

Contact Us

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Positive Effect is the trading arm of Compass



Wellbeing Wake-up... coming soon!

Compass is a charity which provides health and wellbeing services, helping people unleash their unique potential and live healthier, safer and more fulfilling lives. The coronavirus (COVID-19) pandemic is an uncertain time for both children and families and at Compass we recognise the impact this may be having on children's mental health, we believe that during these unprecedented and often confusing times it is now more important than ever to create a much needed wellbeing boost into children's lives.

To help meet the wellbeing needs of children, Compass and its traded arm Positive Effect have teamed up to deliver free 'Wellbeing Wake-up' sessions for primary aged children, parents/carers and education staff via our YouTube Channel https://www.youtube.com/channel/UCXumjginrAvOILD-1PkJF_g/.

These bitesize sessions will be based around the 5 ways to wellbeing; connect, be active, take notice, keep learning and give. Each video will include a short explanation for adults on why it is important to promote wellbeing, followed by a 'wake up and shake up' for children's minds and bodies to become focused, finishing with a interactive activity that can be carried out with the child and adult at a convenient time.

Please join us in supporting the mental health and wellbeing of children across the nation by promoting this exciting, new, FREE project and subscribing to our YouTube Channel (LINK). You can also follow us on Twitter @Compass4health and @effect_positive

Our first 'Wellbeing Wake-up video will be uploaded on the **20th May 2020**. We look forward to seeing you all there!!

For all press enquiries please contact Emma Tymon-Project Manager, on 07790545764 or through emma.tymon@compass-uk.org.

