



June 2020



Issue 17



Welcome to our latest issue of The BUZZ. In this world we currently find ourselves, in some ways it has been business as usual, but with a twist. As a team we are all working from home trying to create content and adapt to these new ways of working; virtual meetings and video chats on a regular basis to touch base with each other and keep that all important connection. In this issue you can see how buzzy we have been as we continue to adapt resources and approaches to support schools and young people with their mental health and wellbeing throughout this time.

Mental Health Awareness Week

In preparation for Mental health Awareness Week, we sent schools our weekly resource pack with resources aimed at promoting WMHAW2020. It is particularly important at this time to focus on mental health awareness as we recognise the impact of this long period of social distancing. A pack of ideas and resources was emailed to schools, please check with your school to access them.

This years theme was 'kindness'. Following on from the difficulties that people have been experiencing during lockdown; kindness has been an ongoing message in the media as we try to manage this unusual terrain.

We posted links on Twitter and our sister service @CompassREACHC4H had staff posting wellbeing videos such as this one [here](#).

As the week began to draw to a close and we readied ourselves for a sunny bank holiday weekend, our service manager @LisaGaleNY sent out a video message of BUZZ and REACH staff, which is a little celebration of teamwork and kindness during lockdown, view [here](#).

Conversation with a Headteacher

I contacted the headteacher, Bethany Stanley at Aiskew Leeming bar Church of England Primary School, following a meeting we had arranged pre-lockdown. We had our meeting on ZOOM, as many interactions are now in the virtual world. Mrs Stanley told me that throughout this difficult time, staff have been using their online platform to liaise with students on a daily basis, this includes work being sent to students, and once completed, it is returned and the teacher is able to comment on them which has proven to be a successful way of keeping in touch with their students. Children can also access a 'worry monster' virtually where they can post their worries anytime. Added to that, Mrs Stanley told me that before the lockdown happened, the school wanted to give something to each of the children so "We gave every student skipping ropes before lockdown" This was to encourage them to engage and 'Be Active' throughout this difficult time. The school also made available electronic devices to pupils who did not have access at home to ensure that no student would be disadvantaged through this time. Mrs Stanley also explained how as a school they have been planning how they will move forward opening the school as government guidance starts to lift restrictions, a complicated process to ensure the safety of staff and children alike.



"We gave every student skipping ropes before lockdown."

Training News

Webinar Success

As many of you are aware, throughout lockdown, We have been delivering our training via webinar. It has been incredibly successful with some staff completing ALL THREE LEVELS in one week! Sign up [HERE](#) now.

We have now delivered 46 webinar sessions,
training an impressive
1460 delegates



Welcome Back Pip Nix



"We're really please to have our friend and colleague back with us"

Hello everyone, it is with great pleasure that I return from my maternity leave and back to the wonderful team that is Compass BUZZ!

There is no way I could have imagined the recent events that have unfolded when I first started my leave, I appreciate that these are the strangest of times and in many ways it is incredibly tough for us all. Despite this, so many positives can come of this situation, I know that all of the schools are doing their best to provide not only a continuing education to our children & young people but are also doing everything they can to care for their wellbeing too. I am eager to play my role in supporting you with this endeavor.

I look forward to hearing all about the successes that have occurred in my absence; whilst reconnecting with the schools in the Selby District. I know that there will be many more successes to come in the future.



Refresh Your Training

We have recently adapted our initial training sessions for people who want to refresh themselves. Some staff who accessed our training as far back as 2017 have expressed an interest in going through it again, therefore we have put together two refresher training webinars for:

Levels 1: Prevention and promotion

Combined Level 2 & 3: Early identification & assessment of need and therapeutic interventions

If you would like to recap your knowledge in relation to this, then please look out on the website [here](#) for these 'limited' sessions.

Training
News

Compass BUZZbites

BUZZbites are a series of short pre-recorded webinar sessions that we are developing. These videos will be presented by Compass BUZZ wellbeing workers on a number of common mental health problems that young people might experience including Grief & Loss, Low Mood, Anxiety, Self-esteem which are covered in our level 2 training session 'Early Identification'. In the BUZZbites will dig a little bit deeper into the theory and suggest ways of supporting young people. The first 'BUZZbite' on Emotional Regulation will be available on 11th June 2020 at 9.30am. Further sessions will be rolled out over the next few weeks. You can book on these free BUZZbite webinars via our website here: <https://www.compass-uk.org/compass-buzz-training-webinars/>

New YouTube Channel

Just
Launched



On Wednesday 20th May during mental health awareness week, my daughter and I, like many others sat down at 8.30am to watch our new video series 'Wellbeing Wake-up' with the face of Compass, our very own Becks Tait.

Compass wanted to make sure that we were contributing to this year's theme by providing our act of kindness in making these sessions for everyone to enjoy. 'Wellbeing Wake-up' sessions are aimed at primary aged children, parents/carers and education staff and are available via the Compass [YouTube Channel](#) and are released each Wednesday. The weekly bitesize sessions will be based around the 5 ways to wellbeing; connect, be active, take notice, keep learning and give. Each of the 6 videos will include a short explanation for adults on why it is important to promote wellbeing, followed by a 'wake up and shake up' for children's minds and bodies to become focused, finishing with a interactive activity that can be carried out with the child and adult at a convenient time.

The new Go-To Website

Compass BUZZ are proud to be working in partnership in promoting the new Go-To website. This new website which has just been launched in North Yorkshire aims to offer information advice and guidance to young people, parents/carers and professionals who are working with young people to support and promote their mental health. The Go-To is a portal or 'single point of information', promoting mental health support services for children and young people within the North Yorkshire County Council boundary. With the amount of different services available in North Yorkshire, it can often be confusing to know what is what. The Go-To is designed to make things simple for you, having all the information you need in one place, so children and young people can get access to the right care they need. You can access the website [here](http://www.thegoto.org.uk).



The Go-To
For healthy minds in North Yorkshire

The Go-To website is the home of wellbeing and mental health for young people in North Yorkshire.

Visit www.thegoto.org.uk

The banner features a woman sitting on a bench, looking thoughtful, with three ducks below her. The text is in a clean, sans-serif font, and the website URL is highlighted in a blue button.

Editors Last Word

I have been thinking a lot over these last 10 weeks of lockdown, the impact globally, nationally and locally. It feels like we've been told to stop and just be still. What I have noticed that whilst we have stopped and been still, the environment, outside our window has breathed a huge sigh of relief and just run free. There has been an unprecedented growth in wildlife, as I watch BBC Springwatch, I see that nature has continued and even thrived with this time for them to breathe without the constant intrusion of us. It's incredible for me to notice just in my own garden the changes that are taking place. Since the introduction of a bee house and some wildflowers that have been transplanted from forests and meadows in our garden. Fourteen solitary bees have taken up residence and I have been able to watch these incredible creatures nest in the little holes. Throughout this great tragedy and difficult time, there are countless opportunities for us to stop, pause and #TakeNotice in order to improve our wellbeing for the journey we have to continue on.

