

**My name is:**



This space is for:

- A photo of yourself  
or
- A picture of something you like  
or
- A drawing

**This is  
“My Important Stuff”**

# Introduction

Every child and young person should know what activities and support is available in Somerset.



You can find information, advice and support on the Local Offer.

The Local Offer is on a website called Somerset Choices ([www.somersetchoices.org.uk](http://www.somersetchoices.org.uk))



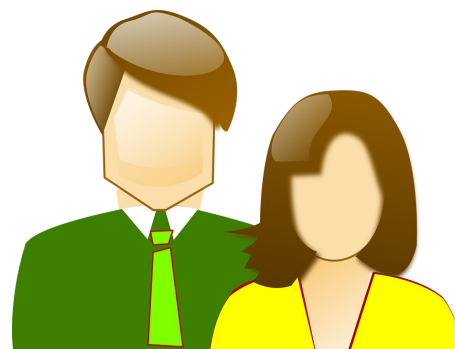
You can use the Local Offer website to print off information you would like to put inside “My Important Stuff” so you can keep it with you.



To get a copy of “My Important Stuff” you can print it off yourself from the Somerset Choices website or contact Somerset Direct on **0300 123 2224**. They will print one off and send it to you.

# How you can get support

You may like to have support from your parent carer, or somebody from your school or local library.

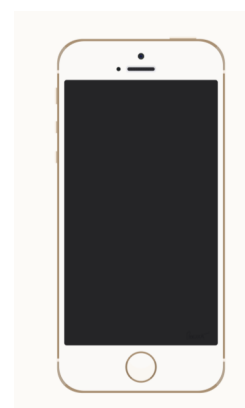


If English is not your first language, you can contact Somerset Direct.

Somerset Direct can give you a copy of “My Important Stuff” in your chosen language.

**Telephone:**

0300 123 2224.

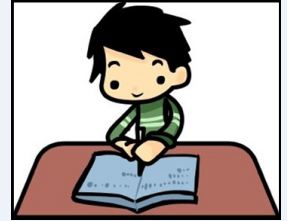


You may wish to fill in your own “One Page Profile” to give others some more information about you.

You will find a “One Page Profile” on the next page.  
It’s your choice to fill this in.

# One Page Profile

Name ...



What makes me happy ...

What people like and admire about me ...

How I like to be supported ...

# Who can help me

This page has a list of organisations in Somerset who can offer you support.

## Names of organisations who can help you:

**Somerset Choices** — 0300 123 2224

**Somerset Direct** — 0300 123 2224

**SENDIAS** — 01823 355578

**Independent Supporter Service** — 01823 282955

**Somerset Parent Carer Forum** — 01458 259384

**The Unstoppables (Young Person Forum)** - 01823 359868

**Short Breaks Resource Team** — 0300 123 2224

**Somerset Supporter Service** — 0300 123 2224

**Children's Autism Outreach Team** — 0300 123 2224

**Short Breaks Team** — 0300 123 2224

**Getset** — 0300 123 2224

**Libraries** — 0300 1232224

**NHS Choices** — 0300 1232224

**Healthwatch** — 01823 751403

**Young Healthwatch** — 01823 751403

**Patient Advice and Liaison Service (PALS)** - 0300 1232224

More information about the organisations above can be found on the Local Offer on Somerset Choices:





**[www.somersetchoices.org.uk](http://www.somersetchoices.org.uk)**

Or you can call Somerset Direct on **0300 123 2224**

# Who helps me





This page can be used to write down the names of people who are important to you.

Your key contacts could be people in your family and professionals (such as your doctor, carer or school SENCO — Special Educational Needs Co-Ordinator).





<b>Name of person:</b> Please write in their first name and last name.	<b>Who are they?</b> Examples: Mum, dad or carer
<b>Phone number:</b> 	<b>Email address:</b> 
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<b>Phone number:</b> 	<b>Email address:</b> 

You can also write down who helps you on the next page.

# Who helps me

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<b>Phone number:</b> 	<b>Email address:</b> 
<b>You can also write down who helps you in “My notes” page.</b>	



# My notes

You can write down more key contacts here, if you have ran out of space.

You can also write down other things here that are important to you.

Remember you can use the Local Offer website to print off information you would like to put inside “My Important Stuff”.

# My notes

# My notes

**My Important Stuff was created by  
Harry Tavaré  
- Young Person's Champion 2016/17**

**If you would like any more information about  
“My Important Stuff” please contact  
the SEND Participation Team.**

**SENDParticipationTeam@somerset.gov.uk**



**You can also find the team on Facebook**



[www.facebook.com/  
sendparticipationteam](http://www.facebook.com/sendparticipationteam)