

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

Session 1

Monday 20th October

17:30pm – 19:30pm

**Moorland Village Hall,
Wheddon Cross, Minehead,
TA24 7DU**

Session 2

Friday 14th November

17:30pm – 19:30pm

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

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.

Light refreshments provided.

Must be aged 16+ to attend.

[Sign up now](#)

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