

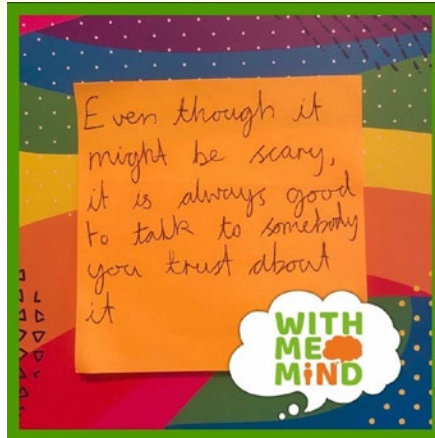
WITH ME IN MIND

May 2022

Welcome to With Me In Mind's Spring newsletter

The year is moving fast and lots of the young people we work with told us that they are happy that life is starting to get back to normal but there still things going off in the world that can make them worried.

With this in mind, we started February with our 'Students Speak Out' campaign. We asked the wonderful students in our With Me In Mind schools to write down their tips for looking after their mental health and emotional wellbeing. We got loads of amazing ideas and shared these across our social media which was very helpful for lots of people.



Thank you to all the students that contributed.



Saying "hello" to our new schools

We are very pleased to announce that With Me In Mind has started to work with some new schools and colleges. They are:

We are starting to meet with all our new schools and want to take this opportunity to welcome them to With Me In Mind. We are very much looking forward to working with them and the exciting plans for the future.

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| <p>Thomas Rotherham College,
St Pius X Catholic High School,
Oakwood High School,
St Bernards Catholic High School,
Swinton Queen Primary School,
Bramley Sunnyside Junior School,
Ravenfield Primary School,
Blackburn Primary School,</p> | <p>St Josephs Catholic Primary School,
Malby Lilly Hall Academy,
Maltby Hall Academy,
Wath Central Primary School,
Maltby Redwood Academy,
Canklow Woods,
Thorpe Hesley Primary School,
Sitwell Junior School</p> |
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Mental Health Awareness Week – May 9 to 15

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The theme of this year's Mental Health Awareness Week is loneliness.

Loneliness has had a big impact on people, especially over the past couple of years during the pandemic. Our connections with people are an excellent way to help protect our mental health and emotional wellbeing. We can all play a part in helping to reduce loneliness.



If you're feeling lonely it might be a good idea to keep a journal. This can help you understand your feelings better and notice any patterns or triggers.

Don't read too much into social media. People like to only show the positive aspects of their life. Behind that smile or that photo with lots of friends someone could be feeling lonely too.

Get involved with something you enjoy. Finding people who have similar interests to you can really help. Are there any after school clubs or activities in your area?

Remember that you can't 'fix' someone's loneliness by yourself. Just be kind, listen and be supportive. If you or they are worried it's getting too much then encourage them to speak to someone else

Check in with your friends and family. Send them a text, give them a ring, see if they want to do something. If they say they are ok' then try starting a conversation.

Some useful info to help with

Loneliness Student Guide
([mentalhealth.org.uk](https://www.mentalhealth.org.uk))



**A Kid's Guide to Feelings:
Feeling Lonely Children's Book**
by Kirsty Holmes | Discover
Children's Books, Audiobooks,
Videos & More on Epic
([getepic.com](https://www.getepic.com))





A day in the life of...



Welcome to our new series of 'A day in the life'. This is where we introduce you to different members of our team and tell you a little bit more about the work we do at With Me In Mind. No two days are the same but Elysia Lancaster, one of our Senior Practitioners has told us a little but more about what one of her workdays might look like:

8.30am – Get out of bed – I like my sleep. Make sure I get breakfast ready

9am – Team meeting time

10.30am – Tea break

11am – Deliver supervision to our trainees to help them with any questions they may have

12noon – Lunch and time for a walk to refresh myself for the afternoon ahead. My best lunch is a cheese sandwich and some grapes (if it is Friday the grapes are replaced with chocolate)

1pm – Get all my materials ready for the primary school workshop I'm delivering



2pm – Deliver primary school workshop. This time it was for Year 6's, and it was on exam stress, as their SATS are coming up soon

6pm – Did all the admin for the workshops – this is not always fun

5pm – Delivered a parent-training session virtually on anxiety, and ways that parents can help to support their children

6pm – Time for some exercise in the gym. I like lifting weights

7pm – Time to relax on the sofa with a blanket and eat some dinner.

Datestoremember:



Feeling sleepy...



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Our team has been out and about talking to students across our schools.

Our workers Laura and Rachel did a sleep workshop at Aston Lodge

Primary School. Having a regular sleep pattern and getting a good night's sleep is really good for your mental health and wellbeing. Here are some tips we have been sharing to get a good night's sleep:

- Relax before bedtime – try and come off all electronic devices for at least an hour before bed
- Try and do some exercise. Exercise releases positive endorphins which make us feel good and it will also make us tired ready for a good night's sleep
- If a worry, thought or something you need to remember pops into your head at bedtime, write it down on a piece of paper and deal with it the next day. There is not much you can do about things at bedtime and these thoughts will only interrupt your sleep. Get them out of your head, and on to the paper then you can get a good night's sleep and ready to take on the next day.



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/>