



## Compass Stars Newsletter

### ABOUT US

We provide support for Warwickshire children and young people under 25 who are vulnerable to substance use or have been affected by another's substance use. The service is free and confidential.

### ADAPTED SERVICES DURING COVID-19

We continue to support our children and young people, using different forms of media to keep in regular contact. We are still accepting new referrals through the usual means. We would like to thank everybody for their co-operation during this time.

#### ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Try some gardening, compass stars have been sent sunflower seeds to plant☺
2. Try a science experiment like making your own lava lamp!
3. Take a virtual day trip to the zoo, Edinburgh zoo are live streaming their webcams!

*If you are worried about a friend, family member or yourself and are after some more information, please get in touch:*

**Service mainline: 01788 578 227**

**Text ChatHealth: 07507 331 525** (for ages 11-19)

**Email: [compass.warksyps-duty@nhs.net](mailto:compass.warksyps-duty@nhs.net)**

**Instagram: @compasswarksyp**

### QUICK TIPS: STAYING SAFE

**Don't give in to peer pressure, talk to a trusted person about your worries and always call 999 in an emergency!**

## TOPIC 4: COMPASS STARS

Compass stars is the name for our service that supports the children and young people that are affected by another person's drug and alcohol use. This could be someone within the family or outside of the family network. Another term used to describe this may be hidden harm.

### What we offer:

Compass can help by providing support to that young person. We offer age appropriate information, 1:1 support, health promotion and whole family support where appropriate. We also listen to our young people, giving them a chance to talk about any issues they may have.

### Hidden harm

**Hidden harm can have an effect on an individual before birth, with those under 1 and those over 9 being the most heavily affected. A person can suffer harm through physical and emotional neglect, including exposure to harm. If these issues are not addressed, there is a risk of substance misuse, criminality and violence becoming normalized.**

### Covid- 19

During this time, we are still keeping in touch with our young people and have sent out some sunflower seeds for our young people to plant to keep them busy. We have also sent out our own compass rainbows to be coloured in. These images can be found on our Instagram and Twitter.

