



How do I find out more?

To find out more about the help and support available:

Visit our website

www.getsetsomerset.org.uk
where you can find the address of your local Children's Centre,

Email

getsetbusiness-support@somerset.gov.uk

or

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

getset for life

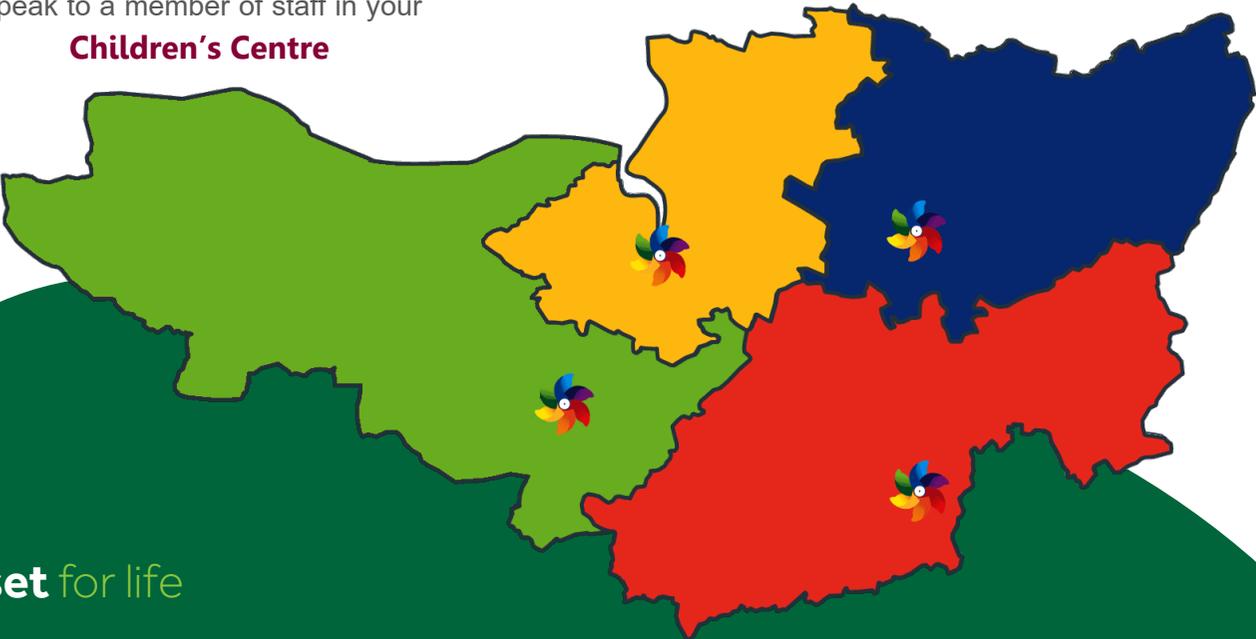
Contact getset

 **getset Taunton & West Somerset**
Acorns Children's Centre,
01823 322508

 **getset South Somerset**
Reckleford Children's Centre,
01935 475938

 **getset Mendip**
Glastonbury Children's Centre,
01458 833017

 **getset Sedgemoor**
Sydenham Children's Centre,
01278 446771



How can we help?

- I'm going to be a young parent; what help is available?
- What can I do about my child's behaviour?
- How do I get help with childcare costs for my 2 year old?
- It's been a while since I worked. How can I update my work skills?
- My baby isn't sleeping and neither am I. I don't know what to try next.



www.getsetsomerset.org.uk



Self-Referral Form

If you have a child aged 0-4 we may be able to help you with any of the following:

- Sleep routines . Tantrums . Fussy 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...

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

Your Name:.....

D.O.B:.....

Address:.....

.....

Postcode:.....

Phone Number:.....

email:.....

Your Children:

Name:.....

D.O.B:.....

Name:.....

D.O.B:.....

Name:.....

D.O.B:.....

Signature:.....

Which of the following are you looking for help with?

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

Somerset County Council is collecting this information in order to make contact with you to see how we can best support your family. This information will not be shared unless your consent is obtained.

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

www.getsetsomerset.org.uk

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