

Somerset Referral Options

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Allied Health Professionals

Occupational Therapy

- **About Occupational therapy:**
 - Occupational therapists work with people of all ages. They treat both physical and psychological conditions to help people overcome the effects of disability caused by illness, accident or ageing. They aim is to enable people to lead their lives as independently as possible.
 - Following a referral, the patient will be seen by an occupational therapist who will discuss their abilities prior to admission, identify their present abilities and establish a treatment plan to enable them to be discharged from hospital.
 - They work within general medicine, care for older people, trauma and orthopaedics, surgery and neurology inpatients/outpatients.
- **More information:**
 - No contact details online, but they are part of Somerset NHS Foundation Trust.

Physiotherapy

- **About physiotherapy:**
 - Physiotherapists help to restore movement and function to as near normal as possible when someone is affected by injury, illness or by developmental or other disability.
 - They provide specialist skills in a variety of medical areas including respiratory, musculoskeletal and neurological.
- **Referral process:**
 - GPs can refer patients via eRs.
 - Consultants can refer via a letter or completed referral form.

- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/physiotherapy/>
 - Email: PhysioAppointments@tst.nhs.uk
 - Call: 01823 344965

Speech and Language Therapy

- **About Speech and language therapy:**
 - Adult Speech and Language Therapy (SLT) is a countywide service provided by Somerset NHS Foundation Trust. Our service provides assessment, diagnosis and treatment to both Inpatients and Outpatients with acquired disorders of communication and swallowing.
- **Referral process:**
 - Referrals will be accepted from medical practitioners and specialist nurses.
 - Visit <https://www.somersetft.nhs.uk/speech-and-language-therapy-adult/> to get referral form.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/speech-and-language-therapy-adult/>
 - Email: sandra.cloud@sompar.nhs.uk
 - Ring: 01823 617464

Bereavement

Cruse Bereavement Care

- **About 'Cruse':**
 - Cruse is the leading national charity for bereaved people in England, Wales and Northern Ireland.
 - They offer support, advice and information to children, young people and adults when someone dies.
 - Cruse offers telephone, email and website support, as well as local support.
- **Referral Details:**
 - Self-referral → clients can refer themselves to Cruse by contacting their local Cruse Service.
 - Can also use the national helpline 08088081677.
- **More information:**
 - Visit: <https://www.cruse.org.uk/get-help/local-services/south-west/somerset>
 - Email: somerset@cruse.org.uk
 - Call: 01458898211

Bereavement Advice Centre:

- **About the Service:**
 - Bereavement Advice Centre is a free helpline and web-based information service provided by Coop legal services.
 - They give practical information and advice and signposting on the many issues and procedures that face us after the death of someone close.
 - If needed, they signpost people to other services.
- **Referral details:**
 - Call them directly or leave them a message on their website.
- **More information:**
 - Visit: <https://www.bereavementadvice.org/>
 - Call: 08006349494 (open Monday-Friday 9am-5pm).

Cancer Support

Macmillan cancer support

Nationally based charity supporting people with cancer and their family and friends

- <https://www.macmillan.org.uk/>
- 0808 808 00 00

Maggie's

A charity providing support for people with cancer and their families at centres around the country and abroad. Additionally their website offers signposting and resources for further support

- <https://www.maggies.org/>

Dementia and Memory Services

Memory Assessment Service:

- **About the Service:**
 - The service provides assessment, diagnosis, initial treatment, information and support for a patient or their family if they are developing a form of dementia or other memory problems.

- Team made up of a consultant psychiatrist, doctors, psychiatric nurses, a psychologist and other mental health staff.
- **Referral details:**
 - GP will undertake initial screening to identify your memory problems and then refer the patient. Once the patient has been referred, they will be seen within six months.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/memory-assessment-service/>
 - Email: OPTauntonDeane@sompar.nhs.uk (Taunton Office).

Intensive Dementia Support Service (IDSS)

- **About the service:**
 - The intensive dementia support service supports patients with dementia, or those thought to have dementia, who are in crisis and need intensive short-term assessment and treatment.
 - They check and monitor a patient's medication, assess dementia and help manage patients when they become agitated, verbally or physically aggressive, or resist care. They support families, carers and care home staff with information and advice.
- **Referral details:**
 - They accept referrals from patients, their family and carers and a wide range of professions including GPs, community mental health teams, social workers, community hospital matrons and sisters, residential and nursing home staff and psychiatric liaison teams.
 - Just ring the team closest to the patient and they will fill out referral form for the patient.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/intensive-dementia-support-service-idss/>
 - Email: IntensiveDementiaSupportWest@sompar.nhs.uk (Taunton Office)
 - Call: 01823 426240 (Taunton office)

Disability support

Compass Disability

"To enable and empower disabled people and carers to have independence, choice and control in their lives".

Compass Disability Services is a customer led organisation and our Board of Trustees, who are elected by our customers, is comprised of at least 80% disabled people. We have adopted the Social Model of Disability as a way of working to remove barriers which exclude disabled people from equality of opportunity.

- www.compassdisability.org.uk
- Address: Unit 11-12 Belvedere Trading Estate, Taunton, TA1 1BH
- Tel: 01823 282823 Monday to Friday 09:00 - 17:00
- Email: info@compassdisability.org.uk

Drugs and Alcohol

Somerset Drug and Alcohol Service (SDAS)

- **About SDAS:**
 - They provide free, confidential treatment and support across Somerset to anyone who is experiencing difficulties with their substance use or is affected by someone else's.
- **Services they offer:**
 - Alcohol support
 - Support for those using drugs
 - Recovery skills- a programme based on ACT
 - Mindfulness
 - Family support
 - Digital treatment tool
- **Referral details:**
 - Self-referral or refer on someone's behalf.
 - Visit website and access screening form to make initial contact. Or contact SDAS by email or phone.
- **More information:**
 - Visit: <https://www.turning-point.co.uk/services/sdas>
 - Email: sdas@turning-point.co.uk
 - Call: 03003038788

Eating Disorders

Eating Disorder Service for Adults (EDSA)

- **About EDSA:**
 - Specialist adult eating disorder service working across Somerset, consisting of clinical nurse specialists, dieticians, psychologists, family workers and other clinicians.
- **Services they offer:**
 - Specialist assessment, support and advice
 - Specialist nutrition advice
 - Specialist treatment options, including psychological therapies
 - Education and support for families and carers of those with an eating disorder
 - Support and training for community mental health teams working with people with eating disorders
 - Liaison with other services such as GPs, inpatient units and voluntary organisations.
- **Referral details:**
 - GP must refer to the community mental health team. They will liaise with EDS and offer an initial assessment at one of the locations.
 - Do not accept self-referrals or direct referrals from GP.
 - Aim to see all referrals within four weeks.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/eating-disorders-adults/>
 - Ring: 01823 368350 (Taunton office)

Somerset and Wessex Eating Disorder Association (SWEDA)

- **About SWEDA:**
 - They offer a range of services throughout Somerset to support anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating and all related conditions.
- **Services they offer:**
 - [Counselling Services](#)
 - [Support and Guidance](#)
 - [Monthly self-help support group](#)
 - [Recovery support project](#)
 - [Information for carers](#)
 - [Training](#)
- **Referral process:**
 - Somerset and Wessex Eating Disorders Association (SWEDA) is open to referrals for anyone affected by an eating disorder. They support sufferers, loved ones and carers.
- **More information:**
 - Visit: <https://www.swedauk.org/>

- Email: support@swedauk.org
- Ring: 01749343344

Exercise

Age UK:

- **About Age UK:**
 - They offer a variety of services, including exercise programmes. Programmes offered include tai chi, yoga, strength and balance classes and flexercise classes.
 - Classes cost between £2 and £5.
 - They hold classes in Mendip, North Somerset, Sedgemoor, South Somerset, Taunton Deane and West Somerset.
- **Referral information:**
 - To find out more visit website or contact Age UK.
- **More information:**
 - Visit: <https://www.ageuk.org.uk/somerset/activities-and-events/>
 - Email: ageingwell@ageuksomerset.org.uk
 - Ring: 01823345626

Somerset Exercise Referral Scheme:

- **About Somerset Exercise Referral Scheme:**
 - For those with a diagnosed medical condition who have been identified by their GP, physiotherapist or consultant as requiring a personalised physical activity programme.
 - 30 leisure providers in Somerset that accredited to deliver an exercise referral (see website for a list of these).
 - All programmes offered are designed to meet individual needs and may include gym-based exercises, walking, swimming, Tai Chi and other activities.
 - The cost of the scheme varies between providers.
 - The number of sessions can last between 8 and 16 weeks.
- **Referral details:**
 - Referral must come from a healthcare professional, who fills in a referral form. The patient then takes the referral form and hands it to the accredited leisure provider they would like to attend.
- **More information:**
 - Visit: <https://www.sasp.co.uk/a-z/exercise-referral> (West Somerset).
 - Visit: <https://www.healthysomerset.co.uk/weight/2019/02/27/somerset-exercise-referral-scheme/> (for information on the rest of Somerset).

Somerset Activity and Sports Partnership

- **About the Service:**
 - Visit website for details of all activities available in Somerset (includes locations, times, prices).
- **Referral details:**
 - For most activities, you contact the listed organisation to book.
 - Can also get GP referrals (see above).
- **More information:**
 - Visit: <https://www.sasp.co.uk/activities/activities>

Healthy Living

Live Well

<https://www.nhs.uk/live-well/>

My Live well with pain

- <https://my.livewellwithpain.co.uk/about/>

Royal Voluntary Service, Virtual village hall

- <https://www.royalvoluntaryservice.org.uk/virtual-village-hall/>

Somerset Health and Wellbeing

- <https://www.healthysomerset.co.uk/>

Somerset Intelligence

- <http://www.somersetintelligence.org.uk/diet-activity.html>

Smoking cessation

- <https://www.healthysomerset.co.uk/smokefree/>
- <https://www.nhs.uk/live-well/quit-smoking/take-steps-now-to-stop-smoking/>

Mental Health Services

Community Mental Health Service (CMHS)

- **About CMHS:**

- They work across Somerset to provide specialist mental health services for working age adults living with severe, complex or enduring mental health conditions such as acute depression, psychosis, complex trauma or anxiety.
- Team made up of psychiatrists, doctors, psychiatric nurses, therapists and social workers.
- **Referral details:**
 - Referrals to the service are made by GP.
 - They see referrals within 6 months, but also can see emergency referrals within same day if needed.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/community-mental-health-service-cmhs/>

Older People's Community Mental Health Service (CMHS)

- **About Older People's CMHS:**
 - Older People's CMHS work with those over age 65 who are experiencing moderate or severe mental illness. They assess, treat, monitor and support the patient and their family in the patients home.
 - They are based in 8 locations across the county.
- **Referral details:**
 - Referrals to the teams are usually made through your GP who will undertake initial tests before referral or another health professional caring for you. Referrals can also be made via Somerset County Council's Social Services if you are under their care.
 - Newly accepted referrals will be offered an appointment within six weeks. Following assessment, a care plan is agreed with you which may include medication, referral to psychology, or support workers or referral to other agencies such as social services.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/older-peoples-community-mental-health/>
 - Contact: OPTauntonDeane@sompar.nhs.uk (Taunton base)

Adult Psychology and Psychological Therapies

- **About the service:**
 - They provide specialist psychological assessment and a range of therapeutic support if you are an adult (aged 18 onwards) and experiencing mental health difficulties such as panic, anxiety, depression and psychological disorders such as eating, obsessive compulsive and post traumatic stress.
 - They work in locations across Somerset including Wells, Yeovil, Bridgwater, Taunton, Minehead and Frome.
- **Services offered:**
 - Art Therapy
 - Clinical Psychology
 - Cognitive Analytic Therapy (CAT)
 - Cognitive Behavioural Therapy (CBT)
 - Eye Movement Desensitisation Reprocessing

- Group Therapy
- Systemic Family Therapy
- Dialectical Behavioural Therapy
- Psychological Support.
- **Referral details:**
 - GP must refer patient to the Community Mental Health Service (CMHS). The GP cannot refer you straight to Adult Psychology services. A member of CMHS will discuss the patients case with the adult psychology service, and if they agree that the patient is suitable, the adult psychology service will contact the patient to arrange an appointment.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/adult-psychology-and-psychological-therapies/>
 - Call: 01823368350 (Taunton office).

Talking Therapies

- **About 'talking therapies':**
 - They offer a range of treatments for adults aged 18 years and over living in Somerset, who are experiencing mild to moderate depression, general anxiety and worry, panic attacks, social anxiety, traumatic memories , obsessive compulsive disorder and adjustment to living with a long term physical health condition.
 - They offer treatments in the form of courses via groups, webinars, or telephone and if appropriate, further treatments within GP surgeries, community hospitals and other community venues across the county.
- **Referral details:**
 - They accept self-referrals- [Click here to access online self-referral details.](#)
 - GP can refer the patient directly.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/somerset-talking-therapies/>
 - Call: 03003230033

Home Treatment Team

- **About the 'Home Treatment Team':**
 - They provide home treatment services to adults living in the community who require intensive, daily support and who are at risk of being admitted to an inpatient unit (for example, a ward).
 - Team includes community psychiatric nurses, specialist social workers and occupational therapists.
 - This is a 24-hour service.
- **Referral process:**
 - Referrals to the service are normally received from the GP, but they can also accept referrals from other professional service workers.

- Patients can also refer themselves.
- People are seen on the same day as they are referred.
- **More information:**
 - Visit: <https://www.somersetft.nhs.uk/home-treatment-team/>
 - Call: 01823368398 (Taunton office)

Early Intervention in Psychosis (STEP)

- **About STEP:**
 - Specialist service for people experiencing, or at high risk of developing their first episode of psychosis. Aim to reduce the duration of untreated psychosis, minimise the risk of relapse and improve the prospect for recovery.
 - Service focuses on younger people aged 14-35, but there is no upper age limit.
- **Services offered:**
 - Advice
 - One-to-one support
 - Family work
 - Groups
 - Specialist psychological therapy or counselling
 - Help with housing, education and employment
 - Medication.
- **More information:**
 - Ring: 01823268555.
 - Visit: <https://www.somersetft.nhs.uk/early-intervention-in-psychosis/step/how-we-can-help/>

Mind

- **About 'Mind':**
 - Mind is an independent charity which provides services and support (free of charge) to anyone living in Somerset affected by or vulnerable to mental illness, improving their quality of life and wellbeing.
- **Service's offered:**
 - [Peer Support/Art/Gardening](#)
 - [Adult Support Groups](#)
 - [Adult One-To-One Support](#)
 - [Young Person Service](#)
 - [Mindline](#)
- **Referral details**
 - [Referral form.](#)
- **More information:**
 - Visit <https://www.mindinsomerset.org.uk/>
 - Email: info@mindsomerset.org.uk.
 - Call: 01935474875 or 01823334906 or 01278421190.

Somerset Mental Wellbeing Service (SMWS)

- **About SMWS:**
 - This is a service which aims to support individuals (aged 18 and over) across Somerset to improve and maintain their mental wellbeing through access to community resources and opportunities. The service is available to those who wish to improve their mental wellbeing to reduce the impact on their lives with meaningful support.
 - They offer wellbeing and recovery planning, self-management workshops and peer support workshops. .
- **Referral information:**
 - You do not need a referral form to access the service, just call SMWS directly.
 - See this link for details on appropriate referrals:
<https://www.smws.org.uk/about.htm>
- **More information:**
 - Visit: <https://www.smws.org.uk/>
 - Email: info@smws.org.uk
 - Call: 01823255917 (open Mon-Fri 9am-5pm).

Somerset Counselling Centre (SCC)

- **About SCC:**
 - SCC provides a safe place to talk to a skilled counsellor, who will listen and help you understand how past experiences, worries about the future, or lack of self-confidence may be affecting your life.
 - SCC counsellors come from a range of different trainings and incorporate a variety of counselling models including psychodynamic, person-centred, integrative and humanistic.
 - They offer [Individual Counselling](#) or [Relationship Counselling](#) or [Young Person Counselling](#). Counselling sessions last 50 minutes, and usually lasts 6-12 sessions (although it can be longer if required).
- **Referral information:**
 - You don't need to be referred → can contact SCC directly.
- **More information:**
 - Visit: <https://scctaunton.org.uk/>
 - Opening times: Monday-Friday 8am to 8pm.
 - Email: info@scctaunton.org.uk
 - Call: 01823337049 (open Mon-Fri 8am-8pm).

Mindfulness

Breathworks

- <https://www.breathworks-mindfulness.org.uk/>

Frantic World

- <http://franticworld.com/free-meditations-from-mindfulness/>

Talking Therapies Mindfulness Group

- <https://www.somersetft.nhs.uk/somerset-talking-therapies/how-we-help/mindfulness-group/>

Rick Hanson – Positive Brain Change

- <https://www.rickhanson.net/the-science-of-positive-brain-change/>

SCPMS Mindfulness Podcasts

- <https://www.somersetpain.co.uk/How-to-manage-your-pain/Podcasts-for-Mindfulness-Practice>

The Foundations of Wellbeing

- <https://www.thefoundationsofwellbeing.com/FWBchronicpain>

NHS Every Mind Matters

- <https://www.nhs.uk/oneyou/every-mind-matters/stress/>

NHS Conditions Mindfulness

- <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Free Mindfulness

- <http://www.freemindfulness.org/download>

The Mindful Sage

- www.themindfulsage.co.uk

Pain Management

General Resources

Somerset Community Pain Management service

- www.somersetpain.co.uk

Live Well with pain

- <https://livewellwithpain.co.uk/>

My Live well with pain

- <https://my.livewellwithpain.co.uk/about/>

Live Well

- <https://www.nhs.uk/live-well/>

Torbay and South Devon Reconnect 2 Life

- <https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/>

NHS Conditions

- <https://www.nhs.uk/conditions>

Pain UK

- <https://painuk.org>

Pain Concern

- www.painconcern.org.uk

NHS Choices

- <https://www.nhs.uk/>

Fibromyalgia

Body Reprogramming

- <http://www.bodyreprogramming.org/Guide.aspx>

Fibromyalgia Action UK

- <https://www.fmauk.org/>

Fibromyalgia Friends Together

- <https://www.fibro.org.uk>

Practical Support

Community-based Support

Somerset County Council

- <http://www.somerset.gov.uk/adult-social-care/>

Somerset Village and Community Agents

- **About the Service:**
 - They provide confidential, practical, community-based solutions for you, wherever you are in Somerset.
 - Aim to help people be healthy and well, manage their affairs, be independent and safe and be part of a strong community.

- **Referral details:**
 - You can contact them directly or be referred by our GP or Adult Social Care Services.
- **More information:**
 - Visit: <https://somersetagents.org/>
 - Email: info@somerstrcc.org.uk
 - Call: 01823331222

Somerset Community Connect

- **About the Service:**
 - Website to help adults living in Somerset find information, advice and services to manage their care and well-being.
 - Website contains advice, information and links to other support services.
- **More information:**
 - Visit: <https://www.somersetcommunityconnect.org.uk/about-this-site/>

Finances

Wisermoney

- **About 'Wisermoney'?**
 - Wisermoney is a partnership between Navigate Charity and Encompass Southwest which specialises in working with people who are living on low incomes and are experiencing (or at risk of experiencing) poverty, financial hardship, and social and financial exclusion.
- **Referral Details:**
 - [Follow this link.](#)
- **More information:**
 - Visit: <https://www.wisermoney.org.uk/contact.html>
 - Email: enquiries@wisermoney.org.uk
 - Call: 01823299050

South Somerset Council- Welfare Advice

- **About the Service:**
 - They can offer people welfare advice and assistance for benefit checks, changes in entitlement, help completing forms, any problems with benefits, advise with decisions and assistance with appeals.
- **Referral information:**
 - Contact them directly.
- **More information:**
 - Visit: <https://www.southsomerset.gov.uk/services/housing-and-welfare/welfare-advice/>
 - Email: welfarebenefitreferrals@southsomerset.gov.uk

- Call: Telephone south Somerset district council on 01935 462462 and ask for welfare benefits team.

Homeless Support

Taunton Deane Borough Council- Housing Options

- **About the Service:**
 - They offer assessment to housing for people who are homeless or threatened with homelessness. Help people sort their housing.
 - Temporary accommodation may be available.
 - They help people who may be priority homeless, and the general public.
 - Area served: Taunton Deane Borough Council.
- **Referral details:**
 - Contact them directly.
- **More information:**
 - Visit: <https://www.homeless.org.uk/homeless-england/service/taunton-deane-borough-council-housing-options>
 - Email: housingoptions@tauntondeane.gov.uk
 - Call: 01823356581.

Shelter

- **About Shelter:**
 - National charity.
 - Can call them for advice on rights and options, advice on emergency housing in the local area and for details of out-of-hours emergency contact in the local area.
 - Can email them for help on legal rights, for practical advice to solve a housing problem and to get information about other agencies that can help.
- **Referral details:**
 - Client can call helpline 08088004444 (open 8am-8pm weekdays, 9am-5pm weekends).
 - Or email or chat online https://england.shelter.org.uk/get_help
- **More information:**
 - Visit: <https://england.shelter.org.uk/>

Open Door Taunton

- **About Open Door Taunton:**
 - Provide the homeless community with facilities such as showers, clothing store, laundry facility and food.
 - Aim to increase people's self-esteem and give them a positive sense of belonging.

- They also offer tailored support plans for individuals which target key goals such as developing life skills, sustaining accommodation and accessing employment.
- **More information:**
 - Visit: <https://www.tauntonopendoor.org.uk/>
 - Email: mark@tauntonopendoor.org.uk or chrissy@tauntonopendoor.org.uk
 - Call: 01823271996

Foodbanks

Trussell Trust Foodbank

- **About the service:**
 - They provide three days nutritionally balanced emergency food and support to local people who are referred to them in a crisis.
 - Part of a nationwide network working to combat poverty and hunger across the UK.
 - They work across different locations across Somerset.
- **Referral information:**
 - Search for the patient's local foodbank.
 - First, the patient needs to get foodbank vouchers → Phone the foodbank, they will put the patient in touch with the local agency (citizens advice, housing support officers, children's centres, health visitors, social services and local charities) who can provide the patient with foodbank vouchers.
 - Then, speak to the referral agent who will check the patient's eligibility, and then email their details to the foodbank.
 - The patient will then be notified on how to access food bank.
- **More information:**
 - Visit: <https://www.trusselltrust.org/> - Then find the patients local foodbank for more information.
 - Phone: 01722 580 180
 - Email: enquiries@trusselltrust.org

Lords Larder

- **About Lords Larder:**
 - Ran by a charity called Yeovil Christian support Church, and is a local 'foodbank' of non-perishable food, operated by volunteers who want to benefit the community.
 - They do not supply food to individuals on direct request, only via an agency.
- **More information:**
 - Visit: <https://www.ycstyeovil.org.uk/the-lords-larder/>

There are several other foodbanks which are accessible via local community searches

Leisure and Volunteering

Somerset Libraries

- <https://www.somerset.gov.uk/libraries-leisure-and-communities/libraries/>

Somerset Wildlife Trust

- <http://www.somersetwildlife.org/index.html>
- Address: Volunteering, Somerset Wildlife Trust, 34 Wellington Road, Taunton, TA1 5AW
- Tel: 01823 652400 Tel: 01823 652400
- E-mail: enquiries@somersetwildlife.org

University of the Third Age (in retirement)

u3a is a UK-wide movement which brings together people, who are no longer in full-time employment, to develop their interests and continue their learning in a friendly and informal environment.

- <https://www.u3a.org.uk/find>
- 020 8466 6139

Walk Well Taunton and Wellington

- <https://www.walkingforhealth.org.uk/walkfinder/south-west/taunton-deane-walk-well-taunton>
- www.walkwellwithtone.btck.co.uk

Safeguarding and Abuse

Safeguarding

Somerset NHS Foundation Trust Safeguarding Service

Available to provide advice and support to Trust staff who may have safeguarding concerns regarding a patient, their family members or friends and other staff members and well as training and resources.

- Phone 0300 323 0035
- safeguarding@somersetFT.nhs.uk

Somerset Safeguarding Adults Board

- It is made up of senior people from organisations who have a role in preventing the neglect and abuse from adults.

- Its main objective is to protect all adults in its area who have needs for care and support and who are experiencing, or at risk of, abuse or neglect against which they are unable to protect themselves because of their needs.
- <https://ssab.safeguardingsomerset.org.uk/>

Somerset Safeguarding Children partnership

- The partnership responsible for safeguarding children in Somerset has been redesigned as of 29 September 2019, as part of new arrangements introduced nationally. The statutory changes mean that three organisations – the Somerset County Council, Avon and Somerset Constabulary and Somerset Clinical Commissioning Group – now have joint and equal responsibility to safeguard children and young people, under the name of the Somerset Safeguarding Children Partnership.
- The new partnership builds on the strong multi-agency working of the Somerset Safeguarding Children Board and secures future arrangements for safeguarding and improving outcomes for children and young people.
- <https://sscb.safeguardingsomerset.org.uk/>

Somerset County Council Safeguarding

- Report a child at risk: <https://www.somerset.gov.uk/education-and-families/report-a-child-at-risk/>
- Report an adult at risk: <https://www.somerset.gov.uk/social-care-and-health/report-an-adult-at-risk/>

Domestic Abuse

In an emergency

- If someone is in immediate danger, call 999 and ask for the police.
- Silent calls will work if it is not safe to speak – use the **Silent Solution system** and call 999 and then press 55 when prompted

National Domestic Violence Helpline

- 24/7 helpline: 0808 2000 247
- Website: www.nationaldahelpline.org.uk

Police

- Phone 101
- Email via www.avonandsomerset.police.uk

Man kind

Organisation offering support to men you have been victims of domestic abuse or are at risk of this.

- Phone: 01823 334244
- website www.mankind.org.uk

Men's Advice Line

Advice line run by Respect to support male victims of domestic abuse

- Phone: 0808 8010327
- Website: www.mensadvice.org.uk

Respect

Organisation working with male and female perpetrators of domestic violence as well and male victims and young people

- Phone: 0808 8024040
- Website: www.respect.org.uk

Bright Sky App

- www.hestia.org/brightsky

Hollie Guard App

- www.hollieguard.com

Somerset Survivors:

- **About Somerset Survivors:**
 - Somerset survivors is an organisation which offers support, advice and interventions for survivors of domestic abuse or those at risk of domestic abuse.
 - Aim to educate people → useful information on website.
 - Helpline: 0800 6949 999 -
- **Referral information:**
 - [Click here](#) for referral guides and referral forms on the website.
- **More information:**
 - Visit: <http://www.somersetsurvivors.org.uk/>
 - Email: youfirstsidas@theyoutrust.org.uk

Violence against LGBT+ groups

Galop

Charity supporting LGBT+ people who have experienced sexual abuse, domestic abuse or hate crime. They have a helpline and text chat services alongside other forms of support. They also offer resources and support for professionals

- Domestic Abuse Helpline: 0800 999 5428 10am – 5pm Monday, 10am – 5pm Tuesday, 10am – 8pm Wednesday, 10am – 8pm Thursday, 10am – 5pm Friday, 1pm – 5pm Tuesday is trans specific service.
- website www.galop.org.uk

Honour based abuse and forced Marriage

Karma Nirvana

UK charity supporting victims of 'honour'- based abuse and forced marriage

- Phone 0800 5999247
- <https://karmanirvana.org.uk/>

Sexual Abuse

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

- **About SARSAS:**
 - SARSAS is a specialist support service which provides support to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives.
 - SARSAS offer a confidential helpline, regular support sessions, counselling and email support to individuals.
 - Anyone aged 13 and over living in Somerset or Avon areas can access some kind of support from SARSAS (but specific criteria for different services).
- **Services offered:**
 - [Helpline](tel:08088010356)- 08088010356 or 08088010464.
 - [One-to-one support](#)
 - [E-support](#)
 - [Counselling](#)
 - [Support for Men and Boys](#)
 - [Specialist Support](#)
- **Referral information:**
 - Self-referrals through the helpline and from professionals on behalf of the people they are supporting.
 - [Click on this link for a referral form](#)
 - This [Survivor Pathway](#) has information about other services offering specialist sexual violence support in the South West.

- **More information:**
 - Visit: <https://www.sarsas.org.uk/>
 - Email: support@sarsas.org.uk
 - Call: 01823 324 944

Relationship difficulties

Relate

- **About 'relate':**
 - The UK's largest provider of relationship support.
 - They support people to resolve difficulties, strengthen relationships and think things through. They help people get the most of their relationships, no matter how big or small the issue.
 - They have 4 service's in Somerset: Street, Taunton and West Somerset, Weston-Super Mare and North Somerset, and Yeovil.
- **Services offered:**
 - [Family Counselling](#)
 - [Relationship Counselling](#)
 - [Children and Young People Counselling](#)
 - [Sex Therapy](#)
 - [Mediation](#)
 - [Workshops](#)
- **More information:**
 - Visit: <https://www.relate.org.uk/>
 - Search for the nearest relate (Select which one in Somerset you want) <https://www.relate.org.uk/find-your-nearest-relate>. Then find contact details or get re directed to that locality's website.