

# WITH ME MIND

## Autumn Newsletter 2023

**Welcome to our Autumn Edition of the With Me In Mind Newsletter.**

We hope you all had a brilliant summer break. Our teams are eager to get back into schools and colleges and start seeing you all!

We have a busy Autumn with World Smile Day, World Mental Health Day, World Kindness Day AND Anti Bullying Week coming up! Look out for us in your schools, come and say hello, get involved with the activities or follow us on social media – we are looking forward to seeing you!

### Summer Round Up!

With Schools and Colleges closed the summer gave our teams some opportunities to get out in the community.

The Doncaster team attended Doncaster Pride alongside Zone 5-19, CAMHS and Eating Disorders Team. It was a great event and we were able to chat to lots of families and share more about what our service does.

The Rotherham team took the Health Bus to Manvers Lake in Wath, which turned out to be a great afternoon (despite the weather) and they attended Rotherham Disability Day in partnership with Rotherham Parent Carer Forum where they met lots of great young people and families and got the chance to meet lots of other great services.

North Lincolnshire got out and about doing lots of great Wellbeing Wednesday events across their region and also popped down to Armed Forces Day and Scunthorpe Pride.

What a brilliant summer!





# We're growing!



At the end of July we welcomed lots more schools in to the With Me In Mind family in Doncaster. Our team have been busy delivering assemblies and hosting coffee mornings in the schools so they could find out more about the service, meet the team and start planning the work we will all do together. We look forward to working with all of our new schools this academic year. Doncaster's new schools are:



The theme of this year's Anti-Bullying Week is 'Make a Noise about Bullying'. This year it runs from 13th to 17th November. We want to raise awareness on bullying and also make sure everyone understands what can be hurtful and harmful to others and think about Bullying vs Banter. Its not banter if:

- You would be upset if someone said it to you
- It's hurtful
- You're not friends
- Someone's asked you to stop
- The target isn't laughing
- It focuses on someone's insecurities.



Think about how you, your classmates and your school can 'Make a noise about bullying'...

- Display Anti Bullying posters around your school
- Make a Anti Bullying Pledge
- Write a class poem or song about bullying
- Create an Anti Bullying mural
- Be kind to those around you
- Ask for help if you are experiencing bullying
- Stand up for others
- Check out the Kidscape and Anti-Bullying Alliance websites for more information.

# Brighten your smile!



6th October is World Smile Day and we want to brighten smiles across Rotherham, Doncaster and North Lincolnshire! When you smile, you are telling your brain that you are feeling positive and happy. In response to this, your brain releases serotonin, dopamine and endorphins, which are sometimes called 'happy hormones' because they help to boost your mood. You can think of your smile as the best free gift – giving a smile to someone makes you feel happy, and the person receiving it can feel happy too! Why not decorate our smiley face with words, patterns or colours of your own. We would love to see some of your designs!



# Managing Anxiety

This month our practitioners will be in schools delivering workshops on anxiety. Anxiety is a feeling of unease, such as worry or fear.

Most of us worry sometimes – about things like friendships or school – and feel anxious when we're under pressure, like at exam time. But afterwards we usually calm down and feel better. However, when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety may become an issue. Sometimes when we have anxious thoughts it is helpful to do or think about something else. This can help you to feel calmer. The aim of distraction exercises is to bring your focus to something else and encourage you to focus on the present moment which can help quieten your worries.



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### Breathing Technique

Pretend you are smelling a flower and take a deep breath in through your nose

Now pretend to blow out a candle. Exhale through your mouth



## WITH ME **IN** MIND NHS

### Distraction Techniques

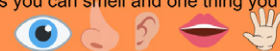
**Colour:** start by choosing your favourite colour. Look around and notice how many objects in your chosen colour you can see. Repeat with different colours until you feel more calm



**Alphabet:** Go through the alphabet and think of animals, names, food movies etc. beginning with each letter

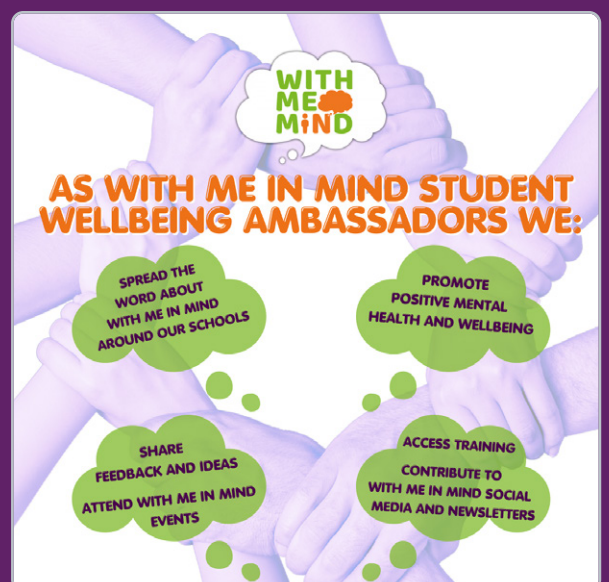


**5,4,3,2,1:** Pay attention to your senses. Notice 5 things you can see, 4 things you can touch, three things you can hear, two things you can smell and one thing you can taste



## Ambassador Corner

We will be welcoming back some of our existing ambassadors and also saying Hi to some new ambassadors this year. They are very keen to get started and share their ideas on mental health in schools and colleges. You will be hearing much more from them in upcoming newsletters. If you are interested in finding out more about becoming an ambassador then you can speak to a **With Me In Mind** worker or the **Mental Health Lead** in your school.





# Parent/Carer Workshops

The team in North Lincolnshire are holding some virtual and face to face workshops for Parents and Carers.


## Tackling Your Child's School Avoidance

Is your child struggling to attend school or lessons? Are they finding school overwhelming, but there is no specific reason such as bullying or struggling with academic pressures? We understand that it can be difficult to know how to help.


Join With Me in Mind North Lincolnshire for a practical session to understand how anxiety can impact school attendance we will look at understanding and recognising the signs, ideas to help your child during these times, as well as ideas of how to work collaboratively with their school.

*Scan the QR code for more information and to book your place*

Face to Face Workshop  
(multiple dates and locations)



Online Workshop  
Tuesday 14 November




## Supporting Your Child Through Bullying

Is your child experiencing bullying or unkind behaviour from others? Has this impacted on their mental health and wellbeing?


Join With Me in Mind North Lincolnshire to consider how to support your child through this difficult time, learn strategies and receive signposting on steps that you can take.

*Scan the QR code for more information and to book your place*

Face to Face Workshop  
(multiple dates and locations)



Online Workshop  
Tuesday 14 November



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*

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)



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## 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)