



# Schools Newsletter



Helping you find your way to wellbeing  
NEL Mental Health Support Teams

APRIL 2021

## TEAM MEMBER OF THE MONTH

Hi, I am Santina! I am a Trainee Education Mental Health Practitioner at Compass GO... I have 15 years' experience working in the education sector with students of all ages. I have safeguarding, pastoral coach and learning manager experience. Mental health and wellbeing is a topic I have always been incredibly passionate about. Being part of Compass and being able to utilise my training and passion to support children and young people is something I am very proud of. Outside of work I enjoy spending time with my family and my dog, Oscar. I love to read, cook and I have a newfound love of gardening. I take time to practice yoga and daily journaling and anything else really that is good for my wellbeing.



## Schools update

After our update in the last newsletter confirming we were taking on the wave 4 schools to give us full borough coverage across North East Lincolnshire, we would like to update you that our Practitioners are now linking with the new schools and we are actively taking referrals for these through link sessions.

## Stress Awareness Month

- Since 1992, April has been dedicated to stress awareness, to increase the public knowledge of causes, impact and cures.
- 2021's theme is 'Regaining Connectivity, Certainty and Control'
- Millions of people around the UK are experiencing high levels of stress, especially during the last year, and it can be damaging to our health – both mentally and physically.
- The most crucial thing you can do when you are stressed is to look after yourself. Relax when you need to and learn to say no to requests that are too much for you.

## Compass GO... webinars

We have recently delivered some wellbeing webinars to NEL Education Staff on **Compassion and Acceptance, Relaxation, Stress Management and Work Life Balance**. These are now available to view via our YouTube Channel under the playlist Webinars. <https://www.youtube.com/c/CompassGOMHST>

Please feel free to share!

## What Compass GO... Staff have been doing for Stress Awareness Month

February saw the introduction of five new Trainees to the Compass Go Team. As they joined in the middle of a lock down, they have started their roles working from home and have been unable to meet each other face to face.

- By way of teambuilding and dealing with stress, they have arranged weekly catch ups to check in on each other and share stress busting tips!
- Santina and Andrea have started the NHS Couch to 5k training. They have reported feeling more energised and positive throughout the day, they have also set daily Fitbit goals of 10K steps!
- Amy has utilised the Compass Wellbeing Scheme and is enjoying her personal training sessions. She is combating stress by working out and eating healthy.
- Rachel has shared her journaling techniques, and they have all purchased a mindfulness journal and are reaping the benefits to support their overall wellbeing.
- Daisy loves juicing and is offering them some vitamin induced recipes to enjoy in the morning and get them ready and raring to go!



## On your feet Britain

Compass GO... team are taking part in 'On your feet Britain' on 29<sup>th</sup> April, to encourage workers to get up and be active. We will be sharing our pictures in the May newsletter!

## GET IN TOUCH

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