

# WITH ME IN MIND

## Summer Newsletter 2024

Another school year is coming to an end and what a brilliant year we've had! We've welcomed new schools, new ambassadors, met and supported lots of amazing young people, had a very busy Children's Mental Health Week and held a Celebration Event to mark five years of With Me In Mind. We couldn't have done all these things without our brilliant staff, students, schools and colleges so thank you to you all! We also have lots more to come over the summer with plenty of events where you can catch up with us and we will be busy planning ready for the next academic year. We hope you enjoy your summer break and this edition of our newsletter. Take this opportunity to relax, recharge and have fun!

## Students have their say...

North Lincolnshire WMiM recently hired 4 new trainee Education Mental Health Practitioners with the help of a young person's panel at Outwood Foxhills. The panel took place over the space of a morning and was planned by Ambassadors. It included 'speed dating' where the candidates were asked a selection of quick fire questions, Wellbeing pong with fun questions for the Ambassadors to get to know the candidates, team building activities and we asked the candidates to describe their perfect day – it's safe to say we really got to know all of the candidates who applied.

We really wanted to gain some feedback from the young people to understand how planning the morning and taking part went. Here's what they had to say...

"I felt heard and like I could use my voice"

"It was a great experience, I loved every moment of it"

"I felt very heard and valued #slayday it was very fun"

"I felt very equal and made me feel mature, everyone was so welcoming and I really enjoyed it!"

"It was nice that we were treated like normal people and not just students"



# Let's celebrate



In April we held a Celebration Event to mark 5 years of With Me In Mind. The day gave the staff from Rotherham, Doncaster and North Lincolnshire the chance to come together. We shared good practice from each of our areas, played some fun getting to know you games like Mind Pong, had a guest speaker, Andy Roberts, who spoke about the future of Mental Health Support Teams and we also held our Staff Awards. We had such a great day and it was a brilliant chance for all three teams to get together for a day of celebration!



WITH  
ME   
MiND

# Be You, Be Proud!



To mark June as Pride Month some of the team in Rotherham attended Rotherham Pride. We had a stall to promote being proud of yourself where young people and their families could come over and get some information and advice. There were also opportunities to share your message for Pride and design your own pride t-shirt. We got to meet lots of services and also see some amazing entertainment that was on throughout the day!

# Summer Self Care Bingo – How many can you tick off over the summer?

## SUMMER SELF-CARE

MAKE  
YOUR OWN  
ICE LOLLIES



WATCH  
A  
SUNSET

DO SOME  
MEDITATION  
OUTSIDE

MAKE A  
SUMMER  
PLAYLIST



CAMP OUT IN  
THE GARDEN  
WITH  
FRIENDS

PLANT  
SOMETHING

HAVE A  
LIE IN

FINISH A  
BOOK OVER  
THE SUMMER

WATCH  
YOUR  
FAVOURITE  
FILM



HAVE  
A  
PICNIC


STAY UP  
AND  
STARGAZE

VISIT A  
WITH ME IN  
MIND SUMMER  
EVENT



VISIT  
SOMEWHERE  
NEW

KEEP A DAILY  
JOURNAL OR  
ART BOOK



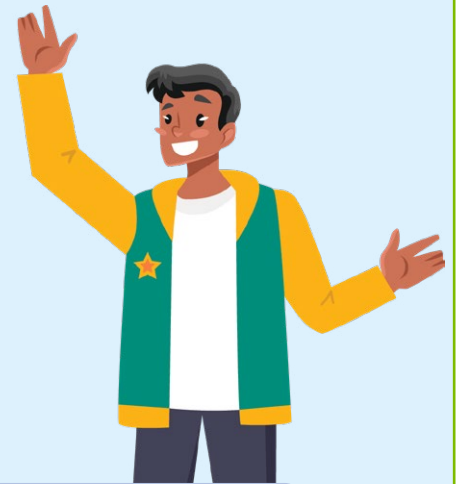
SOCIALISE IN  
REAL LIFE  
RATHER  
THAN ONLINE

HAVE  
A WATER  
FIGHT



# Your Voice Matters

With Me In Mind Rotherham are holding some young people's focus groups to find out what the barriers to accessing mental health services may be and what we can do to make sure it is easy as possible for everyone to get mental health support and advice if they need it. The focus groups will be a mixture of face to face and online so if you are interested in taking part please get in touch.



**WE NEED YOUR HELP TO UNDERSTAND YOUNG PEOPLE'S VIEWS AND EXPERIENCES**

**ARE YOU:**

- 12-18 years old
- Attending a school or college in Rotherham

**DO YOU IDENTIFY WITH ANY OF THE FOLLOWING GROUPS:**

- Male
- LGBTQ+
- From an Ethnic Minority background

**We are looking in to how to make mental health support easy to access for EVERYONE And we need your help with this...**

**If you are interested in taking part then please email:  
[rdash.with-me-in-mind@nhs.net](mailto:rdash.with-me-in-mind@nhs.net)  
or speak to a With Me In Mind worker or the mental health lead in your school.**



# Ambassador Corner

What being a Wellbeing Ambassador means to me...



"I enjoyed helping people and having the opportunity to create a better school for everyone in this school. Being a Lead Wellbeing Ambassador was one of the best things I applied for in school. I hope things I have brought into school will help everyone. I particularly enjoyed running the drop-in centre that I had suggested in my application. I loved running it with the other ambassadors. I hope the next lead ambassadors will enjoy this role just as much as I did".

Bobbi



"I enjoyed being a lead ambassador this year as I have loved helping those around me, especially the little children. I love spreading smiles and that's why I applied for this. I will really miss doing this as I will be leaving for secondary school. I hope the next ambassadors will love doing it as much as I have this year".

Abi

"I've enjoyed helping people and being a role model"

Max

## Ambassador Tips...

Some of our ambassadors at Don Valley have shared their tips for summer wellbeing and how to tackle loneliness.

1. Take time out from people and stressful situations so you clear your head.
2. Build a routine, this can make it easier to cope with changes and potential stressful situations.
3. Get active, physical activity releases dopamine in the brain which is the feel-good hormone.
4. Prioritise sleep, regular sleep makes you more emotionally stable.
5. Staying connected with your friends helps you to feel less lonely.
6. Try a digital detox, too much time on screens can be bad for us as it is often addictive.
7. Share your thinking, sharing feelings helps us to be understood.
8. Break work down, don't put it off, this can make it easier to understand.
9. Eat and drink healthily, if you do not it can mess with you physically and mentally.
10. Build your self-esteem by doing things you enjoy and can achieve.

Things that can help if you feel lonely:

- Tell someone you trust how you feel
- Use our positive ideas for summer wellbeing to uplift your mood
- Record how you feel in a journal
- Think about positive things
- Reach out to your friends – they might be feeling the same as you
- Don't be hard on yourself - it can take time to feel better.

# Catch up with us over the summer

## Rotherham



Saturday  
20 July  
10am to  
4pm

Wednesday 31 July  
11am to 2pm

**Health Bus on the Lake**  
Manvers Lake, Wath

Thursday 1 August  
10am to 3pm

**Lifewise Services Day**  
Lifewise Centre, Park Close, Hellaby

Friday 9 August  
11am to 3pm

**RPCF Disability Fun Day**  
Hooton Lodge Farm

## Doncaster

Thursday  
25 July  
1 to 3pm

**Health Bus**  
Askern Lakeside,  
Station Road

Thursday  
1 August  
11am to  
4pm

**Superhero and  
Princess Event**  
Sandal Park,  
Thorne Road

Wednesday  
7 August  
2 to 4pm

**Tom Hill  
Youth Club**  
Wadworth Street,  
Denaby

Saturday  
10 August  
12 to 4pm

**Doncaster  
Pride**  
Town Moor Fields

Wednesday  
14 August  
2 to 4pm

**Tom Hill  
Youth Club**  
Wadworth Street,  
Denaby

Wednesday  
21 August  
11am to 2pm

**Mutt Hutt**  
Doncaster  
Lakeside Village

## North Lincolnshire

Join our team for **FREE** wellbeing events across the summer holidays, where the whole family can take part in activities. More dates will be released on our social media pages @withmeinmindnorthlincs

Wednesday  
31 July  
11am to 2pm

**Wellbeing Wednesday**  
Café Indie, 169-173 High St,  
Scunthorpe DN15 6EH

Wednesday  
21 August  
11am to 2pm

**Wellbeing Wednesday**  
Scunthorpe Central, Carlton  
Street, Scunthorpe, DN15 6TX

Wednesday  
7 August

**ONGO Carnival**

Sunday 25  
August  
2 to 4pm

**Scunthorpe Pride**  
Come down and see us at  
Scunthorpe Pride, we will be part  
of the RDASH tent

# Summer wordsearch

Name: \_\_\_\_\_

## With Me In Mind Round-Up

M W I T H M E I N M I N D G B I F O  
I G W K H R O T H E R H A M F D R Y  
N W R T W V M F U N O J S P M B E D  
D D C M E N T A L H E A L T H L L O  
F H E A L T H B U S U P P O R T A N  
U M A H L M S E L F C A R E D H X C  
L A P U B C E L E B R A T I O N A A  
N B R R E H O L I D A Y S W P V T S  
E V N J I F W S U M M E R H W Y I T  
S N Y W N D F M A E V E N T S D O E  
S W Q C G Q E P U F K C A R S I N R  
M Y F A M B A S S A D O R S Q D X K

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

MENTALHEALTH  
WITHMEINMIND  
AMBASSADORS  
CELEBRATION  
MINDFULNESS  
RELAXATION

DONCASTER  
HEALTHBUS  
ROTHERHAM  
WELLBEING  
HOLIDAYS  
SELFCARE

SUPPORT  
EVENTS  
SUMMER  
PRIDE  
FUN



# Back2School

We know you won't want to think about going back to school just yet but here are some tips for when you do start preparing so you are ready for September



### ROUTINE

YOU MAY HAVE SPENT THE SUMMER HAVING SOME NICE LIE-INS BUT FOR THE NEXT FEW MORNINGS TRY GETTING UP AT THE SAME TIME YOU WILL NEED TO WHEN YOU GO BACK TO SCHOOL. IT WILL MAKE THAT FIRST BACK TO SCHOOL ALARM MUCH MORE MANAGEABLE!

### ORGANISE

MAKE SURE YOU HAVE EVERYTHING YOU NEED. SPEND SOME TIME THIS WEEKEND GETTING YOUR UNIFORM OUT AND PACK YOUR SCHOOL BAG. THAT WAY YOU WILL FEEL MORE PREPARED AND WON'T BE RUSHING AROUND AT THE LAST MINUTE

### PLAN

MAKE A PLAN FOR GOING BACK TO SCHOOL ARE YOU GETTING A LIFT? WHAT TIME DO YOU NEED TO LEAVE THE HOUSE? ARRANGE TO WALK WITH SOME FRIENDS OR IF YOU ARE CATCHING THE BUS MAKE SURE YOU KNOW WHAT TIME IT LEAVES.

### POSITIVITY

THIS YEAR IS A NEW YEAR. YOU MAY HAVE FOUND SOME ASPECTS OF SCHOOL DIFFICULT LAST YEAR BUT THIS YEAR MAY BRING NEW LESSONS, NEW TEACHERS, NEW FRIENDSHIPS AND NEW EXPERIENCES SO GO IN WITH A POSITIVE MIND

### LEARN

WHY NOT USE A NEW SCHOOL YEAR AS A REASON TO TRY NEW THINGS. FIND OUT WHAT ACTIVITIES AND AFTER SCHOOL CLUBS YOU COULD JOIN. YOU NEVER KNOW WHAT NEW SKILLS AND OPPORTUNITIES THEY COULD BRING!

### SLEEP

GET A GOOD NIGHT'S SLEEP THE NIGHT BEFORE YOUR FIRST DAY BACK. THAT WAY YOU CAN HEAD IN TO YOUR NEW SCHOOL YEAR FEELING RELAXED, REFRESHED AND READY

Did you know that With Me In Mind has an eClinic where you can talk to a worker using instant messaging? We have eClinics for parents/carers and for 11 to 19 year olds. Use the QR codes to download your FREE app and get an online appointment.

## PARENT PLUS eClinic

Available on Google play | Available on the App Store

FREE app for 5-18 Parent/Carer

## CAMHS eClinic 11-19

Available on Google play | Available on the App Store

FREE app for all young people

For further information visit: [www.withmeinmind.co.uk](http://www.withmeinmind.co.uk)



Follow us on:



## Where to get further help and advice :

Young Minds: <https://bit.ly/3eDHGHg>

BBC bitesize transition videos: <https://bbc.in/309DN7C>

With Me In Mind website: [www.withmeinmind.co.uk](http://www.withmeinmind.co.uk)