

# WITH ME MIND

## Winter Newsletter 2024

Welcome to our final Newsletter of 2024 and what another great year we have had. From Children's Mental Health week back in February, our celebration event in April, welcoming new schools to the With Me In Mind family and all the young people and staff we have met and worked with throughout the year!

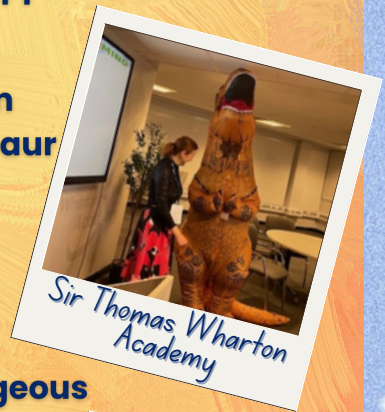
Our Winter newsletter includes some Winter wellbeing tips, a catch up about what the WMIM teams have been up to, a busy Ambassador corner and information about how you can get support from With Me In Mind over the winter break.

### WHAT'S NEW!

With Me in Mind Doncaster has become a proud ally of the Gender Positive Alliance. We continue to work with diverse and vulnerable groups in society ensuring they receive early intervention and support around their emotional/mental health.



When With Me in Mind visited Sir Thomas Wharton Academy recently, they did not anticipate a dinosaur joining the session!



After visiting Hall Cross Academy to deliver a session on Pressure and managing exam stress, Whole School Approach Coordinator Ramona shared "This is possibly the most gorgeous room I've ever delivered in'!

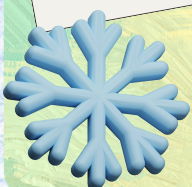


WMIM were invited to be part of a GP Safeguarding event attended by around 400 health professionals across Rotherham. The event gave us a brilliant opportunity to tell people about With Me In Mind and how young people across Rotherham can access our service.



We had an amazing (and busy) Anti-Bullying week back in November. The theme this year was 'Choose Respect' and we got lots of young people involved in activities to do with respect and wellbeing and a big thanks to our ambassadors who got stuck in to help out!

Look out for With Me In Mind who will be in the Health Zone at Rotherham Futures Fair at New York Stadium on Thursday 9th January 2025. Members of the team will be there with mental health information and activities from 10am to 7.30pm so please come along and see us!





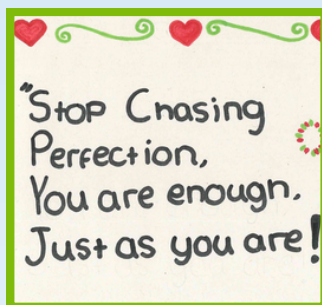


# Ambassador Corner

As the new academic year begins, Doncaster continues to expand our well-being ambassador program. Within sixteen primary schools and one secondary school wellbeing ambassadors meet regularly and share their ideas to improve mental health and wellbeing, and challenge stigma. We are also talking with an additional four secondary schools and one college around the introduction of wellbeing ambassadors within their settings.

Some of our ambassadors in Rotherham have been taking over our social media! They have been busy designing content for us which we will be posting throughout December.

Here are some of their ideas...



We have been busy this term training lots of wellbeing ambassadors across North Lincolnshire! Our training looks at mental health and what that means, we play the 'emoji game' where our ambassadors get to act out all the different emotions we all feel from time to time. We finish the training by brainstorming wellbeing activities for their schools. Here's what some of our ambassadors have to say about the training, mental health and being ambassador...

I enjoyed the drama part, I enjoyed acting out the different emotions and helped us to express emotions in different ways. I enjoyed being with the other ambassadors and thinking about how we can help others! – Gunness and Burringham Primary



I really enjoyed doing the activity where we had to pick an emoji out of the bag, we then had to act out the emotion for the others to guess. I picked out 'bored' and it was really hard to do! – Castledyke Primary

Mental health is making sure your body and mind are feeling okay and making sure you are happy and healthy – Oasis Henderson Avenue

It's about every person's thoughts and feelings not just mentally but physically as well. – Wrawby St. Mary's CE Primary (Mason)

Because I love helping others with their mindset and myself, I like to check in on people and help them to solve their problems. – Riverside Federation



To help others, to show others it's ok to not be ok. I wanted to be an ambassador because I am caring and I want to help people when they need it. I wanted to be an ambassador because I will listen to others and I am kind and caring. I know that if anyone is feeling down they can come to me. I wanted to be an ambassador to be a role model for my school. – Gunness and Burringham Primary (Frankie, Summer, Tommy, Sophie, Harry and Eleanor)

So I could help pupils that have had something that is bothering them mentally since I've known how they feel since it has happened to me. – Wrawby St. Mary's CE Primary (Will)

# WINTER WELLBEING

## 5<sup>❄️</sup> WAYS TO WINTER WELLBEING

### LEARN!

Get cosy and start a new book,  
or research something online  
that you are interested in  
and try and learn 5 new facts.



NHS

WITH  
ME  
MIND

## 5<sup>❄️</sup> WAYS TO WINTER WELLBEING

### TAKE NOTICE!

It's almost the end of **2024**  
Take some time to think about...  
G – Something you are **GRATEFUL** for  
L – Something you have **LEARNED**  
A – Something you have **ACHIEVED**  
D – A time you have felt **DELIGHT**



NHS

WITH  
ME  
MIND

## 5<sup>❄️</sup> WAYS TO WINTER WELLBEING

### CONNECT!

It's cold and dark outside so why  
not stay inside & connect with  
your family. You could watch a  
film together or get involved  
and play a game!



NHS

WITH  
ME  
MIND

## 5<sup>❄️</sup> WAYS TO WINTER WELLBEING

### GIVE!

Some people can feel very  
lonely during the winter.  
Give some of your time and go  
and visit a friend or relative.



NHS

WITH  
ME  
MIND

## 5<sup>❄️</sup> WAYS TO WINTER WELLBEING

### GET ACTIVE!

Why not get wrapped up  
warm and go for a winter walk.  
If it snows you could build  
a snowman!



NHS

WITH  
ME  
MIND



# RDASH AWARDS



The With Me In Mind teams were delighted to receive some nominations at this year's RDaSH awards. We then went on to be successful in some of the categories and want to say a huge congratulations to Michelle Heaversedge, Clinical Lead in Rotherham, who won a Silver Award for Equality, Diversity and Inclusion Champion, Lyndsey Leebetter, Clinical Lead for North Lincolnshire who won a Gold Award for 'Nurturing the Power in Our Communities' and the With Me In Mind North Lincolnshire team who won a Silver Award in 'Team of the Year Children's Clinical Care'.

Children's Mental Health Week 2025 is the 3rd to 9th February and the theme this year is 'Know Yourself, Grow Yourself'. Look out for us in your schools and we will have a special edition of our newsletter so keep an eye out on our social media for more information!

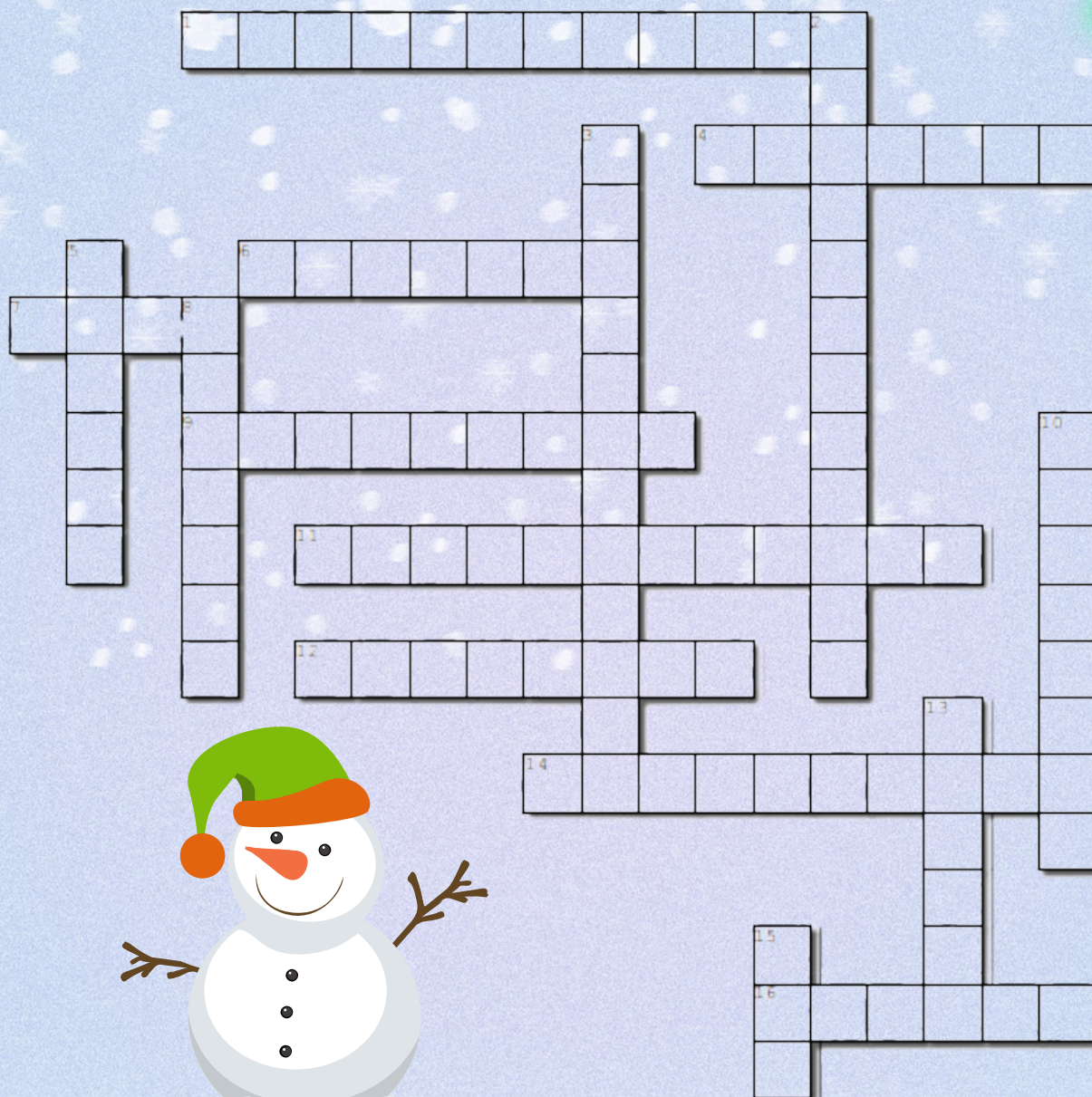




# CROSSWORD

Use the clues below to complete the crossword.

You might find some answers within the pages of this newsletter!



## Across

1. An activity that takes place on the snow
4. Something you can build to Get Active
6. What the D in GLAD stands for
7. How many ways are there to winter wellbeing?
9. A song fit for the cold (3,2,3)
11. Half of the theme of next year's Children's Mental Health Week (4,8)
12. One of these joined a With Me In Mind session recently
14. Where With Me In Mind will be at the Rotherham Futures Fair (6,4)
16. With Me In Mind won three of these recently

## Down

2. The other half of the Children's Mental Health Week theme (4,8)
3. There are 2 of these on the second page of the newsletter (3,9)
5. A film where the witch sings 'Defying Gravity'
8. How you can access With Me In Mind during the holidays
10. The last month of the year
13. The Ambassador's have one of these in our newsletter
15. Something you might put on to keep you warm



**WITH ME MIND**

**e-Clinic Holiday Opening times**

Rotherham

Monday 23rd December  
Monday 30th December

- Parents 4.30pm to 5.30pm
- Young People 3pm to 4.30pm

Doncaster

Tuesday 24th December  
Tuesday 31st December

- Parents 12pm to 1pm
- Young People 1pm to 2pm

North Lincolnshire

Monday 23rd December  
Monday 30th December

- Parents 12pm to 2pm
- Young People 2pm to 5pm

Sign up to our **FREE** app and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.

**NHS**

**PARENT PLUS**

**eClinic**

ANDROID APP ON Google play

Available on the App Store

**FREE app for 5-18 Parent/Carer**

**CAMHS**

**eClinic**

**11-19**

ANDROID APP 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)