



COUNTESS
GYTHA
PRIMARY
SCHOOL

Diary Dates

3rd July 2026



Dear Parents and Guardians,

Children across the school enjoyed their transition morning on Wednesday, working together with their new classmates to get a feel for their return to school in September. Teachers were keen to give children the opportunity to talk and share about themselves, as well as begin some new displays, ready to ensure the classrooms will be as bright and welcoming as possible in the autumn term!

As is clear to the families who attend Countess Gytha, we are continually on the lookout for new opportunities and activities to broaden and enrich our children's lives. Following last week's hugely successful careers week – this week brought new visitors and opportunities to classes.



Lancelot Class enjoyed an incredible time taking part in our Dragons' Den Smoothie and Milkshake Project! The children



The Dragons listen to
Magical Mayhem!

designed and made their own delicious smoothies, before creating eye-catching packaging, persuasive adverts, business cards, jingles and songs to promote their products! They then confidently pitched their ideas to the class and a panel of five 'Dragons', demonstrating fantastic creativity, teamwork and presentation skills.



Countess Gytha Primary and Preschool is committed to safeguarding and promoting the welfare of children and young persons. We will ensure that the highest priority is given safeguarding our children. Mr Gordon is the school's Designated Safeguarding Lead and in his absence, Mrs Trusson, Miss Bridge, Ms Flagg.

A huge thank you to all of our wonderful parent helpers for giving up their time to support the event and to our Dragons for asking such thoughtful questions. Congratulations to our winning team, Toucan's Tropical Punch, created by Emelia and Albie, whose imaginative product and outstanding business pitch impressed the judges. Well done to everyone for their hard work, enthusiasm and entrepreneurial spirit!



Y4, 5 and 6 join Andri to discuss online safety

This followed a brilliant workshop delivered by Andri, who works as part of the Avon and Somerset Police's Operation Topaz – the child exploitation operational team. Andri led an interactive session discussing ways in which we might not easily recognise risks, how to spot the first signs of potentially risky situations or requests and the important tools children can

rely on if mistakes are made. It was brilliant to hear the level of discussion generated from the questions and activities, with all engaged in this vital topic!

On Tuesday afternoon, Year 1 visited Ansford to take part in their year group's athletics session. From long-jump to high jump, boccia to hurdles all had a wonderful time, with a particular highlight being the closing relay event, during which our competitive racers finished first!



Y1 Ansford Sports Visit

As the term begins to draw to a close, the School Council are keen to hear from children across the school about how they should spend any remaining funds.

Pendragon were first off the mark and were

presented with outside environment items for the new year –



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don't forget to speak to your class councillors if you have ideas!

Thank you to all who joined in with our Personal, Social and Health Education parent consultation. Although the scheduled drop-ins have now finished, we would be pleased to hear from any parent who is interested in viewing our PSHE or Relationship and Sex Education (RSE) resources and/or policy. We know how important this subject is when it comes to ensuring that our children are fully prepared to thrive in their next stages, whether that be here at CGPS, at secondary or in the world they are growing up in today. A full copy of the programme for every year group, as well as the policy and a sample of resources is [available on the school website here](#) and parents can either email their thoughts and feedback to the [school office email](#) or speak to Mr Gordon on the school gate.



Following the school's nomination for best primary careers education, Mr Gordon and Mrs Sherry (the architect behind this year's curriculum), were delighted to attend North Cadbury Court on behalf of the school as county finalists on Thursday. Although the award was collected by Manor Court Primary in the end, it was amazing to see and hear the innovative ideas from local settings and affirmed the brilliant work that has gone on here this year to support future aspirations of all at Countess Gytha!

Please note, that next week is the final week of enrichment clubs. After-school care will continue until the last day of term, Tuesday 21st July (bookings to be in by Wednesday 15th please!). Next week will also be the final edition of the Diary Dates, before the end of term Newsletter is published in the following week.

Fingers crossed for some sunny weather before then however, as we look to celebrate our Summer Fair tomorrow (4th July), and then enjoy four school trips across the classes next week! We look forward to seeing many of you there to enjoy bouncy castles, donkey rides and of course the wonderful stalls the PTFA host.

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Y6 Ansford
Sports Visit



I would like you to join me in congratulating the following children who were recognised this week by their teachers for excellent hard work and dedication:

Congratulations Matilda, you are Merlin's Star of the Week – for outstanding kindness and lovely manners all week – keep it up, Matilda! Reggie is Merlin's Worker of the Week, for sharing lots of wonderfully imaginative ideas in the class writing lessons all week – I can't wait to read them, young man!

Pendragon – Congratulations Arthur, you are the Star of the Week – for being incredibly helpful and positive at the Year 1 sports festival – great to hear you're not letting anything hold you back, Arthur! Pendragon's Worker of the Week goes to Florence for her superb multiplication division facts – very impressive, Florence!

King Arthur – This week, we are celebrating November as Miss Bridge's Star of the Week – for their effort on checking and correcting spellings across all writing – a top skill to keep practising, November! King Arthur's Worker of the Week is Mason, for his confident understanding of measurement objectives in maths – a great base to build upon, ready for Year 4 shortly!

Excalibur – Holly is the Star of the Week in Excalibur, for the great application of her learning in her assessments, as well as creating a great hook-line for her biography – great to hear, Holly! Excalibur's Worker of the Week is awarded to Eyup, for listening to advice and then acting upon it – resulting in consistent improvements in his extended writes – well done, Eyup!

Lancelot – Mr Gallagher's Star of the Week is Emelia – for always showing kindness and politeness in every interaction with peers and adults, as well as her brilliant set of assessment results this week – outstanding work, Emelia – very impressive! The Worker of the Week for Lancelot is Se, for outstanding progress reflected in his recent assessments – demonstrating a positive attitude throughout the final weeks of term – a great culmination of your efforts, Seb – well done!

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DATES FOR YOUR DIARY

	FRIDAY TUCKSHOP Every Friday morning breaktime - 20p	
Saturday 4 th July	PTFA Summer Fair 11-3pm	
Monday 6 th July	Merlin Class Swimming Session #5	
Monday 6 th July	Year 5's Ansford Experience Day	
Tuesday 7 th July	Book Club Trip to Yeovil Library – selected pupils only.	
Wednesday 8 th July	Excalibur Class & Y5's in Lancelot Trip to We the Curious, Bristol Children to be in school at 8am. Collection time 4.10pm.	
Wednesday 8 th July	New Intake – stay and play session (no parents) 1.30-2.30pm	
Thursday 9 th July	Merlin Class Trip to Puxton Park	
Week commencing 13 th July	No enrichment clubs this week.	
Monday 13 th July	Merlin Class Swimming Session #6	
Tuesday 14 th July	First performance of 'The Magical Flying Machine' 1.30pm – 3pm	
Wednesday 15 th July	Sports Day – Parents welcome from 1pm	
Wednesday 15 th July	Second performance of 'The Magical Flying Machine' 6-7.30pm	
Thursday 16 th July	Year 6 walk to South Cadbury	
Friday 17 th July	 Mr Gordon's Tea Party (Change of Date)	
Friday 17 th July	PTFA Summer Disco	
Monday 20 th July	Leavers' Assembly 2pm – 2.45pm	
Tuesday 21 st July	Last school day of Summer Term	
Wednesday 22 nd July	Inset Day – Closed to pupils.	

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Payment Reminders

Swimming

Please can we remind those that have not paid yet for a contribution

Excalibur Class & Year 5 Lancelot

Payment for We The Curious, Bristol – 8th July 2026

Merlin Class

Payment for Puxton Park Trip – 9th July 2026



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Countess Gytha
Primary and Preschool

KS2 Teacher

Countess Gytha Primary School
West Camel Road, Queen Camel, Nr. Yeovil, BA22 7FF
Office@countessgytha.ppat365.org
Tel: 01935 850345

Salary: From ECT through to M5

Teachers' Pension Scheme

Working 2 days per week

Initially a fixed term contract from 1st September 2026 - 31st August 2027

Key Stage 2 Class Teacher (Part-time)

Details of the role:

We are seeking to appoint an enthusiastic and inspirational teacher to work as part of our team at Countess Gytha from 1st September 2026. This will be a qualified teacher who is creative and well organised, who wishes to become part of a committed team within our Academy Trust.

This position would also suit an ECT that can demonstrate the potential to become outstanding.

You will work two days per week within one of our KS2 classes.

**Visits to our School or any queries regarding the role are welcome;
please telephone the Office on 01935 850345 to arrange this,
or for an informal discussion with the Headteacher, Mr David Gordon.**

How to Apply:

Please apply in writing by completing the application form available on the school website.

This can be found at www.countessgythaprimary.co.uk

Completed application forms and a covering letter should be submitted to:

David Gordon, Headteacher, Countess Gytha Primary School

Or emailed to: office@countessgytha.ppat365.org

Application Deadline: Monday 6th July 2026

PPAT Education reserves the right to remove a vacancy before the closing date.

*Due to the volume of applications received if you have not heard from the school by Tuesday 20th July,
unfortunately you have not been successful in securing an interview.*

**Preston Primary Academy Trust is committed to safeguarding and promoting the welfare of children
and young people and expects all staff and volunteers to share this commitment.**

This position is subject to an enhanced DBS check and other pre-employment checks.



Preston Primary Academy Trust
C/o Kingfisher Primary School,
Kingfisher Drive,
Yeovil,
Somerset,
BA22 8FJ

Tel : 01935 676350

Email : ppat@ppat365.org

Website: www.prestonprimaryacademytrust.co.uk

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July/August/Sept 2026



**Somerset
Council**

Somerset School Nurse Team Newsletter

Welcome to the Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people : Health & Wellbeing : Phn School Nursing](#)



Feedback QR code

Starting Reception

Your child's journey to school starts at home

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.



For more information on how to help your child get ready for reception, and for information on supporting children with additional needs, scan the QR code or visit <https://startingreception.co.uk>

Click on the link below for

FUN ACTIVITY IDEAS..

...to help your child get ready for school!

[Starting-Reception_Activity-ideas-for-parents.pdf](#)



Are you concerned your child is not yet toilet trained for school?

If so, please see resource below for lots of helpful tips!

The Potty Training Guide



The Potty Training Guide - Starting Reception

Prior to starting school support can be found from your Health Visitor Team:

Contact the Health Visitor team via their
CHAT Health text line - 07480 635514

Helpful Tips for Bedtime

Advice for parents and carers from The Sleep Charity



A bedtime routine is important in getting a good night's sleep. A routine helps to support a child's body clock and aid relaxation. Feeling relaxed is important to ensure a child is ready for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them so it is important to create a relaxing and calm environment as bedtime approaches.

Here are some helpful tips to create a relaxing bedtime routine for your child:

- A bedtime routine is important for all ages and a regular routine will help children relax and get ready for bed. Try to start the routine at the same time every night as it helps to support your child's body clock, meaning they are likely to need off more quickly.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to encourage the production of melatonin, this will help to promote that 'sleepy' feeling.
- Looking at screens can make it harder to fall asleep. So turn off an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Bedtime role playing can help children mentally prepare for bedtime. Try letting your child put their clothes or other toys to bed, building them in and saying 'Goodnight'.
- Younger children may enjoy a bedtime box. Filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaw, colouring and threading are great for providing repetition such as Elmer colouring sheets. Older children may prefer to read, play a board game or take part in a craft activity.
- A bath half an hour before bed can help to promote sleep, the decrease in body temperature after a bath can help your child to nod off more easily.
- Massage can help some children to unwind as can indulgence or simple breathing exercises. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing techniques are also useful for parents to carry out and are a great excuse to enjoy together.
- There's no better way toward the day than snuggled up in bed with a bedtime story - and it's never too early to start reading to your child. Make it part of their bedtime from being very young. It helps develop listening, comprehension and vocabulary skills. It's also a great way to spend time with your child before bed.
- Children have predictability so don't be afraid to have one or two books that you use frequently at bedtime - they love the repetition.
- Why not consider making up a story about one of your child's favourite book characters? You can even get your child to make up a story too - it's great for the imagination! If you've read *Elmer and the Bedtime Story* you can have a go at making a story to go with the Elmer mentioned by the jungle animals in 'The Story of the Wandering Bear'.
- Don't forget to end the day on a positive note by sharing 5 great things that have happened during the day.

For more info on sleep issues visit...

**Home -
The Sleep
Charity**



The Sleep Charity, incorporating The Sleep Council, provides advice and support to improve the nation's sleep better. Find out more: <https://thesleepcharity.co.uk>



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**Somerset
Council**

ChatHealth

**Somerset
Council**

Parent advice & support

Healthy lifestyles

School transitioning

Emotional health

**is your child
5-19 and are you
looking for confidential
help and support?**

A safe and easy way to contact
your School Nursing Team

Just send a text
07480 635 515

Disclaimer: This is not an emergency service. It operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may disclose the content.

Improving
LIVES

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**Get Set for
Secondary School**

Own Your Independence

Start showing your independence in the lead-up to secondary school by packing your own school bag, laying the table for breakfast or putting dirty clothes in the laundry basket. Being able to rely on yourself is a great skill to have when it comes to starting a new school.

Get Talking

If you're not sure about anything, just ask. The teachers at your new school are all there to help you settle in. Talk to your parents or carers if you are worried or anxious about anything. They've been in your shoes before and will be able to offer support and advice.

Stay Positive

Embrace the change. Think about all the opportunities ahead of you - new subjects, new teachers, learning new sports and making new friends. Teachers won't expect you to get every answer right in class but they will be impressed with a positive, can-do attitude.

Be Organised

Use your new school's website to research the school layout, what lockers are available and whether swipe cards are needed in the canteen. Once you have your new timetable, print a copy for home. Get any books or equipment you might need ready the night before to save rushing in the morning.

Practise

Before term starts, plan the route you're going to take to get to school. Carry out some practice runs, especially during the times when you would normally be travelling to and from school. Arrange to meet a friend at the entrance on the first day so you can walk in together.

Look After Yourself

Eat healthily and get plenty of sleep. Look after your physical and mental health. Find time to relax after school by doing things you enjoy - take a walk in the park, meet up with a friend, listen to some music. Being able to 'switch off' may make you feel more relaxed and energised the next day as a result.

Be a Good Friend

Be kind and helpful to others, even if you don't know them that well. Showing kindness and support to someone else might help boost their confidence as well as make you feel good too. Showing empathy and understanding is a great way to start building up positive friendships.

Be Yourself

There is no one else in the world like you. Don't try to be someone you are not. People will like you for who you are. Believe in yourself - you've got this!

SCREEN SMART

www.SocialWorkToolbox.com

GUIDE YOUR CHILD. PROTECT THEIR FUTURE.

WHY IT MATTERS

Too much screen time can affect sleep, focus, mood, creativity, and real-life connections.

RECOMMENDED LIMITS (GUIDELINES)

Under 2 years: Avoid screens (except video calls)

2 to 5 years: Max 1 hour/day of quality content

6+ years: Consistent limits with balance

SET HEALTHY HABITS

- Create screen-free zones (meals, bedrooms)
- Watch and use content together
- Set time limits and stick to them
- Encourage outdoor play, books & hobbies

SIGNS OF TOO MUCH SCREEN TIME

- IRRITABLE OR MOODY
- TRouble sleeping
- POOR FOCUS OR LOSS OF INTEREST
- DIFFICULTY STOPPING OR MELTDOWNS
- WITHDRAWN FROM FAMILY & FRIENDS

TIPS THAT WORK

- BE CONSISTENT: Kids thrive on routine and clear boundaries.
- LEAD BY EXAMPLE: Limit your own screen time. They copy what they see.
- OFFER BETTER CHOICES: Give engaging alternatives like play, art, or stories.
- TALK & LISTEN: Understand their world. Build trust and understanding.
- PRaise GOOD CHOICES: Encourage balance and understand progress.

SCREEN TIME CHECKLIST

- Do we have screen-free zones and times?
- Is the content age-appropriate and meaningful?
- Are we balancing screens with real life?
- Do we talk about what they watch or play?
- Are we leading by example?

WHAT KIDS NEED MOST

- BE HEARD
- BE PRESENT
- CONNECTION
- GUIDANCE
- LOVE
- BE ACTIVE
- BE YOU

SCREENS ARE TOOLS. YOU ARE YOUR CHILD'S GUIDE. CHOOSE BALANCE. CHOOSE CONNECTION.

YOU'VE GOT THIS! Small steps. Big impact.

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Did you know constipation can be a common cause of bedwetting?

Constipation can go unnoticed except for the bedwetting, so **ALWAYS** check the bowel out first.

A full bowel can put pressure on the bladder which can then cause bedwetting.

Your child should be passing at least 4 soft stools a week, anything less could indicate constipation and need treatment.

POO CHECKER

What's your poo telling you?

TYPE 1
Small hard lumps like rabbit droppings. The sign of severe constipation.

TYPE 2
Sausage shaped, but hard and lumpy. The sign of constipation.

TYPE 3
Sausage shaped, but hard, with cracks on the surface. The sign of constipation.

TYPE 4
A soft, smooth sausage - THE IDEAL POO!

TYPE 5
Separate soft blobs. Also be fine if the child is well and other signs can be monitored for e.g. increased water of bile or mucus in stool.

TYPE 6
A mushy stool. Also be fine if the child is well and other signs can be monitored for e.g. increased water of bile or mucus in stool.

TYPE 7
A liquid stool. This would be diarrhoea or overflow.

*Based on the Bristol Stool Form Scale produced by Dr K.W. Heaton, Reader in Medicine at the University of Bristol.
www.eric.org.uk Helpline 0800 128 9842 @eric_uk @ERICUK1 ©ERIC 2020

Advice for children with constipation -

ERIC



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SOCCER & MULTI SPORT SUMMER CAMP



DATE **3-4TH
AUG**

**9:00am-
3:00pm**

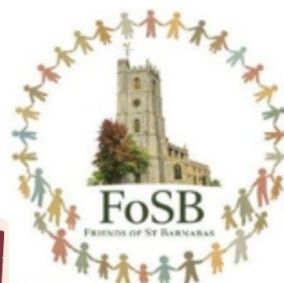
**Boys & Girls
6-14 Years Old**

Camp Venue

**Ansford Village Hall &
Field**

Registration Link - <https://officialsoccerschools.co.uk/yeoviltown/>

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QUEEN CAMEL GARAGE SALE



**SUN 13TH SEPTEMBER
10AM – 2PM**

**IN AID OF THE
FRIENDS OF ST BARNABAS**



**£10 TO REGISTER YOUR SALE OR BUY
A VENUE LIST**



**INFORMATION – HARRIETCHAPPELL@YAHOO.CO.UK
OR CALL 07880714559**

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★ AXMINSTER GUILDHALL ★

SCHOOL'S OUT CINEMA




BIG SCREEN FAMILY FUN THIS SUMMER!





TUESDAY 4TH AUGUST 2026

THE DAY THE EARTH BLEW UP



TUESDAY 11TH AUGUST 2026

SPONGEBOB THE SEARCH FOR SQUAREPANTS

★ GREAT VALUE FAMILY FUN ★



£3 PER PERSON

FAMILY OF 4 ONLY £10





TUESDAY 18TH AUGUST 2026

HOPPERS



TUESDAY 25TH AUGUST 2026

ZOOTOPIA 2



AXMINSTER GUILDHALL



TICKETS AVAILABLE NOW
www.axminster-guildhall.co.uk

★ BRING THE KIDS, GRAB SOME POPCORN AND ENJOY FOUR FANTASTIC FAMILY FILMS THIS SUMMER! ★

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YEOVIL TOWN COUNCIL

PLAYDAYS

5TH AUGUST
11AM – 3PM
MUDFORD REC
HOSTED BY THE OCTAGON THEATRE & WESTLANDS ENTERTAINMENT VENUE

FREE ACTIVITIES

The BIG ONE

7TH AUGUST
YEW TREE PARK
SKATE JAM

FREE ACTIVITIES

12TH AUGUST
NINESPRINGS COUNTRY PARK
WOODLANDS

FREE ACTIVITIES

21ST AUGUST
MILFORD PARK
CIRCUS

FREE ACTIVITIES

24TH AUGUST
BIRCHFIELD COMMUNITY CENTRE
PETTING FARM

10AM – 2PM
COME JOIN US FOR SOME FUN!

community@yeovil.gov.uk

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KILVE COURT SUMMER ACTIVITY DAYS!!

Looking for some fun things
to do this summer?

Look no further!!!

Kilve Court have Children's
Summer activity days
running throughout August!!

Ages 7 -14



VISIT

SSEOUTDOORS.CO.UK

TO FIND OUT MORE!

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**NOT-FOR-PROFIT ORGANISATION SUPPORTING OUR MILITARY COMMUNITY
ACROSS SOMERSET, DORSET, AND WILTSHIRE**

OPEN TO ALL

~ **INFORMAL DROP-IN COMMUNITY LOUNGE** ~
 ~ **BANK VAULT BOOKSHOP & PRE-LOVED SHOP** ~
 ~ **COMMUNAL GARDEN ~ WORKSHOPS/TALKS ~ GROUPS/ACTIVITIES** ~

MILITARY COMMUNITY ONLY

REFERRALS FROM EXTERNAL ORGANISATIONS OR SELF-REFER VIA THE HUB OR WEBSITE

~ **MILITARY SPECIFIC COUNSELLING AND PSYCHOTHERAPY** ~
 ~ **SERVING AND VETERAN PEER SUPPORT MENTORS** ~
 ~ **MILITARY ONLY EVENTS & ACTIVITIES** ~

5 SOUTH STREET, WINCANTON, SOMERSET BA9 9DJ
(FREE PARKING AVAILABLE IN ALL TOWN CAR PARKS - MOTORBIKES MAY BE PARKED AT REAR OF PROPERTY)

TUES 1000-1300HRS
 WED, THU, FRI 1000-1600HRS
WEDS 1600-2000HRS (ADULTS ONLY)
 SAT 1000-1300HRS

01963 202 156
 07460 677 518
WWW.GOTYOURSIXUK.COM
GOTYOURSIXUK@OUTLOOK.COM












- FEELING ISOLATED? -
 - NEW TO THE AREA? -
 - FINANCIAL WORRIES? -
 - STUFF GOING ON BACK HOME? -
 - UNSURE OF YOUR NEXT CAREER MOVE? -
 - NEW TO CIVVY STREET? -
 - RELATIONSHIP BROKEN DOWN? -
 - WORK RELATED STRESS? -
 - MISSING MILITARY LIFE? -
 - NEED SUPPORT WITH FORM FILLING?

**IF YOU ANSWERED YES TO ANY OF THOSE QUESTIONS
WE'VE GOT YOUR SIX**

MILITARY COMMUNITY PEER SUPPORT

Serving, Veteran, and Spouse Peer Support Mentors matched based on your needs, experiences, and background

No judgements, no shame, just someone to walk alongside you while you navigate life's challenges

WHAT DOES A PEER SUPPORT MENTOR DO?
 Meet you for a coffee, a chat, a walk, join you for an appointment, help with paperwork, visit a new group for the first time, signpost to services, or simply just listen!

GOTYOURSIXUK@OUTLOOK.COM WWW.GOTYOURSIXUK.COM 01963 202 156 07460 677 518

Personnel Support Information- W/C 29 June 26



Events Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Key
AM	Tea & Toast 0930-1100 Balsam Centre	Aggies Bacon Butties 0930-1100 Chaplaincy	Connection Point (Homestart, NCC) 0830-1600 Tall Trees	RNFPS drop-in 1030-1130 Tall Trees		Brews and Baps Got Your Six 1000-1200 5 South Street BA9 9DJ	Tall Trees WPCH Balsam Centre RNASVL Wincanton
PM	Aggies Afternoon 1330-1530 Wyndham Park Community Hub	Aggies Walk and Listen 1200-1500 Contact Aggies to Book	Connection Point (NCC, Aggies) 0830-1600 Tall Trees	Charity Drop-in (NCC, Aggies, RN B, Home-Start, RMA, SSAFA) 1200-1500 QE Bar WOSRs Mess			
Eve	CO CHF Charity Drop-in (RN FPS, Aggies, Home Start) 1730-1900 Tall Trees	Aggies After Hours 1730-1900 Chaplaincy	Cheese and Wine Got Your Six 1900-2100 5 South Street BA9 9DJ	RNFPS Drop in (Home Start, Balsam Centre) 1730-1830 Balsam Centre	RNFPS drop-in 1730-1830 Wyndham Park		

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Support Organisations and Resources *(Updates in red)*

Aggies Pastoral Workers

Angela Harper- Angela.Harper@aggies.org.uk/ 07955702648

Mandy Otley- Mandy.Otley@aggies.org.uk/ 07723807522

Royal Navy Family and People Support (RNFPS)

Telephone: 0800 145 6088

Portal Email: navypeople-psrnfpsportal@mod.gov.uk

Information Support Email: Navypeople-psrnfpsinfo@mod.gov.uk

Armed Forces Link Workers

Armed Forces - NHS Somerset ICB - details on how to contact, can provide links to support organisations.

Mind in Somerset

Mind in Somerset - website for resources

Tel: 0800 138 1692 or 01823 276 892

Somerset Mental Health Alliance

Somerset's Mental Health Alliance - Open Mental Health - website for resources

Tel: 01823 276 892

Crisis Safe Space

Crisis Safe Space - Open Mental Health (available out of hours).

Scotty's Little Soldiers

Parents & Carers of Bereaved Military Children | Scotty's Little Soldiers

Lest We Forget Association

Lest We Forget Association | veterans support (offer short breaks free of charge)

Solace in Devon

Low-cost countryside breaks - Home | Solace in Devon

Green Spirit Retreat

Green Spirit Retreat - free retreat for service personnel. To book contact navypeople-psrecoveryprog@mod.gov.uk

MS Teams Channel (MODNET only) - Join here: The Lookout - for further information and resources.

Royal British Legion

Bereavement support | In Memory | Royal British Legion

Combat Stress

Grief | Combat Stress (self help guide).

Recovery courses- Serving Personnel Only

Contact PO McCaffrey David.McCaffrey986@mod.gov.uk

RRP course (JIs & Programme)

3 – 7 Aug – up to 20 SP can be accommodated

7 – 11 Sept – up to 10 SP can be accommodated

5-9 Oct – up to 12 SP can be accommodated

Battle Back Course Lilleshall (JIs)

5 - 9 Oct – 24 SP



STAND EASY SOCIALS



WEDNESDAY EVENINGS 1900-2100HRS

FREE TO ATTEND - JUST DROP IN!

WHO?	ALL WELCOME - ADULTS ONLY - DOG FRIENDLY
WHERE?	COMMUNITY HUB - 5 SOUTH STREET, WINCANTON BA9 9DJ FREE PARKING IN ROAD STREET CARP AND TOWN CAR PARK
WHAT?	1900-2100HRS - EVERY WEDNESDAY ONLY WEDS LEADS MONTHS IS GOOD NIGHT - DRINKING RESPONSIBLY
WHAT?	BREWS, BEERS, CHAT, SUPPORT, GAMES, MODEL KITS, HOBBIES, TAKEAWAYS ...WHATEVER YOU FANCY REALLY!
WHY?	REDUCE ISOLATION MEET LIKE-MINDED PEOPLE, STRENGTHEN COMMUNITIES, BUILD RESILIENCE, SOCIALISE AND JUST HAVE A LAUGH!

GET YOUR SEX ON IS A NOT-FOR-PROFIT SUPPORTING OUR MILITARY COMMUNITY - ALL WELCOME AT THESE SOCIAL EVENINGS

Weekly Timetable

Monday

0915 - 1100 The Balsam Centre, Wincanton

1330 - 1530 Wyndham Park Hub, Yeovil

Tuesday

0930 - 1100 Chaplaincy, Yeovil

1200 - 1500 Heron Sports Centre

1630 - 1730 Chaplaincy

Wednesday

0830 - 1630 Tall Trees Community Centre, Ilchester

Thursday (monthly)

1030 - 1200 Fleet Air Arm Museum

Tea, Toast & Play

Aggie's Afternoon

Aggie's Butties

Walk & Listen

Les Mills Spin

Aggie's After Hours

Connection Point

Active Aviators

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NHS
Somerset

Armed Forces Outreach Service: **Ilchester**

Are you a veteran, serving member, family member, dependent or reservist?



Come and have an informal brew and banter and meet the NHS Somerset Armed Forces team and our dedicated Armed Forces Link Workers

Wed 11th Mar '26	13:45 to 15:15	Ilchester Community School
Wed 1st Apr '26	13:45 to 15:15	Infant site
Wed 22nd Apr '26	13:45 to 15:15	
Wed 13th May '26	13:45 to 15:15	Illustrious Crescent
Tues 2nd Jun '26	13:45 to 15:15	Ilchester
Tues 16th Jun '26	13:45 to 15:15	Somerset
Wed 1st July '26	13:45 to 15:15	BA22 8JX



ssafa



HELP for HEROES



Department
for Work &
Pensions



Female
Veterans
TRANSFORMATION
PROGRAMME



**RN
I:D**

NHS
Somerset
NHS Foundation Trust

<https://nhssomerset.nhs.uk/armed-forces/>

facebook.com/groups/nhssomersetarmedforcescommunity

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The poster features a dark blue background with a large, stylized rainbow flag graphic on the right side. In the top left corner, there is a Royal Navy logo and the text 'FAMILY & PEOPLE SUPPORT'. The main title 'Meet & Greet' is prominently displayed in white, followed by the time 'Mondays, 1730 - 1830' and the location 'Tall Trees Community Centre'. Below this, a line of text encourages attendance: 'Come and meet your local RN FPS Team. Find out what support is available to you'. An illustration of four people (three women and one man) sitting and talking is positioned in the center. The bottom section of the poster has a yellow background and contains the title 'RN FPS Meet & Greet', the time 'Mondays, 1730 - 1830', and detailed information about the event, including the location 'Tall Trees Community Centre, Taranto Hill, Ilchester'.

ROYAL NAVY
FAMILY & PEOPLE
SUPPORT

Meet & Greet

Mondays, 1730 - 1830
Tall Trees Community Centre

Come and meet your local RN FPS Team. Find out what support is available to you

ROYAL NAVY
FAMILY & PEOPLE
SUPPORT

RN FPS Meet & Greet

Mondays, 1730 - 1830

Join your RN FPS team Mondays 1730 - 1830 at Tall Trees Community Centre to find out how we can support you, ask questions or help with the RN Forum.

Drop in service, no need to book.

Tall Trees Community Centre, Taranto Hill, Ilchester.

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Connection Point

For more information email:
Angela.Harper@aggies.org.uk
Mandy.Otley@aggies.org.uk

Tall Trees Community Centre
Wednesday, 0830-1630

A safe place for military personnel and their families to connect, have a cuppa and a chat. Information and signposting available. Toys and activities provided for children.



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 Aggies Yeovilton



Walk & Listen 

Arrange a time with Angela or Mandy to go on a walk and a have a chat.

**RNAS Yeovilton Chaplaincy
Tuesday Afternoons**

To arrange a time contact:
 Angela.Harper@aggies.org.uk / 07955 702648
 Mandy.Otley@aggies.org.uk / 07723 807522

 @AGGIEWESTONS

 Aggies Yeovilton



Aggie's Afternoons

For more information email:
 Angela.Harper@aggies.org.uk
 Mandy.Otley@aggies.org.uk

**Wyndham Park Hub, Yeovil
Monday, 1330-1530**

A contact point for military families, to connect, chat and share. Tea and coffee provided; toys and activities for children.



 @AGGIEWESTONS

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