

# UPDATES FROM YOUR COMPASS TEAM



DECEMBER 25

## MEET THE TEAM



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



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



## 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

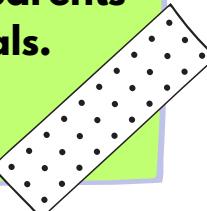


## WHO WE ARE

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.





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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!**



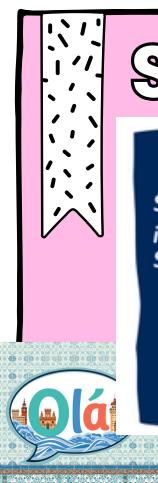
SCAN  
ME!



SilverCloud 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.

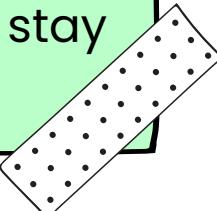
## SILVERCLOUD

Scan here for more information about SilverCloud



## 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

### 1. CONNECT WITH ALLAH

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

"And when My servants ask you concerning Me, I am indeed close (to them): I respond to the du'a (prayer) of every supplicant when they call on Me'

- Qur'an, 2:186



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:



- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people



Get active

### 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.



The Prophet (PBUH) recommended swimming, archery, running and horse riding.



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:



- Improve your sleep
- Relieve stress
- Reduce chronic pain



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:

"Rabbi zidni ilma" (O my Lord increase me in knowledge)"

- Qur'an, 20:114



In fact, the first word to be revealed in the Quran was 'iqra' (read).

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!

