

**CYPDAS NEWSLETTER 24/07/20**

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.

**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. Like our Facebook page and keep an eye out for any events we may have coming up.
2. We would love for you to join in with our Instagram page – we have a spot the wildlife activity. Tag us in your wildlife pictures. @compasswarksyp  
How many animals are in this picture? >



*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.warksypsduy@nhs.net](mailto:compass.warksypsduy@nhs.net)**

**Instagram: @compasswarksyp**

**QUICK TIPS: STAYING SAFE**

**Always look out for your friends, don't give in to peer pressure, and always call 999 in an emergency!**

**TOPIC 8: FACEBOOK EVENTS**

Compass are excited to announce that we are now offering Q&A sessions via Facebook. We offered our first forum to parents and professionals on Tuesday 14<sup>th</sup> July with two time slots available, giving opportunity to ask questions on nitrous oxide. We are pleased there were many questions around the substance and even how to talk to young people about substances.

**THE NEXT EVENT**

The next event topic will be about Cannabis, again giving parents and professionals the chance to ask questions about this substance. We are offering two time slots on Tuesday 18<sup>th</sup> August. The first one will be 12-2pm and the second 8-9.30pm.

**THE LINKS**

The link to our page is as follows:

<https://m.facebook.com/CYPDAS/>

This link will take you to our Facebook page where we will announce all of our upcoming events.

Our 12 – 2pm link to the event

<https://www.facebook.com/events/570601630275247/>

Our 8-9.30pm link to the event

<https://www.facebook.com/events/2343143845979900/>

The Facebook links above will take you directly to our events, this is where you will be able to post any questions directly on to the 'wall' of the event at the times shown. We will announce when we are ready to receive questions.

