

# UPDATES FROM YOUR COMPASS TEAM

Compass  
Birmingham  
Mental Health Support Teams

DECEMBER 25

## MEET THE TEAM



## WELCOME

### FIRST SCHOOLS NEWSLETTER

Welcome to the first edition of your newsletter. This is an opportunity to find out what we have been doing in local schools and find out more about future work we can support you with



Name: Kelsi  
Favourite way to wellbeing: Being active - I love playing wheelchair basketball



Name: Phoebe  
Favourite way to wellbeing: Learn/be active - I love to learn new exercises in the gym



Name: Pete  
Favourite way to wellbeing: Connected - Spending time with friends and playing board games



Name: Nicole  
Favourite way to wellbeing: Take notice - I love being in nature and noticing my surroundings



## WHO WE ARE

An early intervention and prevention service to improve emotional wellbeing for children and young people.

To help children and young people manage their feelings, behaviours, thoughts and physical sensations so they can better engage with their learning and education.

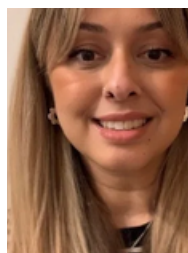
Also working alongside and supporting school staff, parents and other professionals.



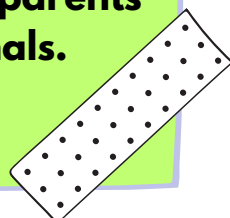
Name: Abbie  
Favourite way to wellbeing: Be active - I like to take part in sporting events!



Name: Yve  
Favourite way to wellbeing: Connect - I love spending time with family & friends



Name: Tas  
Favourite way to wellbeing: Learn. I enjoy learning new things by reading





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**Compass**  
**Birmingham**  
Mental Health Support Teams

## WHO WE HAVE WORKED WITH

### REFERRALS:

This term we have received lots of referrals from our schools.

### 1:1 SUPPORT

This term we have supported CYP and parents

### WHOLE SCHOOL WORK

This term we have supported workshops, assemblies, half term clubs and other events for CYP and families

**SCAN THE QR CODE TO ACCESS  
OUR ONLINE REFERRAL FORMS  
AND MUCH MORE!**



**SCAN  
ME!**



## SILVERCLOUD

Scan here for more  
information about  
SilverCloud

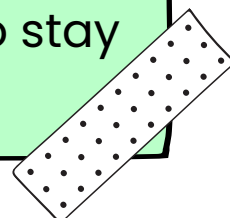


SilverCloud is a type of Computerised Cognitive Behavioural Therapy (CCBT) for young people aged 14 plus. CBT looks at how our thoughts, feelings and behaviour connect with one another. The programmes will teach you more about what CBT is and offers activities to help you make practical changes to your mood.



## 5 WAYS TO WELLBEING

Don't forget to check out the 5 ways to wellbeing to stay healthy and happy on the inside and out!





Our local schools are: St Edmund Campion Catholic School, The Royal Sutton, Blakesley Hall Primary School, Bordesley Village Primary School, Bordesley Green Primary, Holy Family Catholic Primary School, Marlborough Primary School, Redhill Primary School, Regents Park Community Primary, Somerville Primary School, St Benedict's Primary School, Adderley Primary School, Oasis Academy Hobmoor,, St Bernadette's Catholic Primary

We also work with many other schools across Birmingham. For a full list please visit our website: <https://compass-uk.org/services/compass-birmingham-mhst/>



## WELLBEING WINTER – NHS 5 WAYS TO WELLBEING

Feel calm, connected and energised this winter



**Connect**

Play games with friends or family. Go and visit someone. Give someone a call or write them a card to let them know you are thinking of them.

### 1. CONNECT WITH ALLAH

Allah encourages us to connect with Him in the Qur'an.

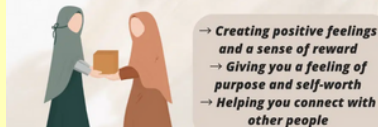


**Give**

Write a card to someone and post it or write them a poem or story. Give up your time to help a family member!

### 4. GIVE TO OTHERS

Acts of giving and kindness can earn you much reward from Allah. It can also help improve your mental wellbeing and happiness by:

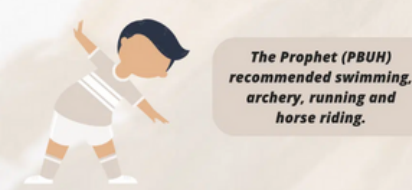


**Get active**

Wrap up warm and head outside to the park or visit somewhere new.

### 2. BE PHYSICALLY ACTIVE

Not only is it great for your physical health, physical activity can help with your mental wellbeing. Being physically active is highly encouraged in Islam.



**Take notice**

Try to 5,4,3,2,1 challenge to stop and be in the present moment.

Go outside and notice the changes this winter – what do the trees look like? Can you see any frost, look closely....

### 5. PAY ATTENTION TO THE PRESENT

Mindfulness is something that is highly encouraged in Islam, and is known as 'khushoo' (paying attention or humbleness). Mindfulness can help:

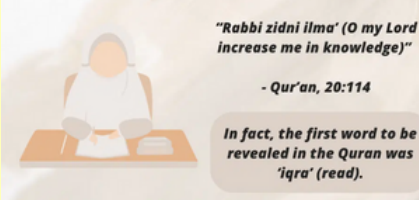


**Keep learning**

Try a new hobby, learn to juggle or cook. Why not read up on something you've always wanted to know more about. Learn something with a friend or family member.

### 3. KEEP LEARNING

Research shows that learning new skills can improve your mental wellbeing. Knowledge and learning are highly praised in Islam as mentioned in this Quranic dua:



This newsletter will focus on the 5 ways to wellbeing linked to different cultural and faith experiences. If you would like to share any ideas from your faith or culture, please get in touch, we would love to hear from you!



## EVENTS

The Compass Birmingham Mental Health Support Team were delighted to be part of Bordesley Green Primary's recent Parents' Evening, where we had the opportunity to connect with families, staff, and pupils in a relaxed and engaging setting.

Our team set up an interactive wellbeing space, giving children and parents the chance to explore the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. These simple, evidence-based actions are a great way for young people (and adults!) to build healthy habits that support their mental health and emotional resilience.

Locality 8 spent a day in half term with 50 children from across our schools as we taught them about the 5 ways to wellbeing. The morning started with being active balloon relay races to find all the inside out emotion characters and then the young people made emoshum bugs to connect with their friends, made brains from autumn conkers to learn about the parts of our brain and the fight, flight, freeze response, created pine cone giving trees and took notice of everything around them by playing games like go find it, jenga and more. It was a fun morning and the staff commented on how much fun the children had, how engaged they were and how it allowed them to work together as a team and spend time learning new skills.



## ACCESSING OUR SUPPORT IN DIFFERENT LANGUAGES

If you would prefer to speak to us in your first language, please let us know and we can arrange a translator.

که تاسو غواړئ چې موږ سره په خپله لومړۍ ژبه خبرې وکړئ، مهرباني وکړئ موږ ته خبر راکړئ او موږ کولی شو د ژباړونکي بندوبست وکړو.

Heke hûn dixwazîn bi zimanê xwe yê dayikê bi me re biaxivin, ji kerema xwe ji me re agahdar bikin û em dikarin wergêrek peyda bikin.

إذا كنت تفضل التحدث إلينا بلغتك الأولى، فيرجى إخبارنا بذلك حتى نتمكن من ترتيب مترجم.

## WORKSHOPS/ ASSEMBLIES AND MUCH MORE

We support with anxiety, low mood, exam stress, challenging behaviour, resilience, confidence, self esteem, cyber safety, bullying, friendship, school attendance, signposting to other services....

