



North Yorkshire School Mental Health  
and Wellbeing Project

## Compass BUZZ Project Legacy Report



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# 1. Introduction

Compass BUZZ are pleased to present this Legacy Report to celebrate the achievements of our school mental health and wellbeing project. This report demonstrates the range of support Compass BUZZ have provided to schools, their staff and ultimately to children and young people in North Yorkshire.

## Message from Rachel Bundock, Compass CEO

I am delighted to introduce the Compass BUZZ Legacy Report; it charts a remarkable journey by a remarkable team who have worked tirelessly over the last four years to develop a highly effective whole-school approach model, working collaboratively and inclusively with 396 schools across North Yorkshire over 3300 square miles. This project was truly ground-breaking in its ambitions; the forward-thinking and innovation of both commissioners and Compass together has undoubtedly set a quality standard across North Yorkshire and created an evidence base of 'what works'. The key to its success has been the quality of the BUZZ team, with a focus on 'how' they've done things – adopting a pragmatic, hands on relational approach that has made the whole-school approach bespoke to each setting. BUZZ's legacy will be the impact of its empowerment; its competence building and use of practical low cost / no cost tools that the team has trained and coached school staff to be confident to adopt within their individual settings to create real-life mentally healthy schools.



## Message from Maggie Clark, Compass Assistant Director

This report demonstrates the progress and significant achievements of this skilled, talented and innovative team, who have been committed to providing support to schools in responding to the emotional health and wellbeing needs of young people across North Yorkshire. It is a testament to the collaborative approach from the team, commissioners and schools, showing that together we can make a real difference.



## 2. What have we Achieved?

This report illustrates the achievements of Compass BUZZ in delivering the school mental health and wellbeing project from the implementation phase which started in April 2017 to the project coming to an end on 31 March 2021.

The aim of the project was to support schools across North Yorkshire to develop a whole-school approach, with the priority placed on improving the resilience and emotional wellbeing of children and young people and empowering school staff to tackle stigma and effectively respond to emotional and mental health needs.

Over the duration of the project, we have worked closely with schools to support them to develop a whole-school approach and increase the confidence and competence of school staff dealing with emotional wellbeing concerns.

The Compass BUZZ offer to schools included:



### Training

Our wellbeing workers have delivered a rolling programme of tiered training to schools and other key professionals across North Yorkshire. The training promoted a range of early help and prevention strategies as part of a wider integrated multi-agency approach (refer to section 3).



### Request for Support

School staff were able to access support in relation to concerns about a pupil or student's emotional wellbeing and mental health and receive timely advice, guidance, resources, and signposting. This support has enabled them to deliver preventative targeted interventions with a young person or group of young people or be signposted to the most appropriate service (refer to section 4).



### Confidential text messaging service

In January 2018 we launched BUZZ US, our confidential text messaging service for young people aged 11-18. The service gave young people the opportunity to message a wellbeing worker for support, signposting, information or advice around mental health and wellbeing (refer to section 5).



“Thank you for the huge commitment that you and Compass BUZZ have made to QE. As I meet Heads from other parts of the country, they are amazed to hear of the provision that we and other schools get from you and the positive effects that this has on our community. Long may it continue!”

**Steven Jandrell, Principal, Strategic, Queen Ethelburga’s Collegiate**

“On behalf of all the pupils and staff at Appleton Wiske, a massive thank you for all the support and training you have provided over the last few years. The Compass BUZZ project has been excellent - well done to you and all your colleagues.”

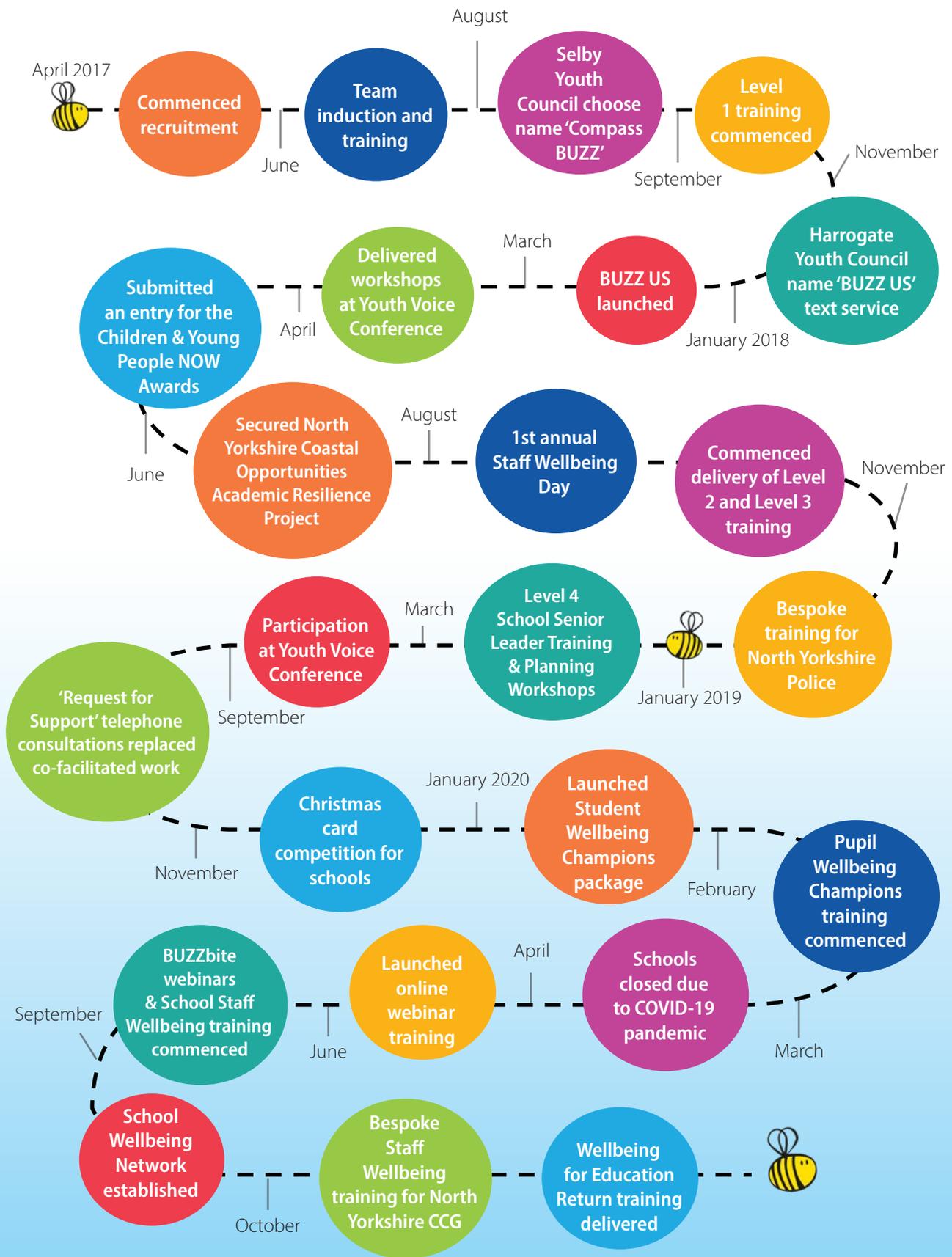
**Neil Clark, Head Teacher, Appleton Wiske Community Primary School**

“The headteacher has forwarded me your email about the future of Compass. Excellent news!! I am so pleased that the momentum you have created through Compass BUZZ and Compass REACH will continue, albeit in a different form. And as a school we do need holding to account from time to time! Compass BUZZ has reinforced and supported the values of Bradleys Both and made sure that we always put wellbeing at the forefront of everything we do for all stakeholders. We couldn’t have got where we are today without you.”

**John Midgely, Chair of Governors, Bradleys Both Primary School**



This report illustrates how we have met our objectives, helping to deliver successful outcomes for schools, their staff and the children and young people they support. It has been an epic journey and we feel that the Compass BUZZ team have achieved so much:



## Feedback from Dale Starr, SENCO at Monk Fryston Primary School & Star Mat Federation

"As a federation we have benefited enormously from the support and training offered by Compass BUZZ. We have found their Wellbeing Workers to be knowledgeable and approachable - an essential combination when dealing with mental health and wellbeing issues. Pip and Chloe have both been actively involved in helping us raise the profile of positive mental health in our schools, and have offered high quality advice and guidance when needed.

All members of both of our schools have accessed the Level 1 high quality training on 'Prevention and Promotion', and this has had a significant impact on both of our schools - and all of our children. Specifically, we are seeing reduced stigma around mental health, with children feeling happy and safe to discuss their mental health. All of our staff understand how mental health can impact on our children, and they now have the skills and knowledge to support our most vulnerable children. This 'whole-school approach' is something we are tremendously proud of, but would not have been possible without Compass BUZZ.

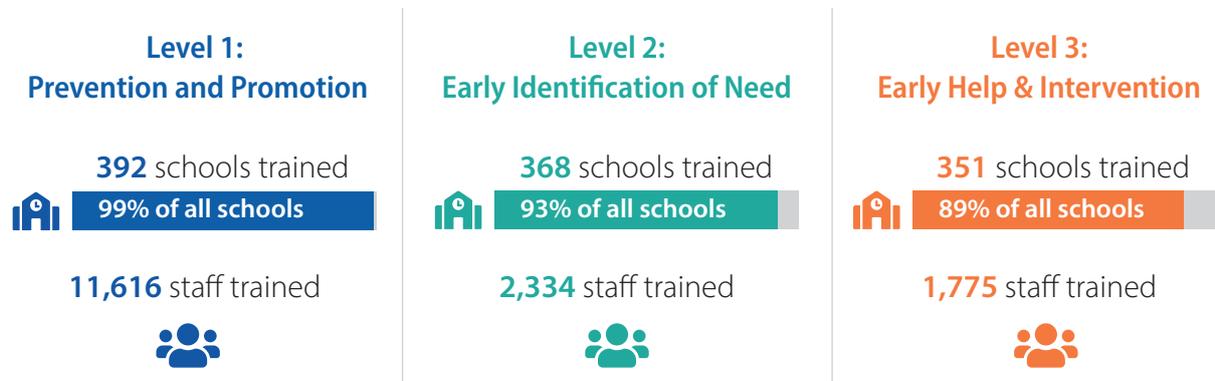
We are lucky to have a Pastoral Team who specialise in supporting children with their wellbeing, and supporting staff with their queries and concerns. We have accessed Level 2 and Level 3 training to ensure that this team have the in depth knowledge of common mental health issues necessary and are able to identify need as soon as possible. Through their training they are able to support other members of staff with planning and delivering interventions that are perfectly suited to the needs of our pupils.

As SENCO for school I have been able to attend Level 4 training, and this has helped us to 'future-proof' our offer for our children, and to make sure the changes we are making are sustainable. We are passionate about mental health and wellbeing, and Compass BUZZ has offered training that has enabled us to cultivate our whole-school approach and support ALL of our pupils fully, and appropriately. Overall Compass BUZZ is an excellent service, and I cannot thank them enough for the way they have supported us on our journey to becoming a fully inclusive and mentally healthy school. And the biggest thanks of all from our children, who benefit from Compass BUZZ every day they spend with us in school."



### 3. Our Training Offer

Our core training offer was to deliver three levels of emotional wellbeing and mental health training packages. We have had incredible uptake and trained thousands of school staff across North Yorkshire. Of the 396 schools in North Yorkshire, the following received training:



#### Level 1 - Prevention and Promotion

Compass BUZZ started their journey in September 2017, offering all school across North Yorkshire Level 1 - Prevention and Promotion training. This training was open to all school staff: the Head Teacher, Governors, teaching staff, support staff, the receptionist, the caretaker and lunchtime supervisors, because we believe it is essential for everyone to understand they have a role to play in improving the emotional wellbeing and mental health of students and pupils and that everyone can make a difference in their own way.

The training imparted a basic awareness and understanding of emotional wellbeing and mental health. The session was designed to be interactive and provided delegates with a safe space for group discussion, exploration, and shared learning.

The Prevention and Promotion training session was designed to encouraged schools to embed a whole-school approach to wellbeing and covered topics such as promoting positive mental health, building resilience and challenging stigma.

The training also made delegates aware of the ‘Promoting children and young people’s emotional health and wellbeing - A whole school and college approach’ document, published by Public health England and introduced delegates to the ‘Eight Principles’ needed for a successful whole-school approach.

“A fab session. Thank you very much. We are definitely going to do the level 2 training now. Absolutely brilliant. This will really help our children and I think all schools should do this.”

**Duggie Speight,  
Headteacher,  
Carleton Endowed  
Primary School**



“Longman’s Hill accessed the Compass BUZZ level 1 training in April. It was delivered (across 2 sessions) by highly competent professionals, clearly with a passion for promoting emotional wellbeing in children and the education sector in general. All of my staff, both teaching and non-teaching, were incredibly positive following the training. The training was part of a large piece of work we are undertaking at our school this year to develop awareness around mental health and support children.

The training helped us to identify what we already do very well and some next steps. These included things like thinking about how we can use the interactive resilience framework tool and the 5 Ways to Wellbeing. We are just starting to draw together ideas for further developing the work we began this year by incorporating actions into our school development plan again next year. The action planning which we did following the training will be very useful to help us identify key priorities and actions to feed into our whole school development plan for the forthcoming academic year.

We have recently agreed to host the Level 2 and 3 Compass BUZZ training in September which some of our key staff will attend.

The fact that we have been able to access this training for all school staff for zero cost is incredible; it is such a fantastic resource to tap into.

We have also explored using the referral side of the service for an individual child in our school but after an initial conversation it was decided that at the current time, Compass BUZZ would not be the appropriate route for this particular child. However, it is good to know that there is another team of professionals, in addition to an already over stretched CAMHS service, that we can access.

We have formed strong professional working relationships with Emma and Pip in a very short time frame which will be very advantageous moving forwards next year”.

**Headteacher, Longman’s Hill CP School**



## Level 2 - Early Identification of Need

In September 2018, Compass BUZZ launched our Level 2 – Early Identification of Need training. This package was delivered to school staff who were more likely to work on a closer basis with pupils, staff such as pastoral leads, heads of year, SENCos and teaching support staff.

The aim of this training was to increase the knowledge and confidence of school staff in being able to identify concerns and deliver early help and prevention interventions to children and young people within their school setting.

The training covered topics such as emotional literacy, emotional regulation, Maslow’s hierarchy of needs, 5 P’s formulation, evidence-based approaches and provided staff with:

- An awareness of how all emotions are a natural part of life.
- An understanding of common mental health disorders.
- Knowledge of behaviours that may present as a result of a mental health problem.
- Practical advice on supporting someone to feel more comfortable in speaking about a mental health problem.
- Awareness of how to signpost young people to the BUZZ US text messaging service.

## Level 3 - Early Help and Intervention

Also in September 2018, Compass BUZZ launched our Level 3 - Early Help and Intervention training, aimed at those staff who had completed our Level 1 and Level 2 training. It explored how staff can make a basic assessment of need and introduced participants to evidence-based approaches such as cognitive behavioural therapy, solution-focused brief therapy and some basic therapeutic skills.

Delegates were provided with:

- Guidance on how to make a basic assessment of need.
- Advice on how to plan interventions.
- The skills to deliver evidence-based interventions.
- An awareness of external services that support young people’s mental health and how to access these.

“Both Jo and I felt that the training was really useful - especially as there were so many opportunities to actually apply the content to the pupils at school. We were particularly excited about the CBT stuff - it makes so much sense and is such a great approach! Thanks for all the resources from L2 and L3 training. It will be used well.”

**Sally Lidgely, Headteacher,  
Rillington Community  
Primary School**



'Compass BUZZ has provided mental health training for a large number of our staff and managers across our site. All academic, boarding, pastoral and nursing staff undertook level 1 training last year and we will be hosting the course this year for all new staff as we found it so valuable. The training enabled a number of our staff to really develop their understanding of what mental health is and what factors can affect wellbeing. We have had a large take up of staff who have taken the level 2 and 3 training and they have come away with sound techniques for spotting signs of mental ill-health in young people and have gained the confidence to support them. We have been very impressed with the training and the quality of trainer. The staff at Compass BUZZ dealt with our requirements on a one to one personal level and provided a great level of training. We have been so impressed with the training Compass BUZZ provide that I hope it does become available nationwide.'

**Sue Ginger, Queen Ethelburga's Collegiate**



## Delivering training virtually

Up until March 2020, all training was delivered face-to-face. However, when schools had to close due to the COVID-19 pandemic, the packages were quickly adapted to online learning. We tailored our training packages so that all schools could access the live webinars and still receive high-quality training.

'The fact that this was the first training session delivered by webinar did not show – it all ran smoothly, even for people like me who are not great with technology! Paul and Alice worked really well as a team. The training was very engaging, despite being remote rather than face-to-face – this was largely down to Paul's presentation style which included lots of practical examples and anecdotes to illustrate the theory. As the school contact who organised the training, I have been inundated with positive comments from colleagues about how much they enjoyed the training and found it useful. There is a lot of enthusiasm for putting what we have learned into practice. Thank you for all your hard work in getting this ready in time so that we could go ahead as planned under these difficult circumstances – it is much appreciated.'

**Leonie Mandelson, West Tanfield Primary**

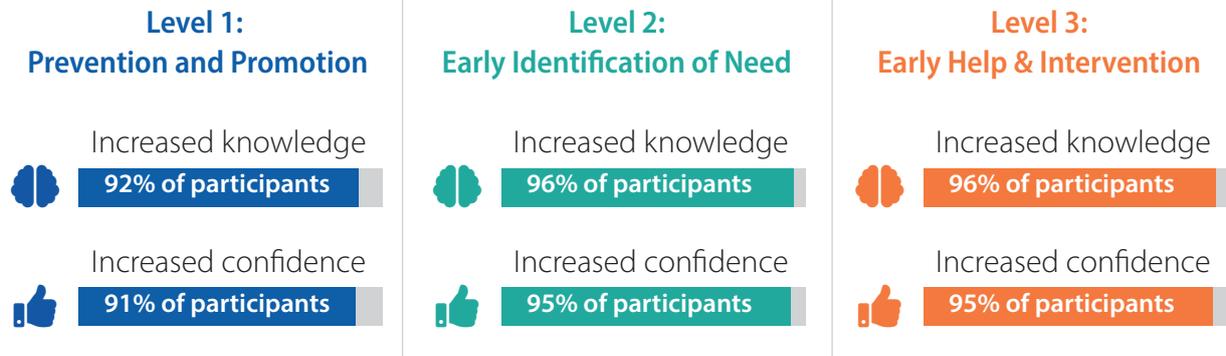
"Well I was not sure at first, I thought wow this is going to be a hard day... However, the presenter was knowledgeable and made it interesting. I learnt so much and will now be signing up for the Level 3 course. I have been teaching for 24 years and learnt more in this course about mental health and easy strategies to support, than in the last 24 years. It should be mandatory training for anyone involved in working with young people, in fact any human being would benefit by understanding why people do what they do and what any human being could do to support them. I look forward to more opportunities to keep updated in the future. Well done in putting this together, if ever there was a need to understand mental health it is now!"



## Staff feedback

One of our key performance indicators was to identify the number of staff reporting increased confidence and knowledge as a result of our training.

The overall average feedback relating to increased knowledge and confidence following receipt of our training is as follows:



## Level 4 - School Senior Leader Training and Planning Workshops

At the start of 2018, Compass BUZZ developed a series of School Senior Leader Training and Planning Workshops funded by Health Education England as part of their innovation fund.

These half-day workshops were specifically designed to explore the conceptual framework known as the whole-school approach and as a forum for school senior leaders, education leaders from the local authority, public health commissioners and other key partners to share learning and good practice, and to build networks that would assist with developing a sustainable whole-school approach.

The key learning outcomes identified were:

- To help senior leaders understand the impact that emotional health and wellbeing can have at an individual, peer, social, family and population level.
- To identify how an awareness of emotional health and wellbeing fits within a senior leader's role and responsibilities.
- To support senior leaders in affecting broad cultural and systemic change in order to promote and protect positive mental health.
- To inspire senior staff and influencers to disseminate messages to the wider school workforce, empowering them to convert their ideas into practice.

As well as the training and planning aspect of the workshops the project facilitated a networking element. This provided an opportunity for delegates to share approaches and initiatives which support a cultural transformation of attitudes, values and beliefs surrounding mental health and emotional wellbeing within school settings and which enable the workforce to identify and respond to pupil / family mental wellbeing needs and support their own resilience.



The workshop themes were based on the 'Eight Principles' to promoting a whole-school approach to emotional wellbeing as described in the 'Promoting Children and Young People's Emotional Health And Wellbeing - A Whole School And College Approach' document.

Guidance was given on each of these headings and local examples where initiatives had been introduced were shared so that senior leaders left the workshop with tangible examples of how other schools and colleges had successfully implemented a positive culture towards emotional wellbeing.



Additionally, an important aspect of the training was to ensure senior leaders had an awareness of key public mental health messages, and the strategies required to promote good emotional health and wellbeing and to create awareness of this amongst children, families, and staff.

Workshop content included key public mental health messages and guidance provided by the following documents:

**Hope, Control and Choice**

Published in response to **Future in Mind**.

- North Yorkshire's Mental Health Strategy which sets out the ambition of increasing level of mental wellbeing in NY.
- 3 priority areas:
  - Resilience
  - Responsiveness
  - Reaching out

**Transforming CYP Mental Health Provision**

Green Paper published December 2017 (Government Response published July 2018).

- Transform support for CYP mental health, linked to and building upon what is already done by schools and colleges.
- Three core proposals:
  - Schools and colleges to identify and train a Designated Senior Lead for mental health
  - Mental Health Support Teams
  - Reduce waiting time for specialised NHS services

**Five Year Forward View for Mental Health**

Independent report published in 2016.

- Set out the start of transforming NHS mental health services.
- Recommended CQC and Ofsted to undertake joint inspections to assess how health, education and social care systems are working together to improve CYP's mental health outcomes.
- Highlighted three key priorities:
  - 7 day NHS
  - An integrated mental and physical health approach
  - Promoting good mental health and preventing poor mental health

**Healthy Lives, Healthy People**

Published in 2010.

- Introduced a life course framework for tackling wider social determinants of health.
- In part, led to the creation of Public Health England.
- The first public health strategy to give equal weight to both mental and physical health.
- Emphasised the need to start early (interventions) so all children have the best start in life
- Encouraged all parts of society to take responsibility for health and wellbeing

**Future in Mind**

Published in 2015.

- Department of Health supported by the Department for Education.
- £1.4 billion available to transform CYP mental health services from 15/16 to 19/20.
- Five key themes:
  - Promoting resilience, prevention and early intervention
  - Improving access to effective support
  - Care for the most vulnerable
  - Accountability and transparency
  - Developing the workforce.

**No Health Without Mental Health**

Published in 2011.

- Aimed to mainstream mental health in England.
- Strategy for promoting good mental health and intervening early, particularly in the crucial childhood and teenage years.
- First reference to 'parity of esteem' between physical and mental health
- Sets out an agenda to reduce stigma and discrimination around mental health

**Prevention Is Better Than Cure**

Published November 2018.

- Set out a vision for putting prevention at the heart of our nation's health.
- Largest cash injection for the NHS ever.
- Giving our children the best start in life.
- Living well in the community.
- Prevention is everyone's business

**Promoting CYP Emotional Health & Wellbeing**

Published by PHE in 2015.

- Sets out key actions that head teachers and college principals can take to embed a whole-school approach to promoting emotional health and wellbeing.
- Informed by evidence and practitioner feedback about what works.

**Further Evidence for a Whole School Approach**



At the end of the workshop, each school was asked to create an action plan. We asked the schools to commit to their top three actions, think about any barriers they faced and identify solutions to overcome them.

Everyone who attended was given a participant toolkit packed with ideas, guidance, tips, and examples of ways in which they could make impactful change in their own school which would make a real difference to the emotional wellbeing of their pupils and students.

Following the workshops, Compass BUZZ wellbeing workers met with senior leaders to discuss the progress they had made in their schools and to offer ongoing support.

The workshops engaged 295 senior leaders, representing 66% of schools and colleges in North Yorkshire.



*"I would like to thank your team for an excellent workshop!  
Informative and very productive."*

**Suzanne Hay, Headteacher, Cliffe VC Primary School**

*"Today was great at Harrogate and myself and Lynn have come back with lots of ideas for school!"*

**Danielle Burke, SENCO, Glusburn Community Primary School**



“Thank you for inviting us yesterday. It was a very useful event to attend. Claire and I are now on a mission to improve our school’s attitude to wellbeing - both for staff and students. We are going to start with a presentation at the SMT meeting.”

**Helen English, SENCO, Fyling Hall School**

“I have already presented to staff about our actions from the meeting and starting to ramp up some of the work we are doing.”

**Mark Ashcroft, Assistant Headteacher,  
Wensleydale School and Sixth Form**

“I thought the training yesterday was really excellent and I am really looking forward to working on our school action plan.”

**Karen Harrison, Post 16 Coordinator, The Cambian Group, Spring Hill School**



## 4. Request for Support

As part of the project, we created an offer whereby schools could make a 'Request for Support' and receive coaching, advice, guidance and resources in relation to children and young people struggling with their emotional wellbeing and mental health. The aim of this was to increase the confidence, knowledge and skills of school staff in relation to delivering interventions.

Our role was to coach school staff in how to provide low level interventions to their pupils and students who may be experiencing mild to moderate emotional wellbeing and mental health difficulties.

Initially we provided support through co-facilitated sessions which enabled us to model the delivery of the intervention with an individual pupil or to a small group, with the aim that, once confident the staff member would deliver the interventions with us there to support them.

At the end of these sessions we asked all children and young people to complete a pupil questionnaire to see how helpful it was. Here are some young people's thoughts on the help that they received as a result of the project:

"At the start of the session I was really nervous and didn't think anyone could really help me. But talking about my feelings and finding solutions that help me, whether it was a stress toy or some paper to scribble on. I feel like my anger has started to happen less and less even after three sessions and talking about it really helped me."

"Working with Compass BUZZ started really quickly but didn't make me feel intimidated. They were reassuring and listened to my problems and then gave me useful things to help. Compass BUZZ worked with staff to give me methods to calm my mind and helped me to think realistically and also think about the positives. They gave me the support I needed to realise that when I have the right support I can control what is happening for me"

As school staff members developed their skills and competency levels in this area we adapted our offer, empowering staff to lead their own interventions. We would meet with them beforehand to plan the session and supply them with all the necessary resources, then coach them through it and provide them with a reflective debrief afterwards.



A parent shared some amazing feedback on the support her daughter received:

“My daughter suffered from anxiety, particularly when other members of the family were not with her and we as parents were not able to help her. Over a period of several months of her seeing a member of the Compass BUZZ team it has definitely helped her to come a long way from where she started off. She is more confident and hardly worried about anything that was a massive deal before. They made her realise that there was nothing wrong with feeling like that and it’s just about knowing how to deal with the situation, making her feel normal. We can’t thank you all enough for all the work you have done with my daughter and for us to have a much more relaxed and happy girl back. I would recommend the team highly”.

## Request for Support - telephone consultations

From September 2019, what was to be the final year of the project, the Request for Support changed to a telephone consultation. The idea behind this was that taking a step back would empower school staff in becoming more confident in providing interventions themselves, while still allowing them to be supported and guided.

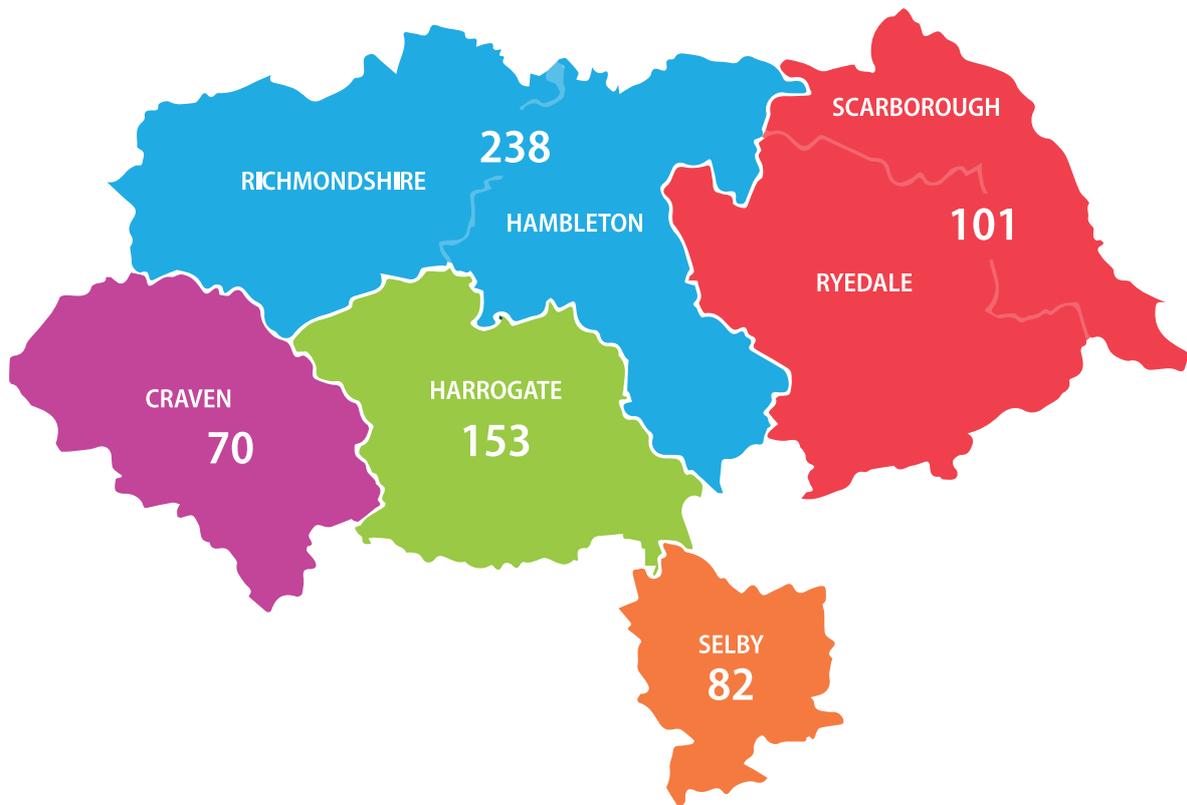
The telephone consultations were provided anonymously, and school staff could book a consultation to discuss the situation of an individual or group with the duty wellbeing worker for an intervention plan to then be created for them. The completed consultation document clearly set out a plan of interventions, which included embedding the resources and any other recommended support and signposting. This process was comprehensive, quick and efficient which school staff appreciated.

We have responded to 644 Requests for Support. As demonstrated via the data overleaf, the top three issues were anxiety, conduct difficulties/emotional regulation and self-esteem. Primary schools have accessed the Request for Support service the most.

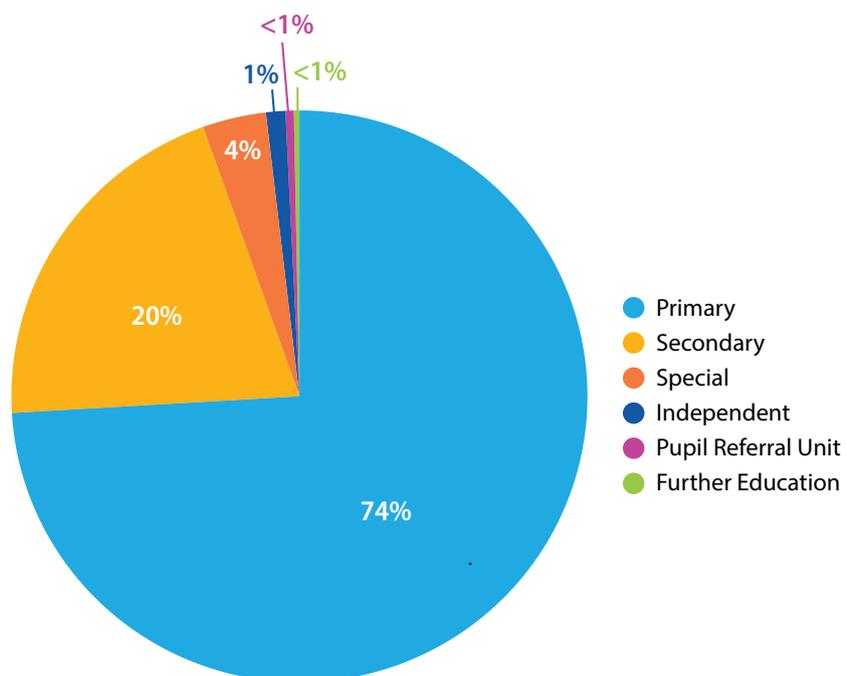


## Request for Support - statistics

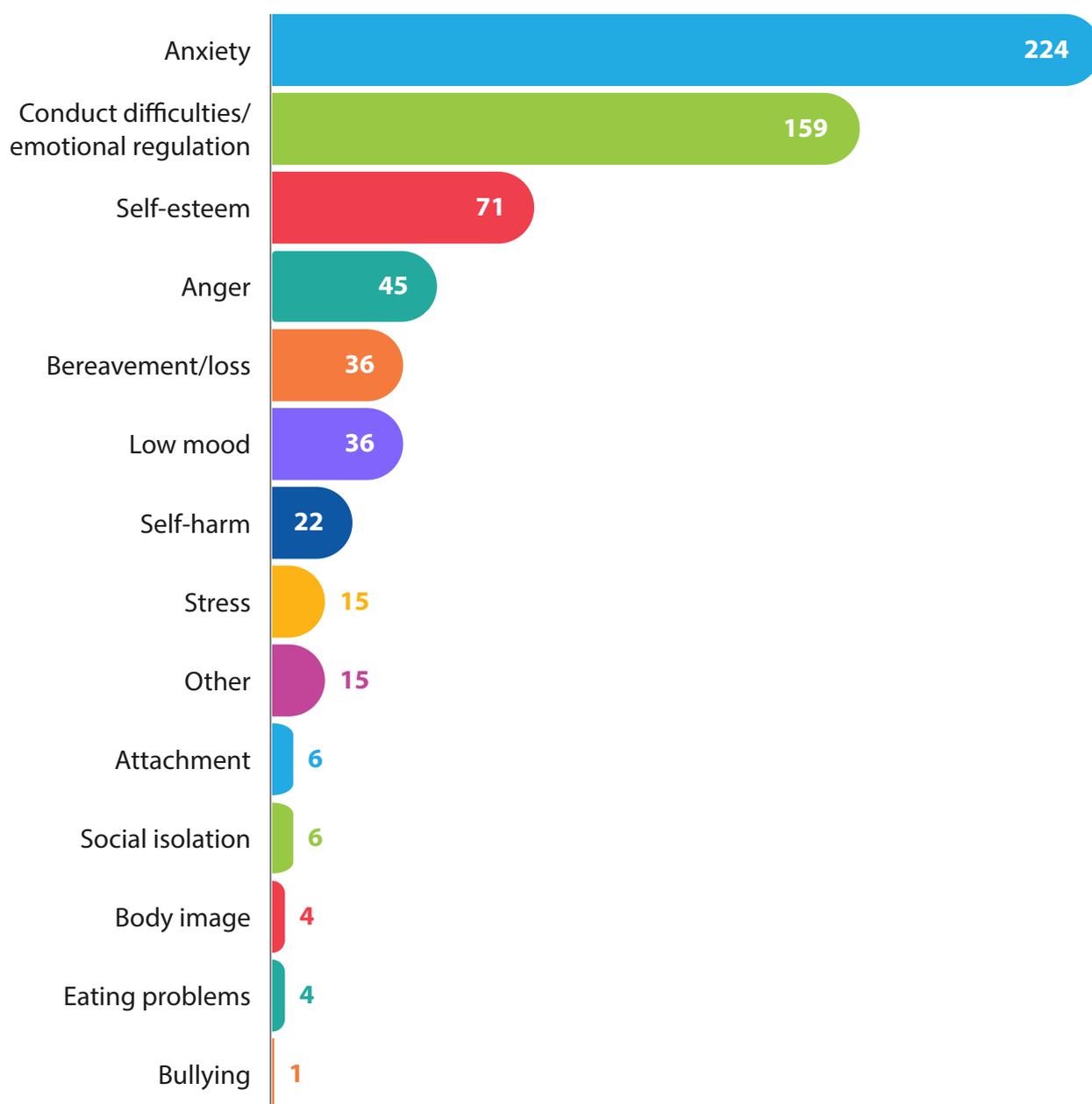
### Request for Support by Area



### Request for Support by School Type



## Request for Support by Predominant Issue



The team have created a vast suite of resources, tools and packages that can be shared with schools to support the work they carry out with students and pupils around emotional wellbeing issues.



## Feedback from school staff

In order to monitor and assess the effectiveness of our Request for Support work, we sought feedback on a number of cases each month. We asked school staff members how accessible they had found the service, how effective the tools provided had been, and if they would recommend the service to others. We received positive feedback with staff being very grateful for the support provided:

“The consultation process from Compass BUZZ is brilliant- invaluable in my eyes. Getting the view from someone else on what to do is helpful. I have my own vision in my head, but the advice and input from someone else is so useful. The resources are great too, and when you get them, they actually explain how to do it and talk you through. I would really recommend giving the process a try, and if anyone has any doubts, they can ring Greatwood CP School and ask to speak to me and I’d be happy to talk them through it!”

**Sue Smith, Greatwood Community Primary School**

“Overall, a really great, positive and supportive experience. Alice was absolutely amazing and so understanding of all I had to say. She really thought carefully about the resources she sent through to me so I didn’t end up having to look through a whole load of stuff to find what would be appropriate for the child/ren I was supporting. Thank you so much, you are all doing a fantastic job at Compass BUZZ!!!!!!”



## 5. BUZZ US Confidential Text Messaging Service

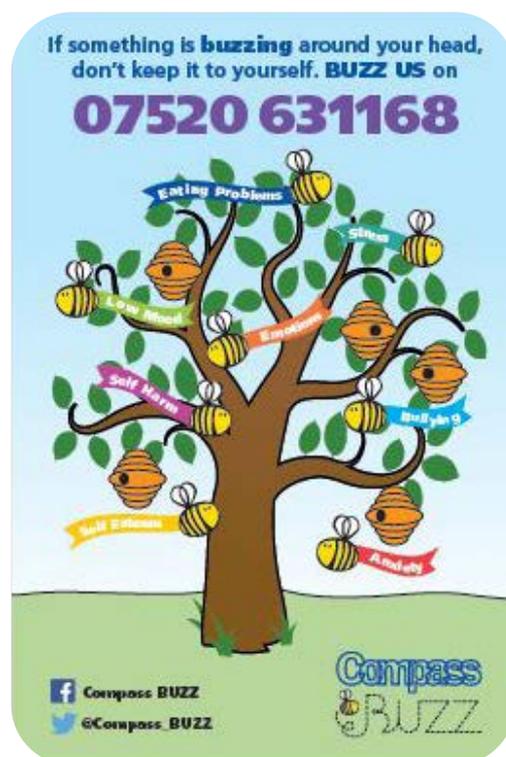
Compass BUZZ operated the BUZZ US text messaging service through the ChatHealth platform from January 2018. This confidential and anonymous service was for young people aged 11-18 years. BUZZ US was an important part of the project as it allowed young people to have a safe place to share any emotional wellbeing and mental health concerns. Compass BUZZ wellbeing workers responded to the text messages by providing advice, guidance, strategies and signposting directly to young people.

Wellbeing workers used this opportunity to introduce young people to various coping strategies so that they had the tools to use in future. These included breathing techniques, wellbeing toolkits, the 5 Ways to Wellbeing, self-esteem journals and signposting to apps such as Calm Harm for self-harm and Headspace for mindfulness. BUZZ US also signposted young people to other services such as Compass REACH, KOOTH, SHOUT, BEAT, PAPHYRUS and Mermaids.

It became apparent that many young people do not feel comfortable talking about their problems in person or over the phone and turn to the text service as a means of expressing what they are going through. For this reason, much of our work centred around boosting their confidence to speak to a trusted adult who could then ensure further support was put in place.

Although BUZZ US was not a crisis service, we have had young people message in disclosing issues such as suicidal thoughts. We followed robust pathways and guidance on how to proceed in these instances. Strong links were forged with North Yorkshire Police, enabling us to share information with them in instances that warranted an immediate response to imminent risk.

The service was well promoted across North Yorkshire through meetings with partners and presentations in educational settings and GP surgeries. We promoted the service through our own social media platforms, as well as those of our partner agencies such as Clinical Commissioning Groups, North Yorkshire County Council, North Yorkshire Police, North Yorkshire Safeguarding Children Partnership, and on local radio stations.



## BUZZ US statistics



### Conversation Attributes



## Ensuring quality of service

Quality assurance measures were developed to ensure BUZZ US provided effective and safe support. These included:

- monthly audits
- case reviews
- group and individual supervisions
- attendance at the national ChatHealth user group
- annual contingency exercise.

We ran an annual BUZZ US contingency exercise. This enabled us to put our Standard Operating Guidance and pathways to the test under conditions that were designed to replicate real life scenarios. This has been an excellent platform for learning and development.

## BUZZ US feedback

BUZZ US has been very successful and we have received a huge amount of positive feedback from service users on their experience of using it.

**"The people who text me were lovely and made me feel very safe."**

**"Thank you so much, I feel like you've really helped me sort through these things and have provided me with the support and advice needed."**

**"This has been the most helpful service I have messaged thank you."**

**"Thank you for your help, this has helped me a lot and it's amazing how a simple conversation can help someone so much, thank you."**



## 6. Wellbeing Champions Packages

In 2019, Compass BUZZ consulted with Harrogate Youth Council on their ideas as to how to best to spend a pot of money raised through charitable donations. From a list of options, the young people decided that they would like Compass BUZZ to use the money to develop and deliver a student wellbeing champion package. Their reasoning was that a programme of this sort would empower students, provide an alternative source of support and provide role models for talking openly about mental health and wellbeing in schools.

We believe education professionals working together with students to build an awareness is an important element of a whole-school approach to mental health and wellbeing and reduces stigma. Children and young people acting as wellbeing champions can remove barriers for those reaching out for support around mental health and wellbeing, as some young people may prefer to talk to a peer or someone they identify with rather than an adult. Some may also be more likely to take on board advice from a peer than from an adult. Talking to a wellbeing champion may then increase their confidence in going on to speak to others about it.

We also recognised that young people deserve to have a voice and to be more actively involved. Having student wellbeing champions in schools increases collaboration, ownership and responsibility. Evidence suggests that well-managed peer support projects can improve self-reported happiness and wellbeing, whilst also improving self-esteem, confidence, emotional resilience, social skills and school behaviour. It is also suggested that peer support projects can have wider, whole-school benefits, this is because they encourage a cooperative community based on trust, respect, communication and helping others.

The training package for secondary students was designed to build their confidence in becoming wellbeing champions. The training covered what a wellbeing champion is, key skills and values such as active listening skills, confidentiality and safeguarding, an introduction to mental health and wellbeing, practical ideas to build wellbeing, services and support to signpost to, support available for champions themselves and active case studies to apply learning. This package was shared with secondary school staff in a 'train the trainer' model; so that the package is sustainable and school staff can continue training new cohorts of students to be wellbeing champions year after year. A spiral bound handbook was also created for staff to help guide them through the process of setting up a student champion programme in their educational setting.



In January 2020, secondary school staff were invited to attend one of five launch events held across the county, and staff were given handbooks to take away.



“Really good course to enable young people to become champions. Good resources we can adapt.”

**Julie Atkins, Lead Progress Coach**

“Great delivery and resources to enable us to develop and maintain a student wellbeing champions programme!”

**Catherine Jackson, Student Services Manager**



A number of colleagues from primary settings were invited to the secondary events and were asked to provide feedback on how the package could be adapted to work for primary aged children. Using this feedback, we were able to amend the package and offer similar 'train the trainer' sessions for our colleagues in primary settings across the county.

"I thought today was great and incredible."

"I enjoyed the day and when I get back to school the word will spread and we will be able to help people in need of help. If it's personal I need to tell an adult."

"I thought it was amazing WOW"

"It was great and I think I will be a wellbeing champion!!!!"

The Pupil Wellbeing Champions training sessions were arranged to start in March 2020. Some sessions were able to go ahead, but sessions planned towards the end of March and April were unfortunately cancelled due to COVID-19 restrictions. However, the Compass BUZZ team created an online webinar for both the primary and secondary champion packages. Due to this, numbers of delegates trained in the champions package steadily rose.

**161 schools (41%)** have been trained in the 'train the trainer' wellbeing champions packages, with a total of **348 delegates**.

Delegates reported feedback from the training as follows:



**98% of participants**

Reported Increased knowledge



**97% of participants**

Reported increased confidence



## 7. Schools Mental Health & Wellbeing Checklists

During the first year of the project, we engaged with schools to understand whether they had a whole-school approach to emotional health and wellbeing by asking them to complete a 'School Mental Health & Wellbeing Checklist'.

Out of the **396 schools, 376 (95%)** returned their completed checklist. Of those schools who responded:

- **80 schools (21%** of those who responded), had a fully embedded whole-school approach.
- **200 schools (53%** of those who responded), had a whole-school approach 'to some extent'.
- **96 schools (26%** of those who responded), did not have a whole-school approach.

In the final year for the project from September 2019 we contacted schools to follow-up on the 'School Mental Health & Wellbeing Checklists' to understand how schools had progressed in establishing a whole-school approach to emotional health and wellbeing.

This exercise was somewhat hampered by the COVID-19 pandemic resulting in the closure of schools for extended periods. We found it extremely difficult to obtain this information even during the periods when schools re-opened as school staff had many more pressing priorities. We did, however, receive responses from **250 of the 396 school (63%)**. Schools were again asked if they have a whole-school approach to emotional health and wellbeing, of the 250 schools who responded the results were as follows:

- **74 schools (30%** of those who responded), had a fully embedded whole-school approach. A further 27 schools did not complete a follow-up checklist but already had a fully embedded whole-school approach bringing the total to **101 schools**.
- **139 schools (56%** of those who responded), had a whole-school approach 'to some extent'. A further 65 schools did not complete a follow-up checklist but already had embedded to some extent a whole-school approach, bringing the total to **204 schools**.
- **37 schools (15%** of those who responded) did not have a whole-school approach.



"Lots of things in place now that were not before and the impact has been great on the staff and pupils. All points on the pledge have either been met or we are still working on them. The point about connecting even more parents has had some input and it is also on our mental health action plan for January to continue in more specific ways, such as an afternoon showcasing the provision we have in place for children and parents. All looking positive and we are aware of the next steps to take. Thank you so much for all the training your have done with us it has been invaluable for the school to be able to progress further."

**Andrea Metcalfe, Water Street Primary School**



We asked schools to make a pledge describing how they would work towards creating a positive culture around mental health and wellbeing. Here is a snapshot of what some schools pledged:



-  **'Incorporate yoga** into PE lessons as a way of teaching about healthy bodies and healthy minds.'
-  **'Continue to prioritise staff CPD training** through Compass BUZZ, leading to a greater understanding of mental health throughout the school community.'
-  **'Hold a wellbeing themed week** in the summer term.'
-  **'We will continue to use our therapy dog**, Mabel to support and help students with their wellbeing and mental health.'
-  **'Provide safe, supportive and calm space** (our Chill Out Room) for anyone who needs quiet time.'
-  **'Develop a school mental health & wellbeing plan.'**
-  **'Incorporate mental health into PSHE** across the school to develop **a whole-school approach'**
-  **'Use the Resilience Framework** to embrace daily practice.'



## 8. BUZZbites

Following the success of our online webinars, it was felt that developing a series of short recordings on key topics would further increase delegates knowledge and confidence. This generated the idea of developing pre-recorded bite-sized webinar sessions of around 30 minutes in length focusing on a range of common mental health problems.

Each one of the BUZZbites began with an overview and definition of the issue, followed by information on how that problem presents and impacts a child or young person. It then offered some ideas and suggestions of approaches and strategies that might help, and finally encouraged school staff to use our Request for Support service.

We have offered a range of BUZZbites:

**BUZZbites**

We are very pleased to be able to offer bite-sized webinar sessions on individual topics in the coming weeks. Again, these are free for all staff and are bookable via our website. Some of our topics are listed below.

Topics listed in the circular chart:

- LGBTQ
- Resilience
- Low Mood
- Emotional Literacy
- Emotional Regulation
- Bereavement
- Body Image
- Attachment
- Anxiety
- Transition
- Separation Anxiety
- Solution Circle
- Active Listening

Since the launch of the BUZZbites in June 2020, 1071 delegates have attended from schools and our partner agencies. Of those who responded to the post session questionnaire 100% reported increased knowledge and confidence following the training.

## BUZZbites feedback



"Thank you. Good to know how to use the blob tree properly."

"Excellent - would be good to be able to access with whole staff team as part of a staff meeting. I'll be signing up (now) for more sessions!"



"Some lovely ideas I would like to use with the families and young people we work with. I like the 'my gifts & qualities box.'"

"Another very informative webinar. Very useful suggestions on how to support pupils with anxiety."



"This was excellent. And just enough to keep things fresh in your mind. I hope the 'Safe School', CBT sheet and Worry Feelings sheet can be shared via email along with the video slides. Thank you."

"I liked this short, but informative session - what a good idea to refresh or get tips. It's what I need for some of my pupils at the moment who are finding it hard to be resilient. Thank you!"



"I enjoyed re-capping how I can support my CYPS with special needs to find transitions so much easier. The 3 Houses will be a very good resource to use in school. Thanks Ashleigh!"

"A very informative webinar, with practical solutions. I loved the ball in a box theory, very easy to explain."





- In 2019, the team decided we would really like to reinforce the 'protect, promote, and improve' vision from the Future in Mind strategy. We wanted to raise the profile of mental health and wellbeing whilst at the same time providing fun activities that schools could do with their students and pupils. We based the activities on the 5 Ways to Wellbeing, which is an evidence-based tool that we can all use in everyday life. Here is an article explaining more about the day: [compass-uk.org/news/uncategorised/2395/](https://compass-uk.org/news/uncategorised/2395/)



- In 2020, the campaign looked at 'Health for All' with a focus on reducing suicide rates. We sent out a vast array of resources to schools that focused on reaching out when we need support and normalising talking about mental health.



Compass BUZZ were delighted to hear that Mowbray School in Bedale had been given the opportunity to produce a piece of land art for the 2019 Tour de Yorkshire. They created this amazing Makaton logo in recognition of the town being officially awarded 'sign language friendly' status.

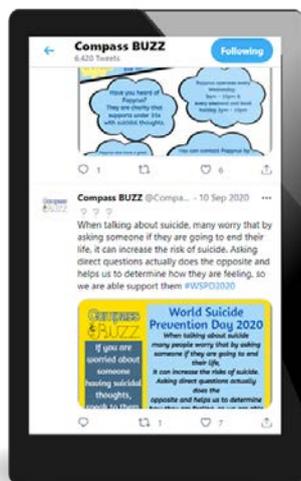
We were even more delighted when Mowbray School said they would love Compass BUZZ to be part of their design and have a bee flying around the Makaton land art. A local building contractor kindly donated materials so our famous bee could be brought to life!

Read our blog article about the event here: [compass-uk.org/news/children/buzzing-in-beedale/](https://compass-uk.org/news/children/buzzing-in-beedale/)



On 8th November 2019, the team supported **Wear Blue Day** by sporting their best blue outfits and encouraged all our schools to do the same, promoting the campaign to **'Stand up to Bullying'** on social media. Wear Blue Day was run by Bullying UK, part of Family Lives, which was the High Sheriff of North Yorkshire's charity of the year for 2019. Our 'Behind the Bully' article took a different perspective and considered why children and young people bully: [compass-uk.org/news/uncategorised/behind-the-bully/](https://compass-uk.org/news/uncategorised/behind-the-bully/)





It was important to the team to play a part in promoting **World Suicide Prevention Day 2020**. We created several different informative posts for our social media, this included thinking about how to support someone with suicidal thoughts, signposting to services that offer support – such as Papyrus and how to access free training to increase knowledge.

For **Anti-Bullying Week** during 16 – 20 November 2020, we were able to send all our schools a range of resources that they could use with their children and young people. For such an important topic, we aimed to be as diverse as we could in terms of our resources. They included: documentaries from role models the young people look up to, a series of interactive videos that explored the consequences of bullying, and resources from our resource library. An article was written for our website that gave a personal account of the impact that bullying can have: [compass-uk.org/news/mental-health/united-against-bullying-anti-bullying-week-16th-20th-november-2020/](https://compass-uk.org/news/mental-health/united-against-bullying-anti-bullying-week-16th-20th-november-2020/)



In 2021, **Children's Mental Health Week** celebrated the theme of 'Express Yourself!'. The team felt it was important to remind children and young people to find ways to express who they are and how they are feeling, as we know feeling good and functioning well is at the very heart of our wellbeing. Every child and young person is special and unique and this Children's Mental Health Week was a great time to remind them of that.

We created a range of resources that encouraged children and young people to really embrace their individuality. We were also aware of the challenges being faced due to home schooling and young people being apart from each other, so we wanted to find ways that children and young people could celebrate their individuality together. One of the resources we made was a class playlist that they could share with others.

We also raised awareness on local radio, including through Greatest Hits Radio (Yorkshire Coast): [planetradio.co.uk/greatest-hits/yorkshire-coast/news/scarborough-borough-children-encouraged-to-talk-about-their-mental-health/](http://planetradio.co.uk/greatest-hits/yorkshire-coast/news/scarborough-borough-children-encouraged-to-talk-about-their-mental-health/)

**Self-Expression**

Self expression is about communicating your personality and who you are. Thinking about how you want to express yourself is a great way to reflect on your thoughts, what's important to you, your beliefs, what you like about yourself, and what your goals might be.

It's great to get all of that 'out there' rather than burying it deep down. It is freeing and helps us to connect to others. People can understand us better and maybe they have things in common with us. Sometimes showcasing our 'true self' can make us feel vulnerable, so it's okay if you want to take it one step at a time.

Describe yourself

What's important to you?

**Self-Expression Playlist**

There are lots of ways we can express ourselves and our thoughts, emotions, values, beliefs and backgrounds etc. Some people express themselves through their words and actions, some through their appearance, and some through activities like art, music or dance. Create a playlist of songs to express yourself in the space below. You can choose a range. The genre might link to your identity in some way, perhaps you could pick some where the lyrics mean something to you, maybe a song that links to your culture? Plus your favourite song too!

**Class Playlist**

**Top Tip!**  
Create a class playlist by each sharing one song to represent you.

[compass-uk.org/wp-content/uploads/2021/04/Playlist-Compass-BUZZ.pdf](http://compass-uk.org/wp-content/uploads/2021/04/Playlist-Compass-BUZZ.pdf)



## 10. Our Films



In June 2018, we produced a series of short films which promoted the ever-important voice of young people. These were incorporated into our training packages and used to promote the service, in particular the BUZZ US promotional animation.

The filming involved young people from Harrogate Youth Council and Stokesley High School who volunteered to take part in the videos. We were extremely proud as the films were unscripted, and the young people were able to put across their true perspectives on topics such as what kind of support they would want from a school member of staff.

The filming also involved professionals from other North Yorkshire services who support children and young people's emotional wellbeing and mental health. Below are some of the films we produced which can be accessed on our [YouTube channel](#):

- An introduction and ending to the training from young people.
- What young people want to know if they are referred to a service for help.
- What young people look for in adults they choose to speak to about mental health.
- Short clip from young people to other young people, telling them what to remember if they are suffering with their mental health.
- Young people who have suffered with their own mental health sharing their experiences.
- A promotional animation for BUZZ US text messaging service.



We were immensely grateful to the young people to take part in the filming; we have had some amazing reactions from delegates who have watched the clips during our training sessions. The young people really enjoyed the filming and were pleased to contribute to such an important initiative.



# 11. Compass BUZZ Resource Packages

Compass BUZZ developed a wide range of high-quality, evidence-based resources on presenting needs such as emotional literacy, low mood and self-esteem. These were compiled into age-appropriate packages for primary and secondary schools. The range of resources are shown in the images below:



Each resource is accompanied by a facilitation guide which details the time needed to deliver the intervention, any additional resources required and guidance on how to use the resource. An example of our My Safe School resource and facilitation guide can be viewed via the following links:

- [compass-uk.org/wp-content/uploads/2021/05/My-Safe-School-Primary.pdf](https://compass-uk.org/wp-content/uploads/2021/05/My-Safe-School-Primary.pdf)
- [compass-uk.org/wp-content/uploads/2021/05/Safe-School-Facilitation-Guide-Primary.pdf](https://compass-uk.org/wp-content/uploads/2021/05/Safe-School-Facilitation-Guide-Primary.pdf)

Our resource packages have been built on by Positive Effect, the Compass traded training service who are now able to offer electronic packs filled with evidence-based resources that can be used for mild to moderate mental health interventions.

## 12. School Case Studies

We have so many fantastic schools across North Yorkshire and we wanted to find a way to showcase the work that they have done. We produced a suite of over 40 case studies from a cross-section of schools.

We felt that case studies would be an excellent way of demonstrating the positive effect that Compass BUZZ has had in promoting and developing a whole-school approach to mental health and wellbeing in schools across North Yorkshire.

We focused on what schools have put in place to support a whole-school approach to mental health and wellbeing, the impact that this has had on pupils and staff and what future plans schools have in place to further develop a whole-school approach to mental health and wellbeing. We were also able to capture some positive feedback in relation to Compass BUZZ and the impact the project has made.

Although it was very difficult to choose, we picked a small selection of the case studies from a mixture of school settings to share:

- [Western Primary](#)
- [Mowbray School](#)
- [Appleton Roebuck Primary School](#)
- [Upper Wharfedale School](#)
- [Bradley's Both Primary](#)
- [Scarborough Pupil Referral Unit](#)



# 13. Participation and Engagement

From the very beginning, Compass BUZZ were committed to participation and consultation due to the value it brings to both young people and the project. As well as choosing the name for the project and the text messaging service, we also consulted with young people on many other matters, such as the development of the Compass Service User Charter and on the marketing, design, and branding of the service.

Our lead for service user participation and engagement organised and ran workshops for young people, represented the project at various youth-focused events and maintained strong links with local youth voice groups across North Yorkshire.



“Harrogate Youth Council has worked with Compass BUZZ for the past year, being engaged in numerous campaigns. Compass BUZZ has ensured that projects such as BUZZ US are formulated by the young people who will be using them, letting the members shape it through listening, caring, and taking forward their ideas.

HYC members have felt influential in the development of the Service User Charter, raising their confidence in project development and, importantly, personal skills in critical feedback and communication.

Compass BUZZ has provided a successful model which works and connects with potential service users to ensure their service is built on what they want. We are very grateful for the supportive relationship we have developed with Compass BUZZ and look forward to their future which we hope we are still influencing!”

**Hettie Flynn, Participation Worker for NYCC (facilitator for Harrogate Youth Council)**



Compass strongly believe in service user participation and engagement as it brings many benefits:

### **Benefits to young people:**

- The needs of young people are met more effectively
- Services that young people want are delivered
- Provides young people with opportunities to develop skills
- Young people have a chance to share their ideas
- Young people gain a sense of ownership and worth
- Young people have a voice

### **Benefits to the community:**

- Positive relationships between young people and community members
- Contributes to the development of influential young people
- Strengthens community cohesion
- Increases trust in the services provided

### **Benefits to Compass**

- Contributes to the values and attitudes of staff
- Enhances the skills of staff
- Resources can be targeted which avoids wasting time and money
- Quality of services are improved
- Improves outcomes
- Helps to achieve new and innovative ideas



## 14. The Wellbeing Network

In 2020, Compass BUZZ set up a half-termly virtual Wellbeing Network for school and college staff across North Yorkshire. The role of the network was to provide an opportunity to virtually collaborate with like-minded professionals and share expertise, good practice, ideas, and resources related to wellbeing in education settings across North Yorkshire.

After an initial survey demonstrated a high level of interest from school staff, we proceeded to invite schools to join the Wellbeing Network. There were over 50 members in the network from a range of roles (e.g. SEMH manager, learning mentor, teacher, assistant head and safeguarding officer).

The meetings were facilitated and organised by Compass BUZZ and were well attended by network members who showed a great deal of enthusiasm for the initiative, with people volunteering to give presentations and share their expertise.

Members spoke on a range of topics including staff wellbeing, wellbeing displays, the Values in Action survey, building character, and useful wellbeing books to name a few.

The network is already highly valued and has become a true legacy, as the members agreed that despite the Compass BUZZ project coming to an end, they wanted to continue meeting as a network. One staff member has agreed to lead on this to ensure that the wellbeing network lives on and goes from strength to strength. We cannot wait to hear about what the network are getting up to at future meetings.

“It helps us to understand we are not alone...It makes your feelings feel validated and listened to. We are able to magpie ideas from other schools, it allows us to adapt any ideas to the specific needs of our school. The Network has also really helped boost my confidence. I am only in the early stages of my career but to be given the opportunity to talk to the entire Network and share what has worked well within my school, it made me feel validated, successful and happy that I was able to help others. It has motivated me to make sure that I progress in my career, take on new challenges. I can make a difference to not only the lives of the children, but other adults in this field as well.”

**Laura Thrope, Teacher, Airy Hill Primary School**



# 15. Newsletters - The BUZZ

We used our regular newsletter as a platform to promote the work we were doing and encourage schools to share good practice. Newsletters went out to schools every half-term and we produced our 22nd and final edition in February 2021.

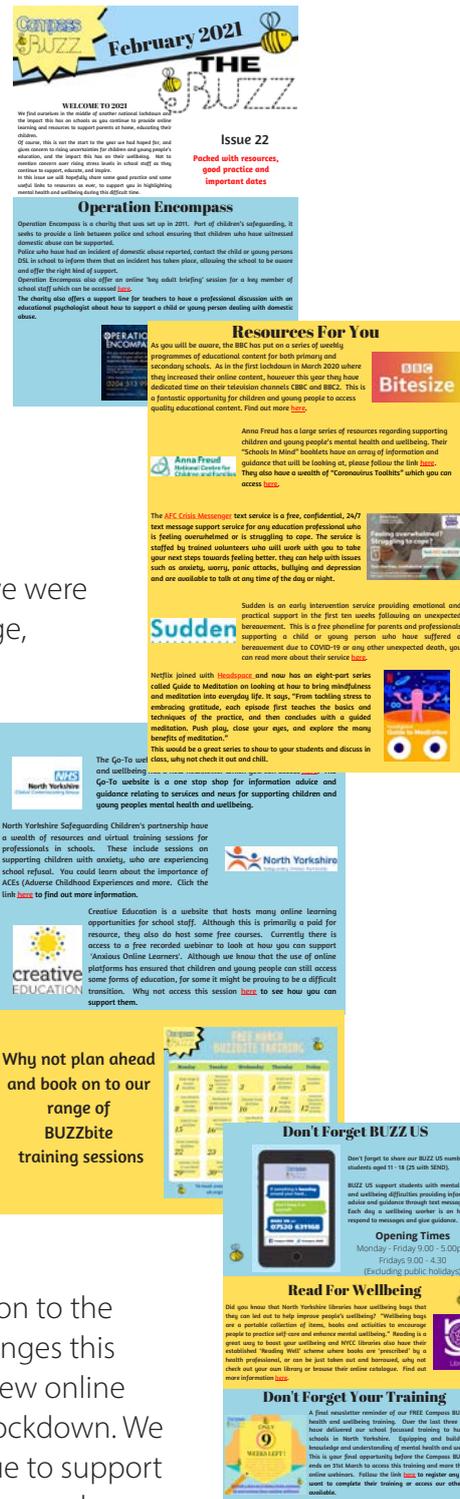
The newsletters were an ideal way to introduce members of our team, and also encourage schools to share their ideas and practice including how they had used elements from Compass BUZZ training to promote mental health and wellbeing.

We also used the newsletter to promote new initiatives that we were developing such as our Student Wellbeing Champions package, encouraging schools to sign up to the training.

The newsletter, as well as highlighting the work we were doing and sharing practice from schools, afforded us opportunities to signpost to other organisations that could offer free resources for schools, such as the Anna Freud Foundation, YoungMinds and the Childhood Bereavement Network. It also gave us an opportunity to highlight the partnership work we were doing with other charities such as Bullying UK.

During 2020, The BUZZ took on a new look which was bright and colourful and allowed us to utilise software to produce something that was more eye catching and professional looking.

Through 2020, the newsletters focussed on wellbeing in relation to the pandemic and highlighted how schools adapted to the challenges this brought. This also provided us with a platform to launch our new online training webinars, helping staff to access our training during lockdown. We were able to keep schools informed on how we could continue to support them with resources we were developing throughout lockdown and beyond, particularly in relation to supporting children and young people around isolation.



The newsletter enabled us to promote, highlight and celebrate North Yorkshire schools' approach to mental health and wellbeing, where best practice and ideas were both celebrated and shared.

"Compass BUZZ has been an invaluable service to our school. The BUZZ newsletters have proved to be a great resource for new ideas and motivation. The format is perfect - fun and colourful with the right amount of content to keep it interesting! I think (particularly in these times) everyone has needed a bit of inspiration and the newsletters have been a great asset for that and have on many occasions, restored motivation and morale."

**Karen Dickinson, Thirsk High School**

### Good Practice In Schools

Selby High School's P.E. Department is currently running a community project during lockdown, encouraging people to sign up virtually and record the distance they have walked, run, jogged. Their overall goal is to calculate everybody's distance and virtually visit the seven wonders of the world.

Promoting this kind of whole community activity is a wonderful way of keeping fit and active during lockdown. We know that physical activity helps improve mental health and wellbeing by releasing serotonin which is our feel-good chemical. Follow this link to watch a video from the P.E staff [here](#).

Norton Community Primary School have been putting together over 400+ self-care packages for parents of their students at home during lockdown. Comprising of hot chocolate sachets, bubble baths, scented tea lights alongside a number of Compass BUZZ resources to support mental health and wellbeing, Pastoral Lead Miss Nichy Dreemer said:

"The idea came about after a brief discussion I had with a colleague about how difficult it is for parents who are trying to juggle the demands of family life, supporting home learning and all the other changes that Covid and lockdown has brought about. I approached the headteacher who embraced the concept of a 'self-care' pack and said she would like one to be delivered to every household where the children are having to remain at home. The rest is history so to speak, we put the plan into action and have managed to produce the packs in just 4 days. We intend to deliver each pack by hand to save on postage costs and we have recruited a small team of staff volunteers who live locally and have offered to deliver the envelopes whilst out on their daily walks.

We are also working on supporting the wellbeing of the children by putting optional weekly activities on our Purple Mash platform (This something that is being overseen by one of our teaching staff. Last week children were asked to dig out a jigsaw (if they had one), complete it and send a picture of them and their completed puzzle back to school. The completed jigsaws were then made into a mosaic display and shared with everyone in their year group. Something that was intended to get them away from screens for a period of time, feedback was great and lots of puzzles were completed!"



### Dates To Remember

**Time To Talk Day** This year is on February 4th. This annual event run by the charity 'Time To Change' has been providing resources and awareness for the last ten years. The goal of the charity has always been to raise the profile of mental health and wellbeing and 'start a conversation' about it. They have worked tirelessly to reduce the stigma associated with mental health and wellbeing since they started. Led by the charities Mind and Rethink Mental Illness, they have been at the forefront in promoting the importance of normalising the language of mental health.

Their theme this year is "The Power of Small." A small conversation can help lift someone's day. Even just asking "Hi there, how are you today?" can give people the permission the freedom to talk about what's going on. "Connect" is one of the 5 ways to wellbeing and we know that talking is one of the best kind of therapies to help improve mental health and wellbeing. Compass BUZZ will be sending out links to resources to promote this awareness day, so let's start having these conversations and celebrate the 'Power of Small.'

**Children's Mental Health Week** This year is 1st - 7th February. The charity Place2Be are promoting this week with the focus being, "Express Yourself". This is such an important aspect for people to do, in a world where we want to promote individuality and diversity. It is an important aspect of self-care and wellbeing when you can truly be yourself and be able to stand out from the crowd without feeling diminished and less than. We will be sending out resources to schools to promote Children's Mental Health Week and we are encouraging everyone to "Express Themselves" for examples with clothes, hobbies, or particular interests... What makes you, YOU?

Did you know that **World Sleep Day 2021** is on the 16th March and is hosted by the World Sleep Society? We know how important sleep is and the impact of unhealthy sleep patterns can have on our lives. Research has shown that just one night of poor sleep can negatively impact memory recall, attention span and learning abilities. World Sleep Day aims to raise awareness on the importance of sleep and promote healthy sleep routines. Compass BUZZ will in time be sending out links and resources to all our schools.



### Last Word

By Wellbeing Worker Paul Cullen

Another year and another lockdown, and it's never been more important to consider our own wellbeing and for you to consider yours. Supporting the wellbeing of children and young people is imperative, however like the safety talk on an aeroplane, "in the event of the cabin losing pressure, an oxygen mask will fall down from the overhead compartment. Please ensure that you fit it to yourself FIRST!"

I have recently been looking into a Danish philosophy and ideology called 'Hygge' (pronounced HUE-GUH). Hygge is an approach to life and our environment that very much embraces the idea of mindfulness. It is a word used to describe a special moment of contentment, it can be experienced alone or with friends, at home or outside. It can be ordinary or extraordinary, however it is always charming and cosy. It seems to be about finding what helps you feel warm or relaxed. It might be a scented bath, or a sweet cup of tea with the fire on. It may be walking in the snows on a fresh winter morning or the sound of crisp snow underfoot. It very much reminds me of the 5 ways to wellbeing and particularly about 'take notice'.

Find out more about it [here](#) on the BBC sounds podcast hosted by Sandi Toksvig and how it can help give you space and improve your wellbeing and consider the question "What gives me a sense of 'Hygge'?"

### Have A Good Term



### Contact Us

Follow us on Twitter [@Compass\\_BUZZ](#)  
 email: [schoolmentalhealthproject@compass-uk.org](mailto:schoolmentalhealthproject@compass-uk.org)  
 Call us on 01659 77665  
 Check out our website [www.Compass-uk.org](http://www.Compass-uk.org)

[compass-uk.org/wp-content/uploads/2021/04/Issue-22-February-2021-FINAL.pdf](https://compass-uk.org/wp-content/uploads/2021/04/Issue-22-February-2021-FINAL.pdf)



# 16. Delivering Services in a Global Pandemic: Our Response

The team worked extremely hard to support schools and their staff in response to the COVID-19 pandemic.

From schools closing in March 2020, we worked tirelessly behind the scenes to develop remote training solutions to enable us to continue to deliver our training. We adapted all our training packages for webinar delivery and, working with our IT team, were able to offer this remote training to schools from April 2020 - we certainly pulled out all the stops to make this happen in just four weeks.

Here is an article on our response to coronavirus which has been shared via our website, Twitter, and communications with schools: [compass-uk.org/news/uncategorised/the-compass-buzz-response-to-the-coronavirus/](https://compass-uk.org/news/uncategorised/the-compass-buzz-response-to-the-coronavirus/)



At the start of the first lockdown in March 2020 and with the news of the closure of schools, we were keen to help support wellbeing during this challenging time. Initially, members of the team took to finding, creating, and sharing suitable wellbeing resources with their lead contacts in schools and on social media. Some of these resources were specific to Covid-19, for example:

**Compass BUZZ Coronavirus**

What do you know about coronavirus? You can write or draw it here:

How do you feel about coronavirus? Circle the emoji:

That's okay! Lots of people will feel the same as you. You might have noticed that some adults feel worried. That might be because we don't know much about it yet, but the scientists are working very hard to learn about it.

**Compass BUZZ Coronavirus**

Coronavirus is a new virus that is similar to the flu or a cold. People who have it might:

- Find it harder to breathe than normal
- Have a fever (feel hot)
- Cough

If you notice any of these feelings, it is important that you tell a grown up.

People have been catching coronavirus around the world. Draw the world in the box.

**The good news is:**

- Of all the people who have been tested for it, only a small number have it
- People don't have the virus for a long time
- Almost everyone who has had the virus has fully recovered.

**Thumbs up!!**

**Compass BUZZ Coronavirus**

The trusted adults around you can help to keep you safe. Write the names of two grown ups here who help to keep you safe:

You can also help to keep yourself and other people safe. The doctors and scientists say:

1. Wash your hands with soap and water regularly, for 20 seconds. Draw a picture in the box of you washing your hands.
2. If you cough, cover your mouth with your arm, like a dab. Cool!
3. If you sneeze, use a tissue and put it straight in the bin.
4. Do not touch your eyes, nose or mouth if your hands are not clean.
5. If you feel unwell, tell a grown up.

**DAB when you cough!! COOL!**

[compass-uk.org/wp-content/uploads/2020/03/Compass-BUZZ-on-Coronavirus.pdf](https://compass-uk.org/wp-content/uploads/2020/03/Compass-BUZZ-on-Coronavirus.pdf)



The resources were well received by schools, and the team committed to sending weekly resource packs to schools relating to wellbeing, with many resources suitable for home learning. The packs shared over 80 high-quality resources and evidenced-based tools with guidance for staff to enable them to continue promoting good mental health and emotional wellbeing. Schools were able to share the resources with families, and some even created a section on their website so that resources were easily accessible for children and families, like [Greatwood Community Primary School](#).

"I really look forward to reading all the fab information you send. I tend to collate what I feel our parents would access and send something to them weekly also. There is some really useful activities, tasks and advice I can send to them this week, so a big, big thank you for all of the time and effort you are going to, to get this information to use in a really usable format".

"Once again, thank you for these regular updates, they are very much appreciated and have been commented on by our staff".

"Through your resources and the wealth of material and growing experience with staff across the Federation - two members of staff are working on Gift Packs for each pupil, when they return to school, based on mental health and wellbeing resources, games, quizzes etc. Such a great idea - and so, we plan to roll this out to all pupils across the Federation for whenever they come back into school, to help each one settle in and feel part of our communities again".



## Supporting the return to school after lockdown

Some primary schools welcomed reception, year 1 and year 6 back from 1st June 2020 alongside priority groups, so we prepared two resource documents to assist with the transition. Firstly, we developed a booklet detailing how Compass BUZZ could support primary schools. We understood that at a time of uncertainty, staff would have many questions and concerns - our aim was that the document we produced would assist with these.

Secondly, we developed a bespoke package of resources to be shared with children to help ease their transition back to school. The workbook provided children with a safe space to work through their emotions, worries and any questions they had about being back at school, which allowed the pupil voice to be heard and gave school staff an understanding of how pupils were feeling. Later in the term we adapted these two documents for schools welcoming back year 10 and year 12 pupils and shared these with our secondary schools.

Not wanting to rest on our laurels and trying to think what else Compass BUZZ could do to support school staff to build on their knowledge of mental health and boost their confidence to deliver interventions, we embarked on developing a series of resources focussing on a range of common mental health problems (for more information refer to section 9).

We still received Request for Support but as many pupils were not in schools, we had to make sure that any resources we were recommending were appropriate to be shared with parents and carers to work through at home. Many of these focused on wellbeing and we also included links to books, YouTube clips and provided games.

With some children returning to school in June, staff at St Mary's RC Primary School in North Yorkshire, wanted to focus on their pupil's wellbeing and how they have coped during this unprecedented time. One of our wellbeing workers worked with the school and wrote this news article: [compass-uk.org/news/wellbeing/st-marys-empathy-heroes/](https://compass-uk.org/news/wellbeing/st-marys-empathy-heroes/)

"Just printing off all the resources you sent through! They all look great but especially the return to school booklet. Thanks so much."

**Nicola Sutton,  
Outwood Greystones  
Primary**



# 17. Wellbeing for Education Return Training

Wellbeing for Education Return was launched by the Government in September 2020 for delivery during the Autumn term. It was designed to help selected school staff support pupils' mental health in response to the pandemic.

On receiving the generic training material, our Compass Positive Effect team consulted with NYCC representatives to adapt the package in order to meet the local needs of schools and colleges in North Yorkshire. During October and November 2020, Compass BUZZ wellbeing workers delivered a total of 36 webinars to schools and partner agencies across North Yorkshire.

The training:

-  Aimed to prevent the onset of mental health problems and help pupils with pre-existing or emerging difficulties get the right support at the right time.
-  Was intended to be shared by those trained and rolled out to the wider school workforce and leadership team to build confidence around mental health and wellbeing.
-  Offered practical tips and advice to help support pupils of different ages and staff members.



## 18. The Final Word: Message from Commissioner

The Compass BUZZ school wellbeing project in North Yorkshire has had a significant positive impact on the mental health and wellbeing of children and young people across North Yorkshire. The service is well established and recognised locally as a hallmark for quality training and support for children and young people's wellbeing.

We consistently receive positive feedback from schools and partners about the impact of the service on improving staff knowledge and confidence as well as supporting schools to develop a culture that supports children and young people and enables them to thrive.

Performance of the service has remained consistently high; at the end of the contract 99% of all 396 schools in North Yorkshire had received the level 1 training. Throughout the contract we have remained confident that the service has delivered effectively against the service specification to achieve the outcomes.

The service has shown itself to be innovative and adaptable; leading the way with developing whole-school approaches to mental health and wellbeing and more recently being at the forefront of utilising digital technology to ensure delivery of services in the COVID-19 pandemic.

The team of staff are knowledgeable, passionate, and enthusiastic and the senior management lead with knowledge, passion, and transparency. This has enabled us to work collaboratively as commissioners and providers to manage any challenges, such as the COVID-19 pandemic.

The service has also demonstrated a spirit of collaboration and joint working across agencies, working closely with Local Authority and other CCG commissioners as well as with other providers of mental health services. To build on this collaborative working, we are excited to have jointly commissioned with Local Authority a new service from October 2021. This new service will build upon the solid foundations laid by the Compass BUZZ contract and we are looking forward to watching the new service grow and continue to support children and young people in North Yorkshire to thrive.



**Lorna Galdas, Clinical Commissioning Group Commissioner**



# 19. About Compass

Compass is a public health & wellbeing charity that delivers services across England which create healthier lives and safer communities.

We are at the forefront of delivering innovative health and wellbeing services: as the only voluntary sector organisation to provide both school nursing and children and young people's substance misuse services nationally, we have a unique ability to access a broad population and bring about positive changes.

## Meet the Compass BUZZ team



**Maggie Clarke**  
Assistant Director  
Universal Services



**Lisa Gale**  
Service Manager,  
Compass BUZZ &  
REACH



**Rachael Askew**  
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**Ashleigh Coombs**  
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**Robert Walwyn**  
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**Caroline Cowie**  
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## CREATING A BUZZ about mental health and wellbeing

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