



How do I find out more?






To find out more about the help and support already available and how we see **getset** services developing in the future:

Visit our website
www.getsetsomerset.org.uk

Telephone Somerset Direct on
0845 345 9122

Speak to a member of staff in your
Children's Centre

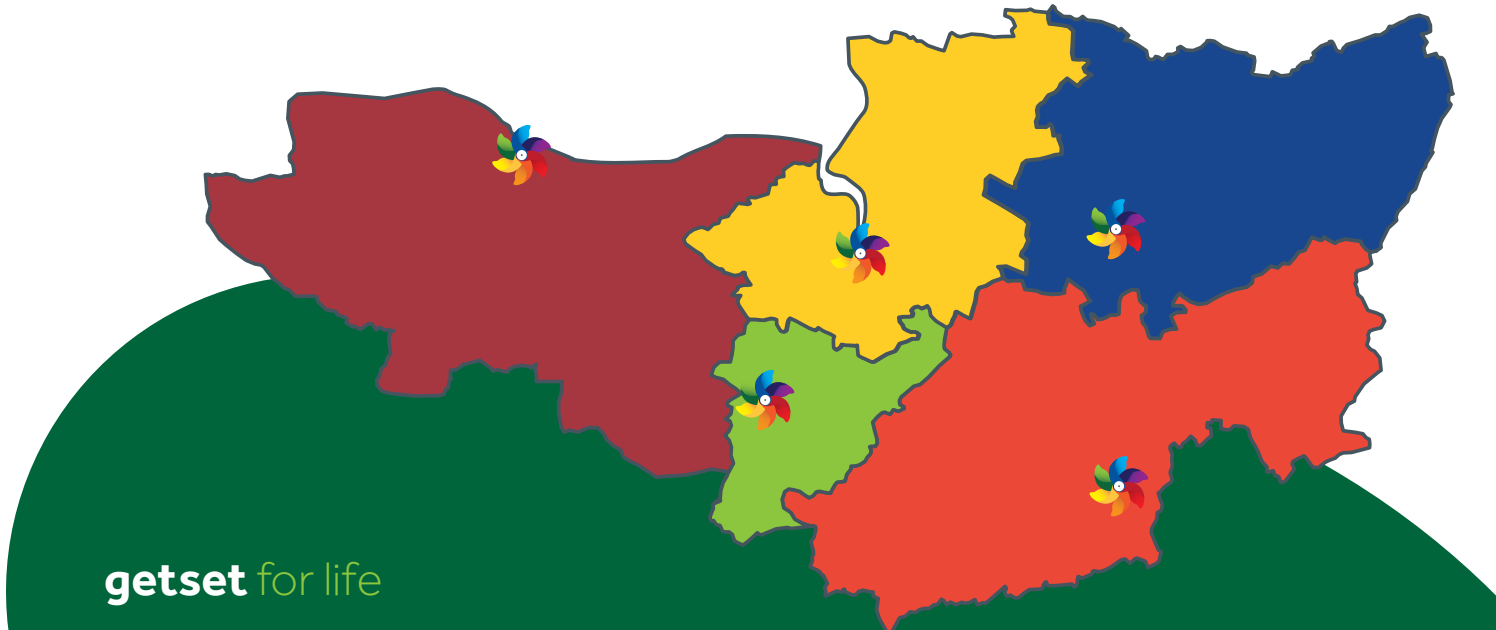
Contact **getset**

-  **getset Taunton**
Acorns Children's Centre,
01823 322508
-  **getset West Somerset and Taunton**
Alcombe Children's Centre
01643 700030
-  **getset South Somerset**
Oaklands Childrens Centre, Yeovil
01935 848942
-  **getset Mendip**
Glastonbury children's Centre
01458 833017
-  **getset Sedgemoor**
Sydenham Children's Centre
01278 446771



How can we help?

- I have left home and I'm having problems with budgetng. Where can I go to find help?
- What can I do about my child's behaviour?
- It's been a while since I worked. How can I update my work skills?
- I am struggling to understand my teenager. Who can I talk to?
- My baby isn't sleeping and neither am I. I don't know what to try next.



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Self-Referral Form

If you have a child 0-19 or are a young person we may be able to help you with any of the following:

- Sleep routines . Tantrums . Fussiness eating
- Potty training . Money management . Housing
- Returning to work . Child Development
- Domestic abuse . Healthy living . Breast Feeding
- Managing behaviour . Relationships
- Independent living or just want to talk...

Contact our Family Support Workers at your local Children's Centre or
 Email: Childrens@somerset.gov.uk
 Call: 0845 3459122
 Or visit www.getsetsomerset.org.uk
 to find your local Children's Centre



Please complete this form and return it to the Family Support Team.

You: Name: D.O.B (if 0-19): Address: Postcode: Phone Number: email:

Your Children: Name: D.O.B: Name: D.O.B: Name: D.O.B:

Which of the following are you looking for help with?

- Parenting
- Returning to work
- Relationships
- Managing behaviour
- Breast feeding
- Social Isolation
- Tantrums
- Routines
- Housing
- Money management
- Coping with teenagers
- Healthy living
- Sleep routines
- Fussiness eating
- Potty training
- Volunteering
- Independent living
- Domestic abuse
- Child development
- Other

Thank you for completing this form - we will contact you as soon as possible.

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