

WHAT'S NEW AT COMPASS?

Welcome to our October newsletter! We have had a great month and hope you can take a few minutes to explore what we've done for schools and our service users. If you like what you see, follow us on social media for regular updates!

WSA COUNTER

2244

THE OCTOBER EDITION

Compass is leading the way in supporting the mental health and emotional wellbeing of children, young people, and families in selected educational settings across Birmingham.

RECENT EVENTS

- ➔ Compass Birmingham is rebranding! We are looking to the creative minds of the children and young people we work with to design our logo!
- ➔ We've added two important counters to our front page to inform you on how many service users we've worked with this month.

REFERRAL COUNTER

192



OCTOBER NEWSLETTER!

COMPASS LINK

Our Compass LINK service is still accessible via email and phone. Designed for accessibility and community needs, Compass LINK ensures a seamless experience in seeking help. With dedicated professionals, we are committed to providing timely and effective support, ensuring no one faces their challenges alone.

Compass Link is designed to simplify the process of seeking support, it's your one-stop-shop for accessing help, connecting with professionals, and navigating to the appropriate service / resources. Compass Link is all about delivering support when you need it most.

We only work with schools in our localities. You can reach out to our friendly team, we'll start by asking you a few questions to understand your needs better.



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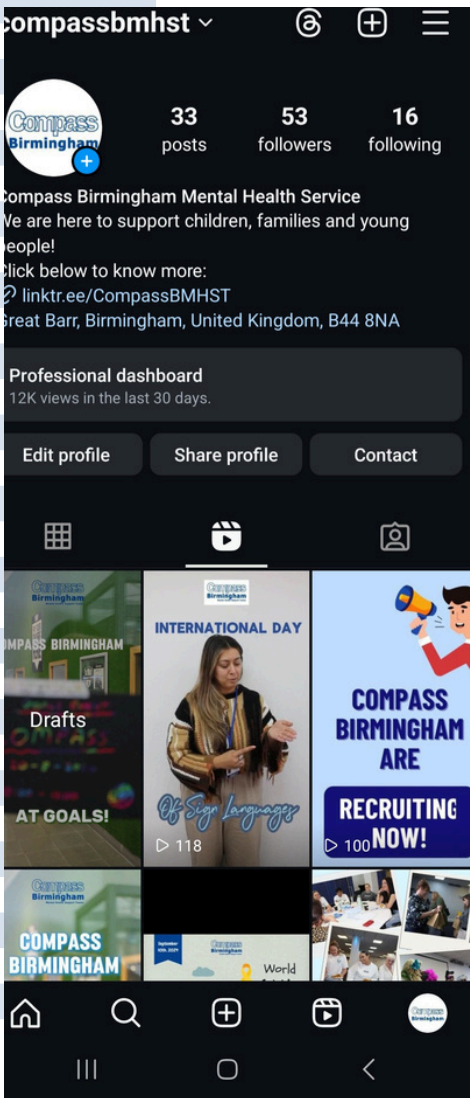
OCTOBER NEWSLETTER!

EXPANDING OUR REACH TO SOCIAL MEDIA!

We're excited to announce that Compass Birmingham is now active on Instagram, Facebook, and Twitter. We have reached 19,000 views on our Instagram this month! Through these platforms, we want to give potential service users, schools, and the wider community a better insight into the various activities, workshops, and events we conduct.

FOLLOW US!

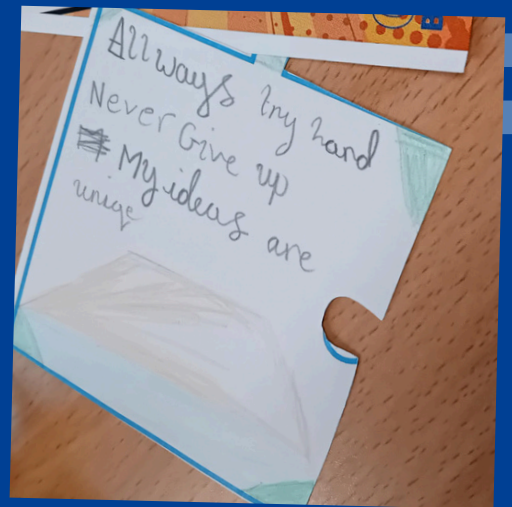
We support young people in schools with programs focused on personal development and wellbeing, from mental health workshops to career guidance. Follow us on social media for updates on events, workshops, and success stories, and to connect with us to see how Compass Birmingham can support you or your school.



RESILIENCE WORKSHOP

We recently held a Resilience Workshop at Sommerville Primary School for Year 6 pupils as part of our Locality 8 initiative. We worked with three Year 6 classes, teaching students the importance of resilience and how they can develop it in their daily lives.

During the session, students engaged in creative storytelling activities to explore how their thoughts and decisions can influence resilience. We also collaborated to create a class "Resilient Jigsaw" filled with quotes to inspire and support one another. To wrap up, we introduced the students to ****rainbow breathing****, a calming technique to help manage stressful situations.



The workshop was praised by teachers for its interactive and creative approach, which kept the children fully engaged. One student shared, "It was a really fun workshop, and I liked the creative activities." We're proud to help these young learners build resilience, a skill that will serve them well as they face challenges ahead.



COMPASS BIRMINGHAM'S STAFF WELLBEING TEAM SESSION

We recently held a staff wellbeing session where our team came together to bond and engage in a creative activity. As part of the session, we made friendship bracelets with positive affirmations, which we plan to give away at school and community events, or to the children and young people we work with.



It was a great opportunity to strengthen our team connections while crafting something meaningful that will help spread positivity and encouragement to those we support. Members of our team felt refreshed and eager to share the bracelets we made at the next school event!





INTERNATIONAL DAY OF SIGN LANGUAGES

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To celebrate International Day of Sign Languages on September 23rd, Compass Birmingham created a fun and collaborative video featuring our staff signing their names in British Sign Language (BSL). It was a fantastic way for our team to come together and raise awareness about the importance of sign language in fostering inclusive communication.

The video highlights our commitment to inclusivity and was a great learning experience for everyone involved. You can watch the video on our Instagram page (@CompassBMHST). Our Instagram and other social media are linked at the bottom of this page!



COMPASS BIRMINGHAM AT PARENTS EVENING

We recently attended a Parents' Evening at Stockland Green School. One parent expressed gratitude for the positive impact we've had on her child, highlighting the value of our work.

Another parent enquired specifically about our strategies for helping students manage exam stress, showing keen interest in our wellbeing initiatives. Overall, the evening was productive, with many parents gaining insight into the range of support we offer to help students succeed academically and emotionally.



COFFEE MORNING AT PARKFIELD COMMUNITY SCHOOL



We attended a coffee morning at Parkfield Community School, where we introduced our services to parents. It was a wonderful opportunity to engage with the community, share details about our support programs, and answer any questions. Parents were able to learn more about how Compass Birmingham can assist their children, both in school and beyond.



LOOKING AHEAD

Compass Birmingham is planning an exciting logo design campaign and is seeking schools interested in participating.

We aim to engage children and young people in a creative activity and the most inspiring designs will be incorporated into our final logo. This is a great opportunity for young people to contribute to our organization's identity. If your school is interested in taking part, please contact us at birminghamhsti@compass-uk.org. We look forward to collaborating with you!



NVR TRAINING

We are excited to announce that our company has been approved for Nonviolent Resistance (NVR) Training. This innovative therapeutic parenting model empowers parents to support children with challenging behaviours without focusing on behaviour management or attempting to change the child. Instead, NVR emphasizes parenting strategies that foster confidence, trust, and a calm, loving family environment.

By promoting a positive approach to managing and de-escalating challenging behaviours—such as anger, aggression, impulsivity, and trauma—NVR aims to create lasting, supportive relationships within families.

