

# The BUZZ

ISSUE 6

JULY 2018

## STOP PRESS 6520 STAFF TRAINED! STOP PRESS

The academic year is almost finished so we wanted to share with you how our first year has gone;

•93% of schools booked or completed for Level 1: Prevention and Promotion.

And already we have:

•34% booked for Level 2: Early Identification of Need

•30% booked for Level 3: Early Help and Intervention:

Our Level 1 training: Prevention and promotion has been received by 6520 members of staff

from schools, colleges and other agencies. This is a tremendous number of people that have engaged with our training!

Here's what some people said "A fantastic session, I did not look at the clock! Really informative, fun and inspiring." "Really useful. Now I need Level 2 and 3..." "Very effective training. Feel competent to implement in school."



There is still time to book your Level 1: Prevention and Promotion training. Contact Compass BUZZ now for details.

Currently, for your schools, we are filming with students, parents and other professionals for our Level 2: Early Identification of Need and Level 3: Early Help and Intervention: training to make our training more interactive. This is a very exciting opportunity for participants to get a real insight as to the impact mental health can have on pupils and students as well as the benefit of interventions.

If you would like to find out more about how you can book training, please contact us now!

### Compass BUZZ top resource tip

Bereavement and loss is a common difficulty young people face today. Cruse bereavement have a developed a great website for young people, click on this link for more information.

<http://hopeagain.org.uk/>

### Staff Profile

A warm welcome to our new Wellbeing Worker Jenny Perkins, Jenny is based in the Scarborough, Whitby Ryedale area. Prior to this role Jenny worked as a Children's Psychological Wellbeing Practitioner in Leeds, delivering evidence based interventions to children, young people and families. She is excited to be part of the Compass BUZZ team and is looking forward to supporting North Yorkshire schools. In her spare time she enjoys reading, baking and spending time with friends and family.



## COMPASS BUZZ CAN OFFER MORE SUPPORT!

Just a reminder that as well as our training offer, Compass BUZZ Wellbeing Workers are also able to work alongside a member of staff to co-deliver up to three one to one sessions of groupwork sessions with pupils/students around advice, techniques and suggestions to help a young person with low to moderate mental health and well-

being concerns. Recently we received this feedback from a student.

*"Working with Compass BUZZ started really quickly but didn't make me feel intimidated. They were reassuring and listened to my problems and then gave me useful things to help. Compass BUZZ worked with staff to give me methods to calm my mind and helped me to think*

*realistically and also think about the positives.*

*They gave me the support I needed to realise that when I have the right support I can control what is happening for me." - Year 9 Student in North Yorkshire.*

Contact Compass BUZZ on 01609 777662 to discuss support.



# BUZZ AND PRIDE



Pip Nix, Wellbeing Worker for Selby attended the Regional LGBTQ Event for young people recently in York.

It was a great day giving the young people a chance to network with other LGBTQ young people and share their experiences. North Yorkshire Police spoke about how to report hate crime and about their LGBTQ Network. They spoke about the theme for York's Pride being 'Flag It Up', encouraging anyone who witnesses or experiences hate crime to report it, even if they don't want to press charges. During the day young people built a wall of negative attitudes that they want to tear down in relation to LGBTQ, through an art workshop. They did this by using cardboard boxes and using various art materials to display the attitudes that they wanted to get rid of. The group from Selby that Pip helped, discussed negative emotions and stereotypes as part of their theme.

Pip said, "It was a privilege to be invited to attend and was an inspirational day to be a part of."



## Good practice in Schools

Carlton Faceby Primary School have put in place a brilliant idea to support children in their school with ADHD and ASD. They have taped patterns on the corridor floors so that children can have time out to distract themselves. Check out the pictures on the right.



**Book your Compass BUZZ school mental health and wellbeing training NOW!**

**Call on 01609 777662 or**

**Speak to your Wellbeing Worker**



## CONTACT DETAILS

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