

WHAT'S NEW AT COMPASS?

Welcome to our November newsletter! Compass Birmingham celebrated one year in service this month. We hope you can take a few minutes to see what we've been up to this past month. If you like what you see, follow us on social media for regular updates!

WSA COUNTER

103

This counter is the number of workshops, assemblies, and activities we have conducted in schools.

THE NOVEMBER EDITION

This month, Compass Birmingham marks a meaningful milestone: one year of providing mental health services to children, young people, and families across Birmingham. Keep reading to see how we celebrated!

RECENT EVENTS



Take a look at how we are working on redesigning our logo with children and young people!



In honor of World Mental Health Day, we visited Stockland Green Secondary School to raise awareness and promote well-being among students.

REFERRAL COUNTER

216

This counter is to track for targeted support whether its one to one sessions or small groups.



NOVEMBER NEWSLETTER!



OUR ONE YEAR CELEBRATION!

Over the past year, our team has worked within schools and the wider community, offering mental health education, early intervention, and one-to-one support tailored to each individual's needs.



Our practitioners, working hand-in-hand with school staff and families, aim to create a compassionate environment where young people feel safe, supported, and heard. Looking forward, we are excited to expand our workshops, increase in-school support, and introduce more targeted resources that address the unique challenges faced by today's youth. As our journey continues, we remain dedicated to helping children and young people develop the skills they need for lifelong mental well-being.

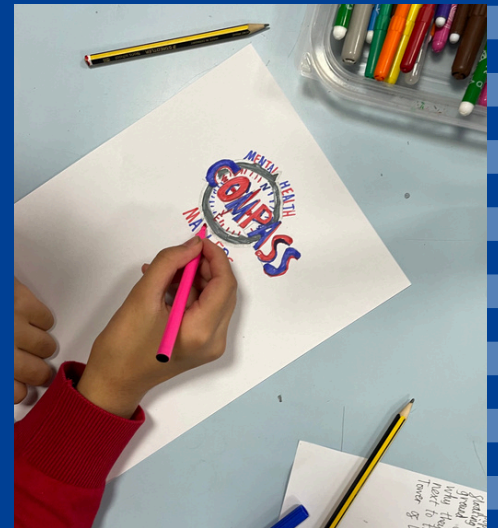
Thank you to our partners, families, and all who have been part of this impactful year - we look forward to many more years of meaningful support and positive change in Birmingham.



LOGO REDESIGN INITIATIVE: ENGAGING WITH YOUNG MINDS

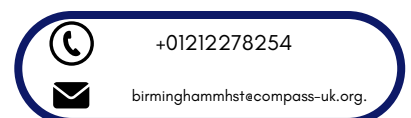
As part of our ongoing commitment to connect with the community, Compass Birmingham recently launched an exciting logo redesign initiative.

We visited local schools to interact with children and young people, inviting them to reimagine the Compass Birmingham logo through creative activities. During these sessions, students were encouraged to get imaginative, putting their visions and interpretations of Compass on paper.



This initiative is an opportunity for us to understand how young people view Compass Birmingham and what it represents to them. The students' creations have been inspiring and insightful, offering unique perspectives and highlighting the values they associate with our organization. Engaging with young minds in this way allows us to see our brand through a fresh lens, ensuring it resonates with future generations.

This project is ongoing, and we invite schools interested to contact us. We'd love to bring this interactive experience to even more young people across Birmingham! For more information, reach out to us



NOVEMBER NEWSLETTER!

CELEBRATES WORLD MENTAL HEALTH DAY

In honour of World Mental Health Day, we visited Stockland Green Secondary School to raise awareness and promote well-being among students. Our team delivered five assemblies, engaging with all year groups to discuss what mental health truly means, introduce the “5 Ways to Wellbeing,” and highlight the significance of World Mental Health Day. This initiative reached a remarkable 760 students, empowering them with knowledge and practical strategies for mental wellness.

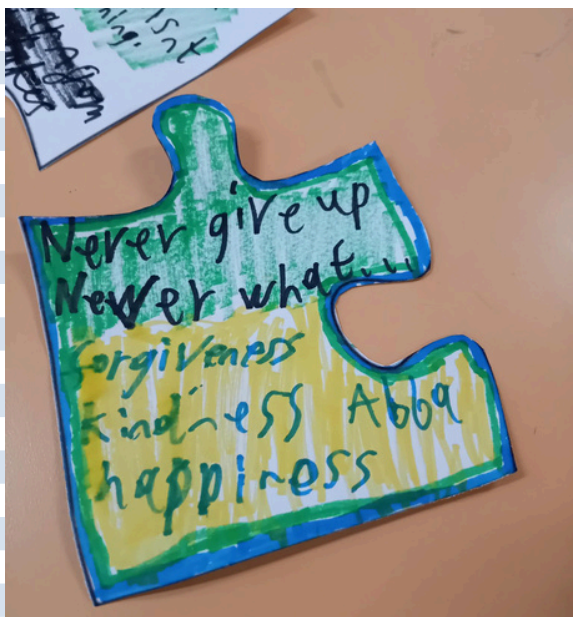
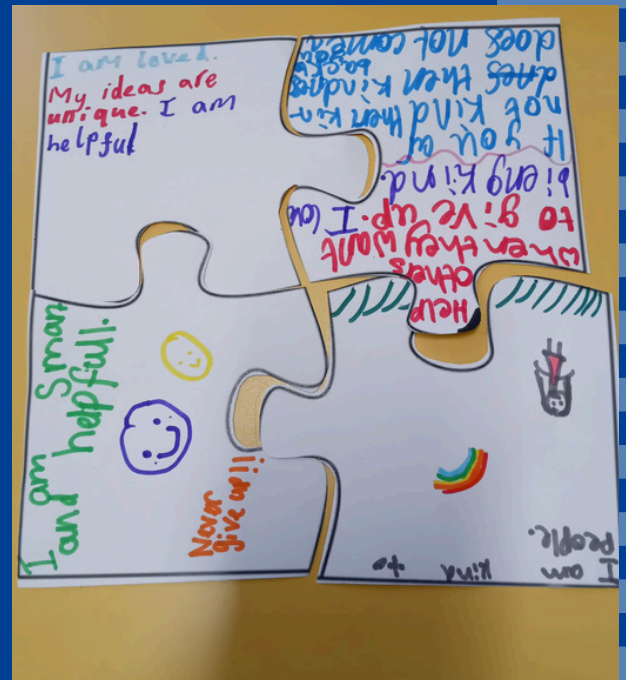


We also hosted a lunchtime drop-in session, welcoming 45 students eager to learn more about our services, talk openly about their mental health, and participate in games that reinforced key well-being concepts. This interactive setting created a comfortable space for students to ask questions, connect with others, and feel supported.



BUILDING RESILIENCE AT SOMMERVILLE PRIMARY SCHOOL

We had an amazing time with three Year 5 at Somerville Primary School, exploring the theme of resilience! Through storytelling, students learned how their thoughts and decisions can help them bounce back stronger. Together, we created a class jigsaw of inspiring quotes to lift each other up.



We discussed some useful tips on how to be resilient and played fun games that helped students understand the meaning of resilience. The children enjoyed the activities, and we were proud of how engaged and thoughtful the students were! They particularly enjoyed the mindfulness video, embracing the activities with enthusiasm!



COMPASS BIRMINGHAM LAUNCHES DROP-IN SUPPORT SESSIONS FOR PARENTS AND CARERS

We are pleased to announce our new Drop-In Support Sessions, designed specifically to offer parents and carers a safe, confidential space to gain support and guidance.

These online sessions provide an opportunity for families to connect with our experienced practitioners, ask questions, and explore the range of support available to them through Compass Birmingham.

Scan this QR
code to join the
session



The sessions will be held every Tuesday from 11:00 am to 12:30 pm, running from October 8th through December 17th, 2024. To make joining as convenient as possible, these meetings will be conducted online.

Parents and carers can access the session simply by scanning a QR code, ensuring a smooth and private entry.

Parent & Carer Drop-In Session

A confidential space for Parents/Carers to gain support & guidance from Compass Birmingham.

11 AM - 12:30 PM Every Tuesday till 17th Dec 2024	LOCATION: MS TEAMS https://bit.ly/484SR9g or click the link in bio
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The drop-in will give you an opportunity to find out more about the support we can offer and have your questions answered.

Please note: Time will be allocated on a first come first serve basis. You may be asked to wait once you join.



LOOKING AHEAD

Anti-Bullying Week is fast approaching this November, and Compass Birmingham is excited to be visiting schools to raise awareness and promote kindness. Throughout the week, we'll be delivering engaging workshops and assemblies aimed at educating students on the impact of bullying and how to prevent it.

Our sessions will encourage empathy, respect, and positive behavior, empowering young people to stand up against bullying and create safer, more inclusive environments at school.



OUR SERVICE 'MENU'

We're excited to introduce a new initiative to streamline our support for schools! We will be creating a clear, concise "menu" of our services, workshops, and assemblies, making it easier for school leaders to see exactly what we offer. This resource will help us quickly connect with schools during link meetings, allowing us to tailor our visits and provide the most relevant support.

