

# WHAT'S NEW AT COMPASS?

Welcome to our very first newsletter! We hope you can take a few minutes to explore who we are, what we are, and what we can offer you. If you like what you see, follow us on social media for regular updates!



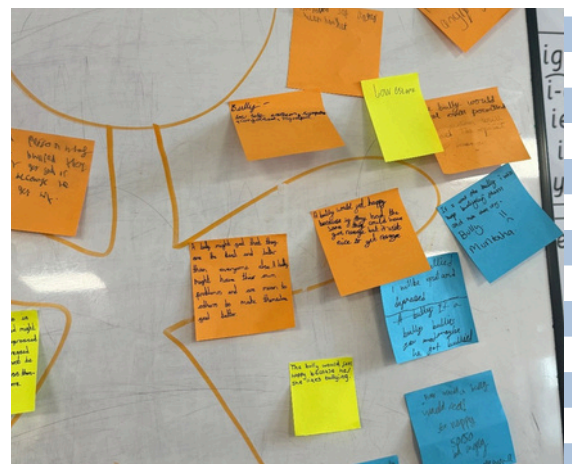
## THE SEPTEMBER EDITION

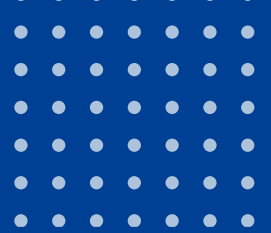
Compass is a free mental health support service that is leading the way in supporting the emotional wellbeing of children, young people, and families in selected educational settings across Birmingham.

## RECENT EVENTS

This summer, Compass Birmingham offered a comprehensive series of workshops to support parents and guardians. We also attended multiple coffee mornings and parents' evenings.

We also hosted multiple events targeted towards the mental wellbeing of children and young people.





# OUR VERY FIRST NEWSLETTER!

## THE SEPTEMBER EDITION

As we enter September, we wanted to take a moment to reflect on the past few months and share some exciting updates and insights about what lies ahead.

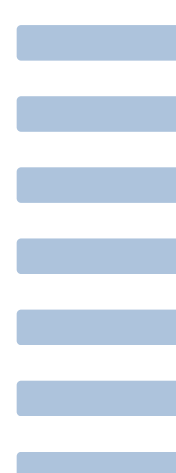
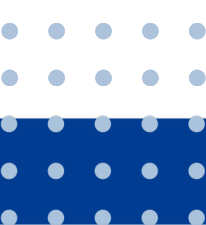
Compass Birmingham Mental Health Support Teams (MHST) offers free and confidential support to Children, Young People and Families with mild to moderate emotional health and wellbeing needs.

Whether it's feeling sad, scared, worried, or experiencing challenges like anger or frustration, Compass is here to connect you with the right help.

## HOW TO USE OUR SERVICE

We only work with schools in our localities. You can reach out to our friendly team by phone at 01212278254 or via email at [birminghamhst@compass-uk.org](mailto:birminghamhst@compass-uk.org). We'll start by asking you a few questions to understand your needs better, and then one of our team members will follow up with you to ensure we're the right fit to help.

We also welcome Requests for Support for children, young people and families. Please use this form by [clicking here](#).



# OUR VERY FIRST NEWSLETTER!

## COMPASS LINK

Our new Compass LINK service, accessible via email and phone, ensures that 87% of referred children, young people, and families (CYPF) are contacted within 5 days. Through Compass LINK, we offer:

- **Requests for Support (RS):** Early intervention via 1:1 support or group work.
- **Information and Advice:** Self-help resources on topics like anxiety.
- **Signposting & Navigation:** Guidance to appropriate services for CYPF needs.



## ACHIEVEMENTS

- **Referrals** have jumped from 64 to 399, reflecting growing community trust and awareness of our services.
- **Whole School Approach (WSA):** Engaged 13,733 children, young people, parents, families, and professionals through 244 WSA activities, fostering mental health awareness and early intervention.
- **Direct Interventions:** Clinical contacts increased from 53 to 456, demonstrating our commitment to providing direct, personalized care to those in need.



# COMPASS BIRMINGHAM SUMMER WORKSHOPS

We conducted three summer workshops for parents and guardians, the first was an introductory session followed by a support workshop that featured a Q&A session. Lastly, we held a workshop on anxiety, where we provided practical advice and strategies to help children transition smoothly.

Compass Birmingham

## SUMMER WORKSHOPS!

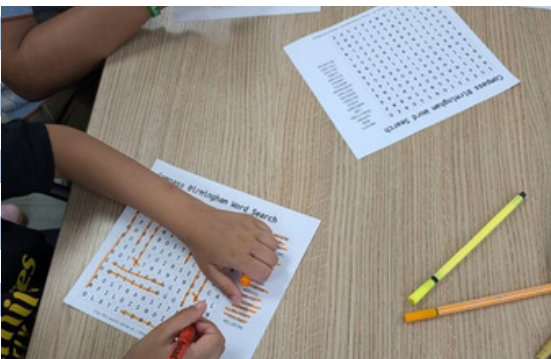
MANAGING BACK TO SCHOOL WORRIES/ANXIETY  
WORKSHOPS FOR PARENTS & GUARDIANS

TUESDAY 27TH AUGUST 3PM - 4PM	TUESDAY 27TH AUGUST 6PM - 7PM	WEDNESDAY 28TH AUGUST 10AM - 11AM
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SCAN QR CODE TO JOIN THE VIRTUAL WORKSHOP DURING ANY OF THE TIME SLOTS ABOVE.

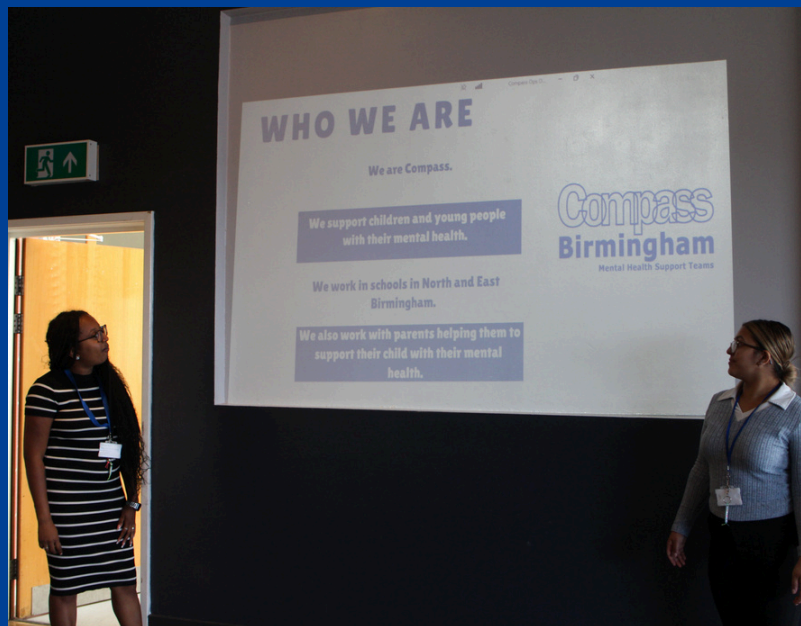
BIRMINGHAMHST@COMPASS-UK.ORG +0121 227 8254  
WWW.COMPASS-UK.ORG @COMPASSBMHST

## WELLBEING EVENT AT THE DOLPHIN CENTRE!



Compass Birmingham recently hosted a vibrant wellbeing event at the Dolphin Centre, featuring activities aligned with the "5 Ways to Wellbeing" framework: Connect, Give, Notice, Learn, and Be Active. The day was filled with engaging outdoor games, a refreshing nature walk, and an exciting scavenger hunt. The children enjoyed participating in colouring activities and word searches.





Feedback was overwhelmingly positive, with attendees expressing gratitude for the opportunity to engage in such meaningful conversations. The event's success was a testament to the collaborative efforts of our specialist team and school practitioners. The children enjoyed the activities and refreshments, making it a memorable day for all

## GOALS AT STAR CITY

Our recent community event featured fun activities like football, along with a wellbeing station that included important discussions on mental health and refreshments. A key highlight was a powerful presentation by Compass Birmingham's specialist team on men's mental health, which addressed the unique challenges faced by men and provided strategies for support. The day also featured an impactful discussion with parents, allowing open dialogue on these crucial topics.



# GIRLS WELLBEING DAY!

Compass Birmingham and Pitch2Progress collaborated on a fantastic wellbeing event in Bordesley Green, bringing together 29 girls aged 7-16 for a day filled with fun and engaging activities.

The children particularly enjoyed making bracelets and key rings, along with some fun Bhangra dancing conducted by our staff and various games.



Both Compass and Pitch2Progress staff were actively involved, participating in the activities alongside the young people. Staff members danced, made bracelets, coloured with the girls, and joined in on game consoles and board games. It was a day of creativity, connection, and community, leaving a lasting positive impact on everyone involved.

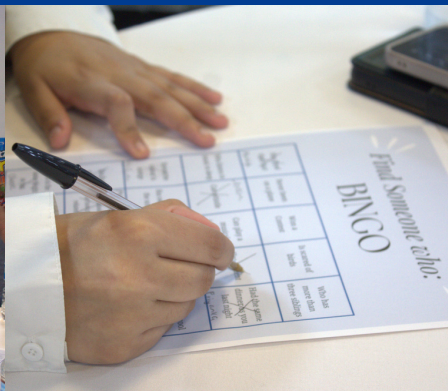


# TEAM AWAY DAY

Our recent team away day was a great success, offering a chance to step outside the office and come together to discuss strategies, brainstorm new ideas, and share feedback.

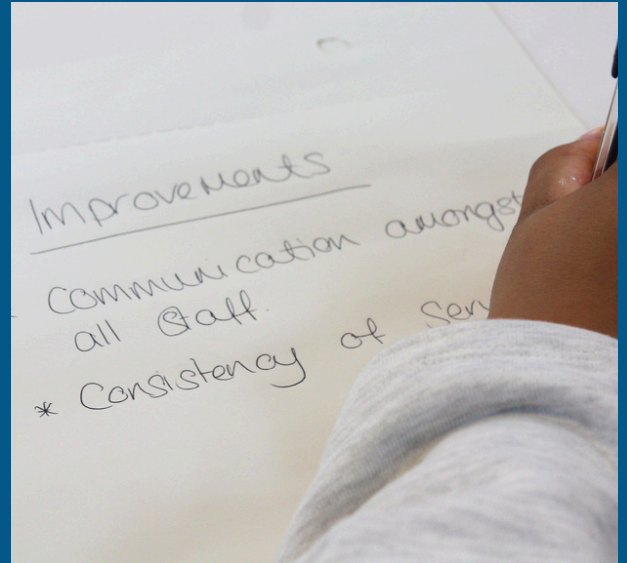
Alongside these productive sessions, we enjoyed team-building activities like human bingo and a dress-up competition, which added a fun and refreshing element to the day.

The experience left us motivated and united, ready to implement the ideas we developed and continue our journey of growth and success.



# LOOKING AHEAD

As we move forward, we're excited to expand our reach by partnering with more schools and local communities. Our focus is on enhancing the delivery of our services, including personalised one-on-one sessions with young people and implementing the Whole School Approach, which features interactive workshops and activities in schools.



We remain committed to hosting events that promote mental wellbeing and create safe, welcoming spaces where children can engage in activities, feel comfortable, and thrive. We're eager to continue making a positive impact and look forward to the growth and success that lies ahead.



**Want to know more? Give us  
a call on +01212278254**

