

The BUZZ

ISSUE 4

FEBRUARY / MARCH

REASONS TO BE CHEERFUL, AN UPDATE

Welcome to our fourth edition. Already 381 schools have already had or have booked our Level 1 prevention and promotion training. This has proven to be very popular, look at some of our most recent quotes. *“Very thought provoking”* *“Really useful & helpful info, resources and strategies. Passionate and informative trainer..”*

Have you booked yours?

We announced in our last edition that we had launched our new text

messaging service **07520 631168.**

‘BUZZ US’. Already young people are messaging and receiving support from our wellbeing workers. Young people are messaging about worry, stress, self harm, relationships. Young people are answered quickly between the hours of

9am—5pm Mon-Thurs,
9am—4.30pm Fridays.
Messages that are received outside of this time will be responded to the following day. Please remind young people of the number

BBC Radio Ones @scott_mills also provided Compass BUZZ with an inspirational quote in support of LGBT history month. *“Feeling that you’re different when your at school can be really challenging. It doesn’t matter what makes you different, the fact that you feel it can be isolating and it can be an anxious time. I’d love young people to know where they can turn to for whatever support it is that they’re looking for: I’d hate to think of any LGBTQ person to feel isolated simply for being who they were born to be.”*

Top tip for supporting young people

Often, focussing on ‘the issue’ becomes the issue. Instead, try to look at when there wasn’t an issue, when was there a good day? Then look at how can you get more of the ‘good’ days. Working in a solution focussed way keeps the positive stance and helps builds resilience.

Staff Profile

Rebecca (Becks) Tait was working in the Scarborough area and has just transferred to the Harrogate district.

Becks’ background is in supporting children and young people in school and college, she is excited to start work with Harrogate schools.

YOUTH PARTICIPATION

Our youth participation lead, Alice Manton, meets with young people to discuss ways of moving forward with Compass BUZZ and consults with various youth groups across the county. Consultations with young people led to the project’s name ‘BUZZ’ and also it was through consultation that we named our new

confidential text messaging service ‘BUZZ US’. Recently, Alice reported: *“Harrogate Youth Council have given us some great ideas for the website and I am going to the Youth Voice Conference on 16th March to run a market stall and Compass BUZZ are also running some workshops for young people on ways to look after their mental health and wellbeing in a fun,*

supportive environment.”

Compass BUZZ wants to know what discussions you’ve been having with your school councils about mental health and wellbeing. E:mail us at school-mentalhealthproject@compass-uk.org



REQUEST FOR SUPPORT

Alongside our training offer, some of you may not be aware that our Wellbeing Workers are able to co-facilitate one to one sessions where we can mentor a school member of staff in a consultation, or alongside the pupil who might be experiencing low – moderate mental health difficulties.

This is an opportunity for a staff member to discuss their concerns with one of our experienced Wellbeing Workers.

Already Compass BUZZ have received high numbers of requests for support for children with a range of issues such as feelings of worry and stress, self-harming thoughts, loss and grief to name a few.

Sometimes a face to face meeting with the member of staff allows the opportunity to discuss different approaches and strategies to support the young person. For some staff, observing the practitioner model the approaches or strategies can be helpful.

Please feel free to contact **Compass BUZZ** on **01609 777662** to discuss any issues you have if you feel you may have a young person who you feel would benefit from.

One of the favourite tools of the Wellbeing Workers use is the tool called 'the three houses'. This talking tool is a simple way of gathering information from a young

person. It focusses the attention on what the worry is, what is going well and what the young person wants to address. This then allows the focus to be on what the young person wants to or feels able to change.

Double click on our **BUSY BEE** to download this tool with facilitating instructions.



Dates for your diary

We have received feedback from our last issue asking if we could publicise dates relating to mental health and wellbeing in advance more. Well, you said, and we did... If you double click on our **BUSY BEE**, you will find our **Compass BUZZ 2018** calendar for the remainder of the year with some dates you can use to plan events in school.



CONTACT DETAILS

Compass BUZZ
County Hall
1 Racecourse Lane
Northallerton
DL7 8AD
Tel: 01609 777662



Level 2 & 3 Coming soon!

Book your Level 1 training
first now by calling

01609 777662

