



Schools Newsletter



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

SUMMER 2021

TEAM MEMBER OF THE MONTH

Hi, my name is Niki! I take great delight in working with children and young people, helping them to overcome challenges or difficulties. I have 12 years previous experience working with children and young people in schools as a school counsellor. When I am not at work, I enjoy walking my Boxer Dog, Darcey, I love to travel to interesting places and discover new foods.



GET IN TOUCH

☎ 01472 494250

✉ NELINCSMHST@Compass-uk.org

🌐 <https://www.compass-uk.org/services/north-east-lincolnshire-mhst/>

We have had a busy Summer delivering our offer while making a positive impact within the community.



Compass Go...
Let's talk about
mental health...

Compass Go...

Compass GO... Weekly Podcasts on emotional wellbeing

Our Let's talk about mental health... podcasts discuss mental wellbeing topics and include questions and advice provided by young people from the local area.

- Episode 1... let's talk about... emotional wellbeing
- Episode 2... let's talk about... anxiety
- Episode 3... Let's talk about... negative automatic thoughts
- Episode 4... Let's talk about... self-esteem
- Episode 5... Let's talk about... Low mood
- Episode 6... Let's talk about... transitions

Please search Spotify or Anchor to listen in! We would love teachers and parent's to have a listen too.

Compass GO... wellbeing calendar

We have worked closely with the children and young people in our area to create the Compass Go... Wellbeing calendar this can be accessed via the website on the summer offer link.

Open Day

On the 11th August we held an open day at Centre 4 for families to come and meet with us. Practitioners held a consultation clinic and put on various activities for CYP and families to partake in (sensory activities, self-soothe boxes, worry monster, reading corner, jenga, painting to name a few).



Beach Day

On 27th August went to Cleethorpes beach and met with the local families, children and young people. We spent time building sandcastles, playing rounders and showing families our local treasure hunt activity that is supported by local businesses.



Community Event

On Saturday 17th August Fay and Rachel attended the West Marsh Community Fair at the local community centre. It was an outdoor event on a baking hot day. There was a DJ and bouncy castle for the children, the atmosphere was energetic and positive.

