

# WITH ME IN MIND

February 2022

## Celebration Newsletter



**Welcome to With Me In Mind's Celebration Newsletter!**  
**On 4 February 2022 the With Me In Mind services for Rotherham and Doncaster will turn 2 years old.**

During the last 2 years we have worked with some amazing young people, parents, carers and schools to help promote positive mental health and offer support around emotional wellbeing.

We wanted to share our celebration newsletter to show the work that has been going on across Rotherham and Doncaster and also to say a big thank you to everyone that has been involved!

We have some exciting plans in place for 2022 and can't wait to see what the future brings for the team and our partner schools.

### Get Creative...

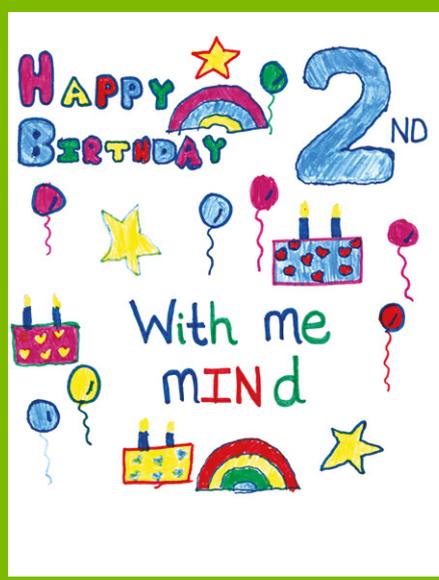
At the start of the year we launched a birthday card competition across our primary schools.

We wanted the pupils in Rotherham and Doncaster to grab their felt tips and pencils and get creative to help us celebrate our 2nd birthday. We were overwhelmed with the amount of amazing and artistic birthday card designs we received so thank you to everyone that took part.

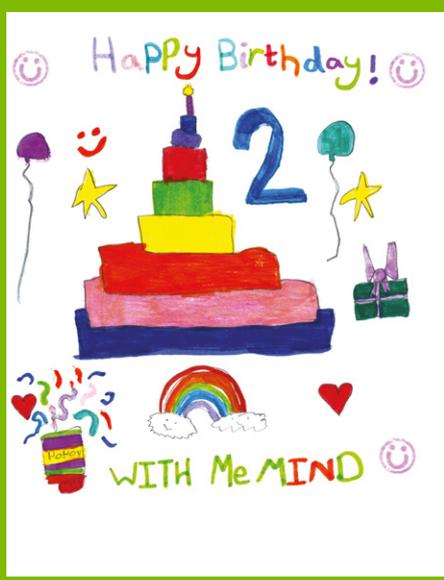
We also had the help of Victoria Cusworth (Local councillor and cabinet member for children and young people) who kindly agreed to choose a winner. Victoria said "Wow! Thank you so much for asking me to judge this competition. It was a difficult task as all the entries were great and a huge well done to everyone who submitted a design for the With Me In Mind 2nd Birthday Competition."

### The chosen winners were:

**Lana Roddis** from Herringthopre Junior School.



**Kiah Thorpe** from Mexborough Highwoods Academy.



Lana and Kiah will get their designs printed on to some very special birthday cards and they also won some Amazon vouchers, With Me In Mind goodies and an art set so they can carry on being creative!

## Your feedback matters

We recently had some lovely feedback from a family that we supported. It is so nice to hear feedback and it's also really important so that we know what is working well and what we need to develop within the service. Angela wanted to share how she and her daughter had worked with our service...



Watch the video on YouTube @ <https://youtu.be/h2voAoi810A>

Or scan our quick link QR code:



"I can't thank Hannah and With Me in Mind enough for the help I have received this year. My daughter Emmie was always a happy little girl. Yes, sometimes clingy and emotional but no more than many other children. After lockdown in 2020 Emmie began to suffer from what we now know is anxiety. As a result of this she started to develop a tick which was at times quite painful for Emmie. After not really getting anywhere with her GP or the hospital the school referred me to With Me in Mind. I found Hannah so lovely to talk to and it finally felt a relief to speak to someone who listened and understood what we were going through. Through our sessions and reading the book and programme Emmie now seems to be able to cope with her anxiety and can sleep by herself with no problems at night.

After a year of sleepless nights, lots of tears and a sense that this was never going to end, we are finally in a good place. Hannah gave me the confidence and tools to work with Emmie and help her to realise she was in control of the anxiety. I can't tell you what a relief it is. I feel now we know the right way to talk to Emmie and help her before she even gets to the point where she is in an anxious state. I didn't realise how some of the things I was saying, even though I thought they were being helpful, were in fact feeding Emmie's anxiety. Hannah was amazing throughout and I am so happy to say Emmie is in a brilliant place. I 100% believe this is through the help of Hannah and With Me in Mind.

Thank you for all of your help and for listening to me natter on for what felt like hours! You have been amazing!"

## We also received some feedback from some young people we have been working with...



'When I was associated with With Me In Mind I felt very comfortable sharing my ideas and the worker was very polite and made it easy to understand the questions. Overall it was a pleasure to work with With me In Mind and I wouldn't mind working with them again'

Aston Lodge Primary School kids. Watch the video on YouTube @ <https://youtu.be/cit8fEZDdZ8>

Or scan our quick link QR code



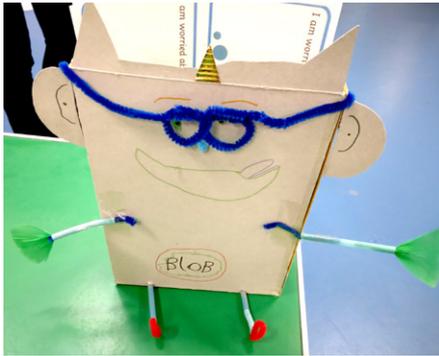
'Hi Joy, thankyou for the last few weeks, you've really pushed me and made me feel better. It feels good that I can do some things that I couldn't see myself doing before. Both you and Sav have helped me so much and I thank you for that'



# Worry Monsters

Aston Hall Infant and Junior school invited parents and their children to take part in a With Me in Mind Worry Monster Workshop.

Each child created a funky and fun Worry Monster that they were able to take home with them. Worry Monsters are a great way to introduce children to talking about their worries in a fun creative way. Children can write down their worries and feed it to their worry monster – they don't like to be hungry! This allows them to get their worries out of their head and share them with a loved one. Everyone involved had a great time making some crazy, creative Worry Monsters.



## Wellbeing Word Search

Can you find 8 words hidden in our word search?

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

BIRTHDAY  
ROTHERHAM  
MENTALHEALTH

NHS  
DONCASTER  
TWO

WELLBEING  
WITHMEINMIND

Dates to remember:

**time to talk day**

03/02/22



Rethink Mental Illness.

Place2Be's

**CHILDREN'S MENTAL HEALTH WEEK**

7 - 13 FEBRUARY 2022

RANDOM ACTS OF KINDNESS FOUNDATION

**make kindness the norm.**

RANDOM ACTS OF KINDNESS DAY 2022

Thursday, February 17<sup>th</sup>, 2022

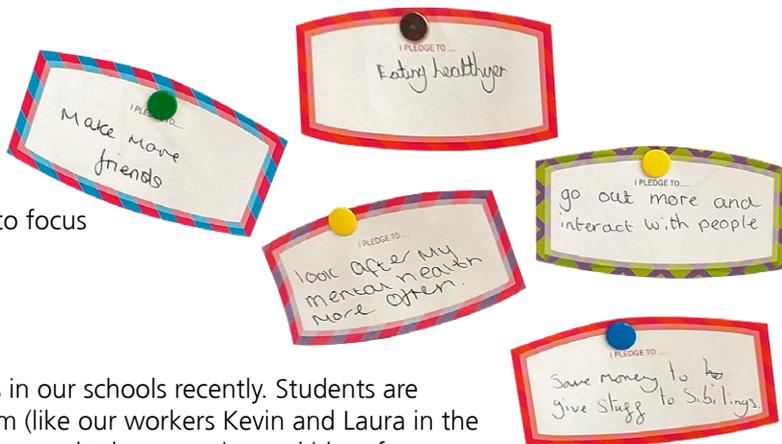
**Love Your Pet Day**

February 20



## Positive thinking

The With Me In Mind Team have been working with Laurel Academy this week to discuss positive thinking and make some positive change pledges. Making a positive change can help to build confidence, learn new skills, improve emotional wellbeing and give something to focus on. What would your positive change pledge be?



## Don't stress

We have been carrying out some exam stress workshops in our schools recently. Students are greeted by a smiling face from the With Me In Mind team (like our workers Kevin and Laura in the photos) and can discuss some of their worries about exams and take away tips and ideas for managing stress and doing their best. Our handy revision highlighters and water bottles have also proven really popular! Keep an eye out on your schools website/newsletter and With Me In Mind social media for the different workshops that may be happening in your school this year.



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:  
<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: <http://www.withmeinmind.co.uk/videos/>