

# WITH ME iN MIND

## SPRING NEWSLETTER 2025

Welcome to our first newsletter of 2025!

In this edition we will have updates from the three With Me Mind teams and a round up of all the fun we had during Children's Mental Health Week.

We will also have some input from our ambassadors and some self esteem tips and spring activities.

### Round Up



**We celebrated Children's Mental Health Week back in February across each of the With Me In Mind areas.**

### Rotherham

We had such a busy Children's Mental Health Week! We invited our schools to have the team in for corridor workshops where students came to speak to With Me In Mind workers and accessed a range of activities and information.

Using the characters from 'Inside Out' really helped young people to relate to different emotions. Our 'Inside Out' Mind Pong, memory box and 'Know Yourself, Grow Yourself' goal activities were really popular and we loved meeting lots of students!

### North Lincs

We worked alongside John Leggott College to deliver a 'Know Yourself, Grow Yourself' morning where we encouraged different Ambassadors to get to know each other but also to reflect on what they have achieved as Ambassadors and what they are planning to do! JLC Ambassadors planned a fantastic 'Who Stole the Pizza' activity where Ambassadors worked out which of the JLC Ambassadors stole a slice of pizza following a number of clues.

"I liked it a lot as we got to see what other schools do and gave us good ideas on what we could do" Baljot, Scunthorpe CofE

"It was amazing and all the other schools were so nice and i like the hula hoop game, thank you Abbie" Casey

### Doncaster

The Wellbeing Ambassadors from West Road Primary School spent an enjoyable afternoon with Miss Anderson, playing a mind pong game which was created to encourage children to ask each other questions about their emotions.





# UPDATE



In May, Michelle Heaversedge leaves us for a new chapter. Michelle has been the clinical lead of the Rotherham With Me in Mind team since the service started almost six years ago. She has worked with schools, young people, commissioners and health services to grow and shape the service during this time.

Thank you for all you've done Michelle – we will miss you!



As Michelle moves on to a new venture, we would like to congratulate Jemma Smedley who will be taking over as Clinical Lead for the Rotherham Team in May.

We would also like to thank some of the wonderful ambassadors at Wickersley School and Sports college who gave up their time to take part in a young person's interview panel for this role. Their questions and feedback proved to be invaluable!

UNFOLLOW  
SOCIAL MEDIA  
ACCOUNTS  
THAT MAKE YOU  
FEEL BAD ABOUT  
YOURSELF

DO SOMETHING  
YOU LOVE. BY  
DOING SOMETHING  
YOU LOVE YOU CAN  
BE PROUD OF YOUR  
ACHIEVEMENTS

CHALLENGE  
UNKIND  
THOUGHTS  
ABOUT  
YOURSELF

TIPS TO  
BOOST  
SELF-ESTEEM

KEEP A  
DIARY  
OF THE  
POSITIVES

CELEBRATE  
YOUR  
SUCCESSES, NO  
MATTER HOW  
SMALL

SURROUND  
YOURSELF  
WITH PEOPLE  
WHO CHEER  
YOU ON



# #FREEYOURMIND NATURE TRAIL

Tick off all of the things  
you can find and maybe add some of your own

Leaf ☐

Ladybird ☐

Grass ☐

Flower ☐

Twigs ☐

Rocks ☐

Birds ☐

Squirrel ☐

Fields ☐

Dandelion ☐

Tree ☐

Clouds ☐

Spider Web ☐

Butterfly ☐

Nest ☐

Bee ☐

Feather ☐

..... ☐

Nature, the outdoors  
and exercise can be a great way  
to improve our  
mental health and wellbeing.

Why not have a go at this nature trail!

[www.withmeinmind.co.uk](http://www.withmeinmind.co.uk)



# TIME TO REVISE

SAT's, GCSE's and A-Level exams are on the way.

We want you to feel as prepared as possible so why not use our revision timetable to start scheduling some time to revise.

Also find a revision space that works well for you so that you can get the most out of the time you spend revising.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Use this timetable to plan in some revision time for each of your subjects. Remember to book in some breaks, positive activities and time to eat well and get a good nights sleep. Give yourself some revision rewards by doing something you enjoy and be realistic about how much revision you can do each day.





WITH ME MIND

# Ambassador Corner



The Sixth Form Wellbeing Ambassadors from The McAuley Catholic High School in Doncaster recently held several activities for students to get involved in.

These included: -

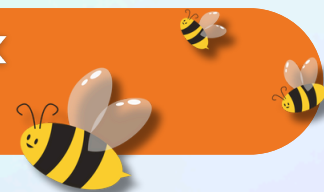
- 'Time to Talk, Walk' – Where students took their friends for a walk and chatted, asked how each other were doing, checked in and got some fresh air
- Drink and Biscuit Station where students joined the Sixth Form Wellbeing Ambassadors for a hot drink and a chat.
- Origami for everyone – to inspire creativity
- Mindful Yoga – to encourage relaxation.



SAVE!  
THE DATE

## Mental Health Awareness Week

### 12th to 18th May 2025



# HELLO SPRING

Find the words listed below hidden in our Spring Wordsearch



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

**AMBASSADORS**  
**CONFIDENCE**  
**COURAGE**  
**HOLIDAYS**  
**INSPIRE**  
**KINDNESS**  
**NATURE**  
**NEWSLETTER**  
**POSITIVITY**  
**REVISION**  
**SELFESTEEM**  
**SPRING**  
**SUNSHINE**  
**WELLBEING**

**WITH ME MIND**

**e-Clinic Holiday Opening times**

Rotherham

- Wednesday 2nd April
- Wednesday 9th April
- Young People 3pm to 4.30pm
- Parents/Carers 4.30pm to 5.30pm

Doncaster

- Tuesday 1st April
- Tuesday 8th April
- Parents 1pm to 3pm
- Young People 3pm to 5pm

North Lincolnshire

- Monday 14th April
- Wednesday 16th April
- Wednesday 23rd April
- 12pm 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)