

Supporting the Community as part of the Together for West Somerset response

Please note this support offer is aimed at all adults in the community that have been directly or indirectly affected by the traumatic event at the end of July.

Next Session

**Friday 14th November
17:30pm – 19:30pm**

**Minehead Eye, 1 Mart Rd,
Minehead, TA24 5BJ**

[Sign up now](#)

Must be aged 16+ to attend.

These sessions will be delivered by Trauma Informed Schools and Communities for the community impacted by the Minehead Bus incident.

This session explores how traumatic events within a community can affect individuals on emotional, psychological, and physical levels. Participants will learn to recognise the signs and symptoms of trauma in themselves and others, gaining insight into how these responses manifest in daily life.

The session will also provide practical strategies for re-establishing a sense of safety and emotional regulation following trauma. Emphasis will be placed on the healing power of storytelling, compassion, and empathy in the recovery process. By the end of the session, attendees will feel better equipped to support themselves and others in the aftermath of a traumatic experience.

Other useful information can be found on the [Together for West Somerset Website](#)