LTNA calendar. Our focus this term has been on horticulture. Every class has been allocated their own designated space to prepare, plan, plant and nurture, these ranging from purpose-built raised flower beds in the Knoll to Burrow's challenge of developing a new allotment and herb garden outside our learners' kitchen.

Skills appropriate to each class have developed, ranging from simple repotting and watering through to testing soil and suggesting and implementing ways to improve its productivity. Learners are also looking closely at the timescales of their potential crops to ensure that they can be harvested before the Summer holidays! As part of this ongoing project, we also have plans to repurpose the chicken run as a secure and (ironically) bird-proof area to grow soft fruits, tomatoes and beans.

A huge range of flowers, vegetables and fruits have been planted in each class's allotment bed, from Aubergines to Zucchini, and we look forward to monitoring and caring for our crops before (fingers firmly crossed) harvesting and using them before the end of the year. In addition, the recent drive to plant trees around the school site and some "guerilla" bulb planting (where nobody expects to see them!) will further enhance our outdoor learning environment moving forward.

At the end of the term, our focus will move to the practical, fun-filled exploration of shelter building. Ranging from indoor blanket dens to purpose-built and camouflaged bird hides, we will be looking at a spectrum of skills from simple planning and making lean-to shelters to more complex lashing and joining techniques, the consideration of environmental factors and the testing of natural and man-made materials to support our constructions. One thing is for certain – the Hill View weather will make this a suitable challenge, come rain or shine!



School Governor Recruitment



We are currently seeking nominations and applications for Parent Governors and Co-opted Governors to join our Local School Committee.

As an LSC member, you will work collaboratively with the Headteacher and other representatives:

- Protecting our specific therapeutic vision and ensuring our core values are embedded across the school.
- Scrutinising Safeguarding procedures and ensuring key funding (like SEND and Pupil Premium) is used effectively for our learners.
- Serving on review committees for sensitive matters such as exclusions and complaints.
- Ensuring parental and staff voices are heard and strengthening our relationships with the local community.



A **Co-opted Governor** is an individual appointed by the existing members of the Local School Committee because they possess specific skills, experience, or expertise that is needed to help the committee operate effectively. They are not necessarily parents of learners at the school. At Hill View, we seek Co-opted Governors who bring valuable perspectives—such as finance, health & safety, or specialist SEMH knowledge, to ensure robust strategic oversight and support for our school.

**Be the best you.
Build the best us.**

**Contact the School Office for
further Information**

Physical Education



Teacher: Teresa

This term in PE, all learners have been taking part in football. With the arrival of the sunny weather, we've been able to enjoy many of our lessons outside. It has been fantastic to see the progress learners have made, not only in their physical skills but also in their ability to work together, support one another, and engage in lessons with growing confidence.

This year, even more Primary learners have shown an interest in football, which allowed us to take an U12 team to the Inclusive Football event alongside our U16 team. Learners from Ham, Herne, and Lydeard represented the school brilliantly in their first competitive tournament, finishing the day on a high with a fantastic win in their final match. Our U16 team also performed exceptionally well, securing two wins out of their three matches and demonstrating excellent teamwork and sportsmanship throughout the day.

As we move into the final term, learners will have the opportunity to take part in a range of seasonal activities, including athletics, rounders, tennis, and cricket. We have more football tournaments on the horizon, and we look forward to sending another team to the athletics event later in the summer term.



Celebrating World Book Day & National Careers Week (and beyond!) at Hill View School

Hill View School marked World Book Day 2026 and National Careers Week with an inspiring programme of activities that brought storytelling, creativity, and real world career exploration to life for all learners. Across the week, learners engaged with authors, professionals, engineers and employers—opening doors to imagination *and* future pathways.

World Book Day Highlights

Throughout the week, learners enjoyed exciting literacy focused events, including:

Author Virtual Visits

- **Iqbal Hussain** (KS2) inspired Herne Hill learners with a virtual workshop exploring his novel *The Night I Borrowed Time*, creativity, and Pakistani culture.
- **Michael Rosen and friends** delivered a lively, interactive storytelling session themed around global food tales, complete with drawalongs and creative writing prompts.

World Book Day (Friday 6th March)

- Learners across the school dressed as their favourite book characters or dressed up as what they wanted to be when they are older.
- World Book Day vouchers were distributed.
- More guest readers were invited to share stories with classes, which included a local businessman who had a smallholding and experience in the arts (including drama) and our PCSO Ian, who showed our Primary learners around his Police pickup truck, even turning on the blue lights!

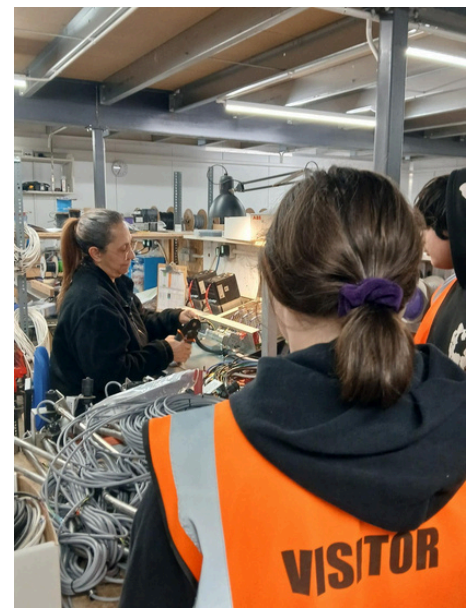


National Careers Week Highlights

Learners from primary through to secondary took part in engaging, hands-on experiences designed to broaden their understanding of future careers.

Working with wildlife (virtual talk)

The Chester Zoo Live Lesson, held on 3rd March to celebrate World Wildlife Day and Careers Week, took learners behind the scenes to show what science looked like beyond the classroom and how different careers helped protect wildlife on a global scale. During the interactive session, learners met professionals working inside and outside the zoo—including animal keepers, vets, nutrition teams, and conservation communicators—and learned how these roles contributed to safeguarding species and habitats. They explored the wide range of wildlife-related careers available, discovered how science was used daily in conservation, and understood the skills, subjects, and pathways that previously led people into these fields. They also learned how organisations such as Chester Zoo protected endangered species around the world and had the chance to ask live questions to experts. The lesson supported curriculum links across KS1 and KS2, covering habitats, animal needs, nutrition, and the skeletal and muscular systems, and ultimately helped learners recognise how their interests could grow into meaningful futures protecting nature.



Engineering & Apprenticeships

TClarke Agratas visited Secondary learners to deliver:

- An apprenticeship and careers talk covering T Levels, apprenticeships, and graduate routes.
- Practical engineering workshops where pupils built working light circuits—developing real technical skills and teamwork.

Behind the Scenes at EmTech

A group of secondary learners visited EmTech in Sparkford for an exclusive look into engineering, design, manufacturing, and high-tech innovation. They met industry professionals and learned how ideas become real products.

Careers in the Police

PCSO Ian visited a number of our Secondary classes where he talked through the different roles in the Police force, including the differences between a PCSO and Police Officer. He discussed routes into these different careers and gave learners time to ask lots of questions!

Careers in Sport - Yeovil Town FC

Some learners had a visit to Yeovil Town Football Club after Careers week (we just couldn't fit everything into one week!). They enjoyed a memorable experience that included a full stadium tour, a kick about on the 3G pitch, and valuable careers insights into coaching, media, events, groundskeeping, and a range of other roles within the sports industry.



Glastonbury Abbey visit – Burrow Hill

Extending beyond Careers Week even further, learners in Burrow Hill class enjoyed an immersive workplace visit to Glastonbury Abbey, where they discovered the stories — and the wide range of jobs — behind one of England's most iconic heritage sites. During the visit, they explored the atmospheric ruins and gardens on a guided walk that highlighted how the landscape was cared for and why conservation was so important.

They also stepped behind the scenes at the Abbey café, watching food preparation, meeting baristas and servers, and learning how customer service, food safety, and stock management work in a real hospitality setting.

Throughout the day, learners met staff from across the Abbey — including conservation specialists, visitor services teams, education and outreach officers, retail and events staff, marketing teams, groundskeepers and volunteers. Short talks and Q&A sessions gave learners an authentic look at the many roles that keep the Abbey running.

Interactive career activities helped learners link their skills and interests to real-world jobs, and they ended the visit with a reflection workshop, during which they noted key insights and explored apprenticeships, work experience, and study routes.

Overall, the experience offered a lively and practical introduction to careers in heritage, tourism and community spaces.



Safeguarding Team



Safeguarding is a shared responsibility, and we encourage all parent carers to know how to seek support if they are worried about a child or young person during the break. Our 'We Stay Safe' value extends beyond the school gates, and help is always available.

Key Contacts for Concerns

If you are worried that a learner or young person could be in danger or is at risk of harm, please use the contacts below. These services operate 24 hours a day, 7 days a week:

- Children's Social Care (Somerset):
- Phone: 0300 123 2224
- Email: childrens@somerset.gov.uk

Emergency Duty Team (EDT)

To speak to a social worker outside of office hours (evenings, weekends, and bank holidays), please phone: 0300 123 23 27

Mental Health Crisis and Wellbeing Support

If a child or young person is experiencing a mental health crisis, support is available 24/7:

- NHS Mental Health Support Line (24/7): You can call NHS 111 and select the Mental Health Option. This will direct you to the local crisis support team for immediate help.
- Childline: Free, confidential help and advice for children and young people. Phone: 0800 1111 (available 24/7).
- The Samaritans: For confidential emotional support for anyone struggling. Phone: 116 123 (free from any phone, available 24/7).

https://www.cypsomersethealth.org/new_home

Police and Emergency Contact

- Non-Emergency Police Concerns: You can contact the police directly by dialling 101. The police will discuss with Children's Social Care what action should be taken.
- In an emergency where a child is in immediate danger, always contact the police immediately by dialling 999.

Online Safety

We know that the holidays often mean more time spent online. If you have concerns about online sexual content or a child has been approached inappropriately online, you can report this directly and confidentially through CEOP (Child Exploitation and Online Protection Command):

- CEOP Safety Centre: <https://www.ceop.police.uk/safety-centre/>

Hill View School Safeguarding Team



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EXCELLENCE IN SAFEGUARDING
AWARD

#Help4All



These partners are working together so Somerset families and residents get the help they need and get it early. We've listed some of the services and support that may be useful for you to know about.

For links, simply visit: www.connectsomerset.org.uk/help4all



Money - Contact **Citizens Advice** via **email** or use the Adviceline on **0808 278 7842** for advice on debt, energy costs, benefits. **Age UK Somerset** also provides help with benefits and scams advice for older people. If you need immediate money for food or heating, you can access the **Household Support Fund**. You can find a nearby **warm welcome** space, or **Happy Healthy Holidays** for eligible children at weekends. You can also seek help with **Housing Benefit**, **Council Tax Reduction**, **claiming a discretionary award** and **Public and Community Transport**. As well as support with **lifelong learning** and **employment**.



Food - Find your local **foodbank** or **pantry**. Eligible children and young people can take part in **Happy Healthy Holidays** using a code from their school.



Home - If you are worried about losing your home then please contact **Somerset Council** for **homelessness advice and assistance**. In an emergency you can phone **0300 123 2224** or **0300 123 2327** out of hours. Information on **equipment that can help you stay independent**.



Health and Wellbeing - **Mindline** (open to all ages) can be reached on **0800 138 1692** or **online chat** (8pm to 11pm). **Samaritans**, **national listening service** on **116 123**. For **free mental health support** text **'SHOUT'** to **85258**. **ChatHealth** connects you with qualified health professionals in your area, phone **07480 635 514**. Mental health support for children and young people can be accessed via **the health and wellbeing toolkit**. For those aged 11-19 there are free online forums, guides and counselling at **Kooth**. **SASP** have activities for body and mind. **Young Somerset** has wellbeing practitioners that could support you. If you're 16-17, you can self-refer via CAMHS single point of access. NHS Somerset offers **Talking Therapies** for over 16s with anxiety, depression, coping with traumatic events or long-term health conditions. **Open Mental Health** supports adults mental health and wellbeing. If you're over 65 and are feeling lonely and/or isolated **Age UK Somerset** are here to help. For health-related support at home, or in the community you may wish to contact your local **Village Agent** for help. **Somerset Sight** and **deafPLUS** support with sight and hearing loss needs. **Health Visiting Service** can help and support you to make healthy choices for yourself and your family.



Domestic abuse - If you or your family are affected by domestic abuse, you can get help from **Somerset Domestic Abuse Service** or phone **0800 69 49 999** and choose option 2.



Problems with drugs or alcohol - There is advice and support for young people, adults, and their family members if substance misuse is a problem. Contact **Somerset Drug and Alcohol Service** or phone **0300 303 8788** any time.



Parenting - Parents and carers can get free access to **#LearnForLove** (access code: dragon) to support children from bump to teenager. If you're over 18 and you look after someone in an 'unpaid' caring capacity (not employed or self employed as a Carer) access support from the **Somerset Carers Service**. Qualified School nurses are also available to support via **ChatHealth** - text: **07480 635 515** to confidentially ask about a range of issues.

We are working with partners across Somerset to develop a network of community hubs. These spaces provide a friendly environment where you can get help and support, socialise, enjoy refreshments, and take part in activities. For further support, you can also visit **your local Community Hub**.