

The BUZZ

ISSUE 3

FEBRUARY 2018

'BUZZ US' NEW TEXT MESSAGE SERVICE FOR 11-18 YR OLDS

Wellbeing workers have just received their training on a new text messaging service being rolled out in North Yorkshire called 'BUZZ US'. BUZZ US is a text messaging service run by Compass BUZZ for young people aged 11-18 who live in North Yorkshire.

This new confidential

service will allow young people to text questions to a number regarding their Mental health and Wellbeing. It will then be picked up by one of our Wellbeing Workers who will advise, support and signpost.

Similar text messaging services have been run in other regions in the UK and have proven

to be a unique way for children and young people to access support.

The mobile number is
07520 631168

Opening hours
0900-1700 Mon-Thurs.
0900-1630 Fridays.

Double click on the Bee for a copy of our flyer.



FEBRUARY IS LGBT HISTORY MONTH



As you might see from this edition of The BUZZ our bees have gone rainbow! We have done this to celebrate that February is LGBTQ History Month, and it is a great opportunity for all of us to celebrate diversity. Keep an eye on our Social Media where we will be posting updates throughout the month explaining different meanings of LGBTQ terminology.

It is really important that ensure that our LGBTQ children and young people feel supported as they are one of the most high risk groups that may struggle with poor mental health. Stonewalls School Report

2017 found that more than two in five trans young people have attempted to take their own life, and one in five lesbian, gay and bi students who aren't trans have done the same.

You can read the full report here:
<http://www.stonewall.org.uk/school-report-2017>

We would love to here what you are doing in your school to celebrate LGBTQ History Month – are you turning anything rainbow? Tweet Us @CompassBUZZ

On 8th January, Wellbeing workers delivered Level 1 training to 19 schools which equated to 506 members of staff.

What a great start to 2018!

Staff Profile

Heather Cottam is a wellbeing worker in the Craven area. Before this role, she was a social sciences teacher specialising in psychology. In her spare time, Heather enjoys socialising with family and friends, playing games, reading, geocaching and walking her dog Peach.



COMPASS BUZZ TRAINING, WITH BBC LOOK NORTH

Recently, BBC Look North filmed a training session at a Richmond Primary School. Wellbeing Worker Ashleigh Coombs and Team Leader Emma Tymon were on hand to talk to the cameras about Compass BUZZ and the importance of raising staff awareness of mental health and wellbeing in schools.

Children and school staff also gave their

views on the importance of understanding how to support young people and promote mental health.

Click here for full clip

<https://www.dropbox.com/s/z7d38zmmjyd422x/MENTAL.mp4?dl=0>

You Can still book level 1 training. Call 01609 777662 now. Don't miss out!

TIME TO TALK DAY WAS FEBRUARY 1ST 2018

Mental health problems affect one in four of us yet people are still afraid to talk about it. For people with mental health problems not being able to talk about it can be one of the worst parts of the illness. So by getting people talking about mental health we can break down stereotypes,

improve relationships, aid recovery and take the stigma out of something that affects us all.

Since Time to Talk Day first launched in 2014, it has sparked millions of conversations in schools, homes, workplaces, online and in the media.

For more information, click on the link <https://www.time-to-change.org.uk/get-involved/time-talk-day-2018>

Our conversation starter would create a great Time to Talk, why not double click on the bee and start a **BUZZ**.



CHILDREN'S MENTAL HEALTH WEEK

WAS IS 5 - 11 FEBRUARY 2018

"This Children's Mental Health Week, we're encouraging children, young people and adults to celebrate their uniqueness. It's all about #BeingOurselves!"

<https://www.childrensmentalhealthweek.org.uk/>

What did you do in your school to promote Mental Health Week?

CONTACT DETAILS

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