

WITH ME iN MIND

Autumn Newsletter 2024

Welcome to another edition of the With Me In Mind newsletter and the start of a new school year!

We hope you have all started to settle back into your schools over the past few weeks. As this is a new school year there may be some of you that have started at a new school or never accessed support from With Me In Mind before. In this edition we thought we would do a quick refresher so that you can fully understand who we are and what we do so that you can get the most from what we offer in your school/college.

Autumn also brings with it Anti Bullying Week in November and some new ambassadors in our schools and colleges over the next few weeks, so we'll be telling you a little bit more about that too!

Who are With Me In Mind?



WHO ARE WITH ME iN MIND?

We are an NHS service that supports Children and Young People with their mental health.

Our teams work in some Primary school, Secondary schools and College across Rotherham, Doncaster and North Lincs

WHO ARE WITH ME iN MIND?

We can offer support around anxiety, worries, feeling down, sleep, fears, confidence and friendships.

We do one to one sessions, group work, have an e-clinic and can give advice to parents, carers and staff in school/college



WHO ARE WITH ME iN MIND?

You might also see us in school doing assemblies, information stands and parents evenings.

We also have a newsletter, a website and social media pages.



A Day In The Life Of...

The With Me In Mind teams in Rotherham, Doncaster and North Lincs are often expanding and there are lots of different job roles that people do to contribute to making the services work well so that young people can get the best support possible. We wanted to tell you a little bit about what some of the team do in their roles so you can get to know them a little but and understand what a typical day at With Me In Mind might look like!

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A day in the life of....

Eloise Hunt Senior Wellbeing Practitioner



I usually set my alarm for 7am so I have time for breakfast, (usually something sweet!), I then make an iced-coffee, grab my lunch box, and set off driving to the office. I enjoy my scenic drive to work; I pass lots of farm animals and a huge reservoir on the way.

I get to the office for 9am and reply to emails, catch-up with colleagues and collect my printing for the day. I then set off to one of my schools to deliver 1:1 low intensity cognitive behavioural therapy to young people, I will usually meet with around 3 young people during this time.

I then return to the office to eat my lunch with colleagues and write up my notes on my computer. At about 1pm I go into a supervision meeting where I talk through some cases with someone in my team to give them some support and ideas.

At 2pm I deliver my afternoon sessions that take place either online or in the office. I might even have an assessment during this time where I get to meet with a young person and their family for the first time and plan their treatment sessions.

At 4pm I have my end of the day treat which is a can of Dr Pepper, I drink this whilst replying to emails, making calls, sending letters and writing-up session notes.

My working day finishes at 5pm. At 5pm I drive home listening (and singing!) to Shania Twain/Arctic Monkeys. When I get home, I cook with my partner then complete some of my university work. On Tuesday's I go to study at University in Newcastle, I am enjoying studying a new course that is currently teaching me how to adapt and deliver low intensity cognitive behavioural therapy to neurodiverse young people.

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A day in the life of....



Stephanie Chambers, Senior Education Mental Health Practitioner

I start work at 8.30am preparing for the day including collecting resources for sessions, and reviewing previous sessions. I then send out messages to remind students and parents of the sessions. Checking over emails then writing notes to prepare for a school meeting later in the day.
9.00am – Session with a parent and I get some feedback from them and make sure they feel happy with the next steps and the work we have done together.

10.00 – 10.30am: Writing notes up from the parent session and then make my way to one of my schools

11.00- 12.00: 1-to-1 Session with Y11 pupil doing an intervention for low mood. We review goals and set some home tasks and agree on next week's appointment.

12.00 – 12.30: Lunch and typing up notes

12.30 – 1.30: 1-to-1 appointment with a student on anxiety.

1.30-2.00pm: Type up my notes for previous session including email to schools

2.30-3.30pm: Meeting at a school for a young person I work with where school and parents will be there too: We discuss some support work with myself around worry management.

4.00-4.30pm: Add notes from meeting on the system, book next session with young person, and message parent to say well done to the young person and her for managing the meeting.

4.30pm – 5.00pm: Look over emails, make plans for tomorrow and review a powerpoint for an assembly first thing at a primary school.

5.00pm onwards..... relaxxxxxx

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A day in the life of....



Kayley Trainee Education Mental Health Practitioner

08.20-8.30: Travel to school

08.45-09.40: Shadow session 2 of Behavioural Activation

09.45-10.40: Shadow Worry Management session 4

10.40: Check emails

10.50: Watching EMHP write notes and submit onto SystemOne

12.00-12.30: Lunch

12.30-12.50: Travel to primary school for Classroom workshop to create a worry monster

13.00-15.00: 2 Classroom workshops with Year 6 students

15.00-15.30: Travel home

15.30-16.00: Record classroom workshops

16.00-16.30: Health Inequality meeting with local service

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A day in the life of....



Lisa McIntyre Whole School Approach Lead

9:00-9:15: Check Emails
09:15-9:30 Travel to a school
9:45-11:15: Audit Review with School Leaders
11:15-11:30 Travel back from Home
11:30-12:30 Type up meeting notes and record activity on SystmOne
12:30 Send follow-up paperwork to School and relevant Team member
12:30-13:00 Lunch
13:00-13:30 Check Emails
13:30-13:45 Travel to another school
14:00-15:00 Support School to write a wellbeing policy for the school setting
15:00-15:15 Travel Home
15:30-16:45 Prepare a Staff wellbeing report following a survey at one of our schools
16:45-17:00 Check Emails

What's coming up...

Three new schools!

Rotherham will soon be welcoming three new secondary schools to the With Me In Mind family. We are taking the NHS health bus to these schools so that students can get the chance to meet some of the team and learn more about what With Me In Mind will be doing in their schools. If you go to one of these schools then look out for the health bus in your school grounds and come and say Hi!



Tuesday
24 September
10am to 1pm

Thrybergh Academy



Wednesday
25 September
10am to 1pm

Aston Academy



Thursday
26 September
10am to 1pm

Swinton Academy



Wellbeing Wednesday – North Lincs

Wednesday • 23 October

11am to 2pm

With Me in Mind X Youth Bus
Central Park, Scunthorpe

Nothing About Us Without Us (North and North East Lincolnshire Group)

Friday • 25 October

Time: TBC (check our social media)

Café Indie, Scunthorpe We will be attending the North Lincolnshire meeting, where young people can have their say on mental health services and get involved in fun projects!

Friday
4 October

World Smile Day



Thursday
10 October

World Mental Health Day



11-15
November

MAKE A NOISE ABOUT BULLYING

#ANTIBULLYINGWEEK



Choose Respect

The theme of this years Anti-Bullying Week is 'Choose Respect'. Respect is about keeping in mind someone's wishes, feelings and rights when we speak to them or about them.

Take a look at some ways you can be respectful and can manage issues in a respectful way. With Me In Mind will be in schools and will be sharing activities during Anti-bullying week to share more information about respect.



EXAMPLE RESPECTFUL DISAGREEMENT PHRASES

- "I don't think we will agree so shall we do something else we both like?"
- "I get what you are saying, but I think..."
- "I don't want to argue with you, you're my friend..."

ANTI-BULLYING ALLIANCE

MAKE A
NOISE
ABOUT
BULLYING

#ANTIBULLYINGWEEK

RESPECTFUL CONFLICT TOOLS

- Stay calm and listen to the other person
- Use kind and respectful language.
- Try to understand the other person's point of view.
- Suggest a compromise or find a solution together.
- If needed, ask for help from a teacher or adult.

ANTI-BULLYING ALLIANCE

MAKE A
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#ANTIBULLYINGWEEK

Ambassador Corner

We have been busy welcoming some new ambassadors and getting them settled in to their roles this year and we will be expecting lots from them in Ambassador Corner in our next few newsletters. For now we wanted to tell you a little more about what wellbeing ambassadors do and remind you to find out who your school's ambassadors are and make sure you say hello.



We get involved in mental health events.

WITH ME MIND
AMBASSADOR

We act as a voice for young people and share thoughts and ideas.



We contribute to With Me In Mind social media and newsletters.



We develop activities, assemblies and displays so students can access information in a way that works for them.

WITH ME MIND
AMBASSADOR

We promote positive mental health and wellbeing.



We get involved in interviews, selection panels and focus groups.



Chill Out, Check In

WELLBEING CHECK-IN

This month I have mostly felt: (circle any feelings you have or write your own words)



Mad/Angry/
Frustrated



Sad/Worried/
Scared/Anxious



OK/Tired/
Bored



Happy/Calm



Very Happy/
Excited/Proud

My energy level has been:



I have no
energy



I don't have
much energy



I have
some energy



I feel
energetic



I am full
of energy

My sleep health:



I'm not
sleeping



I keep going to
bed really late



I wake in the
night sometimes



I am
sleeping well



My sleep is
great!

I have been eating
well/healthily



Yes

No

I have had chance
chance to exercise/get outdoors



Yes

No

I need to talk to an adult
adult about something



Yes

No

Something I am proud of
this month:

One thing I am going to do next
month to look after my wellbeing:

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Sudoku

It's been a while since we have had a sudoku puzzle so for those of you that like numbers then why not have a go at our sudoku challenge!

							5	9
4						2	6	
	9	1	6		5			
8	1	2	3		9			
		3	1	5	2		8	
5	6			8	4	1		
2		4				8		
				4			3	
9	8	6		3				5

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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.









FREE app for 5-18 Parent/Carer









FREE app for all young people

For further information visit:
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