



## CYPDAS NEWSLETTER 10.07.20

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances or topics 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.

Also do not forget!! Compass have their Facebook Q&A session on Tuesday 14<sup>th</sup> July 12 midday and 8pm – let us know if you can make it. Here is the link...

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

### Equine therapy and Covid-19

With this service now up and running, having had our first session delivered to a young person, we have had to make sure that everything is in place to keep both the young person safe and the practitioners. This always means following the government guidelines of social distancing and to maintain distance.

#### ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Get a fishing license and go fishing!
2. Try couch to 5k – to get you running.
3. Follow our Instagram for our workout videos with the fantastic Donna!

*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 7: EQUINE THERAPY

Equine therapy is an alternative way of providing interventions for

our young people which involves interactions with a horse or horses. It has many benefits for people who are willing to try it. It has many proven benefits and provides a unique setting for the young people to meet with their practitioners.

### THE BENEFITS

Equine therapy is proven to help relieve stress and anxiety. It provides a different location for 1-2-1 sessions in an open and relaxed setting with plenty of fresh air. It gives young people the opportunity to develop their skills, such as communication, problem solving and accountability. It can help them build their confidence and self-esteem as well as empathy, flexibility, and independence. It also helps young people who are struggling with their mental health and addictions.

### PROUD!

**We are so proud to be able to offer equine therapy to our young people as part of our service. The young people that can access the equine therapy are those who are already working with our youth justice practitioners and are open to trying out this part of the service as part of their ongoing support. A huge Thankyou to Julie and Bob for getting this started!**

