

WITH ME *iN* MIND

Spring Newsletter 2023

Welcome to the Spring Edition of the With Me In Mind Newsletter.

We hope you got chance to enjoy the snow we had a few weeks ago but we are really hoping for some nice sunny weather very soon! The With Me In Mind teams in Rotherham, Doncaster and North Lincolnshire have had a busy few months. We had Children's Mental Health Week in February and were focussing on the benefits of a good night's sleep during March. We are also working closely with our Student Wellbeing Ambassadors to develop and improve our newsletter so you may find new features and different things coming up in our next few editions!

Sweet Dream zzz...

March has been Sleep Awareness month for With Me In Mind. We have been giving out information to show the importance of sleep and how it can impact on our mental and physical health. If you haven't already had chance then take a look at some of our tips and try filling in our sleep tracker to help you get in to a good bedtime routine:



Top Tips...

Exercise during the day and try and get plenty of natural daylight. This helps produce the chemical melatonin which helps us sleep.

Set aside any worries during the day for 'worry time'. Try not to do this too close to bedtime.

Come off all electronic devices around an hour before bed. Have a warm bath or shower, read and practice mindfulness, relax.

Try and go to sleep when you feel sleepy, rather than staying up late.

Keep a sleep diary (at least for a week to try and work out what might need changing).

Try to keep the same bedtime routine. Go to sleep and wake up at the same time each day.

Drink a glass of water or warm milk to relax.

Use positive imagery. Imagine a place where you feel calm and happy like a beach or sunflower field.

Why is sleep important?

Helps you to physically recover from the day and repair your body

Improves your memory and concentration

Lowers stress and helps to improve your mood

Strengthens your immune system

Encourages healthy growth and development

Increases energy levels, creativity and resilience



Sleep Tracker

	WHAT TIME DID I GO TO BED LAST NIGHT?	WHAT TIME DID I WAKE UP THIS MORNING?	WHAT DID I DO FOR THE HOUR BEFORE BED?	HOW MANY HOURS SLEEP DID I GET IN TOTAL?	WHAT WAS MY MOOD LIKE TODAY?
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



Lights, Camera, Action!



Some of our student wellbeing ambassadors had an exciting opportunity to take part in some filming with a professional filming company. They were filmed speaking about being ambassadors, the type of things they have got involved in and why they think it is important that students have a voice in what happens around mental health and wellbeing in their schools. They had a great day and were all naturals at being on camera! Their interviews will be part of a short film for NHS England which will show how mental health support teams work with schools. We will let you know when the film is ready and where you can watch it!



WMIM wellbeing ambassadors pictured during filming.



Believe in yourself!

The With Me In Mind teams will be working towards sharing messages about self esteem and confidence building during May. Keep an eye out in your schools and on our social media throughout May for more information and advice. But for now why not have a go at drawing around your hand, then in each finger write something positive about yourself. It can be something you are good at, something you like about yourself, a special skill or a positive personality trait. Then decorate the hand however you wish. Have a look at your self esteem hand every day to give your self esteem a boost and to remind yourself you are **unique, special and amazing!**



Coping with Exam Stress...

Lots of children are beginning to prepare for exams. This can be a stressful time for children so we have put together some information on how you can support your child through this.

Signs of stress:

- Headaches and stomach pains.
- Change in sleep or eating habits.
- Losing interest in activities.
- Reluctant to go to school.
- Being negative and seeming low in mood.
- Feeling tense.
- Being irritable.
- Lacking in motivation.

EVENING REVISION TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					

Use this timetable to schedule in revision time for each of your subjects. Remember to book in some breaks, positive activities and time to eat well. Give yourself some revision rewards and be realistic about how much revision you can do each day.



Top tips for supporting your child:

- Make sure your child is eating well. A balanced diet is important for energy levels and brain development.
- Help your child get enough sleep. You can refer to our sleep tips to ensure your child is getting 8-10 hours per night.
- Be flexible during exams. If your child is revising all day, try not to worry about household jobs left undone or untidy bedrooms.
- Help your child study. Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision. If possible, work alongside your child to encourage productivity.
- Talk about how they are feeling. Remind your child that it is normal to feel worried. If their anxiety is increasing, encourage them to practise activities they will do on the day of the exam as this will make it feel less scary. If you are concerned about your child's anxiety, speak to a member of school staff about support that is available.
- Make time for rewards/treats. Think about rewards or treats for doing revision and getting through each exam. These do not have to be expensive; they may be simple things like watching TV or making their favourite meal.
- Encourage them to use a revision timetable so they can schedule their time. This will help them to feel more organised and make sure they plan in regular breaks. You can use our revision timetable here or make your own.



Spreading the word!

Our North Lincolnshire team attended a Careers event called Aspirations Academy at Outwood Brumby Juniors earlier this month. We were able to talk to parents/carers and young people about our service...*Thank you for having us Brumby Juniors, what a fantastic event!*



Pictured: WMIM team member with Janet Longcake Deputy Mayor of North Lincolnshire.



WMIM Team.

Spring Crossword

Our Wellbeing Ambassadors have asked us to include a crossword in this edition of the newsletter to give you something to do over the holidays...*give it a go!*

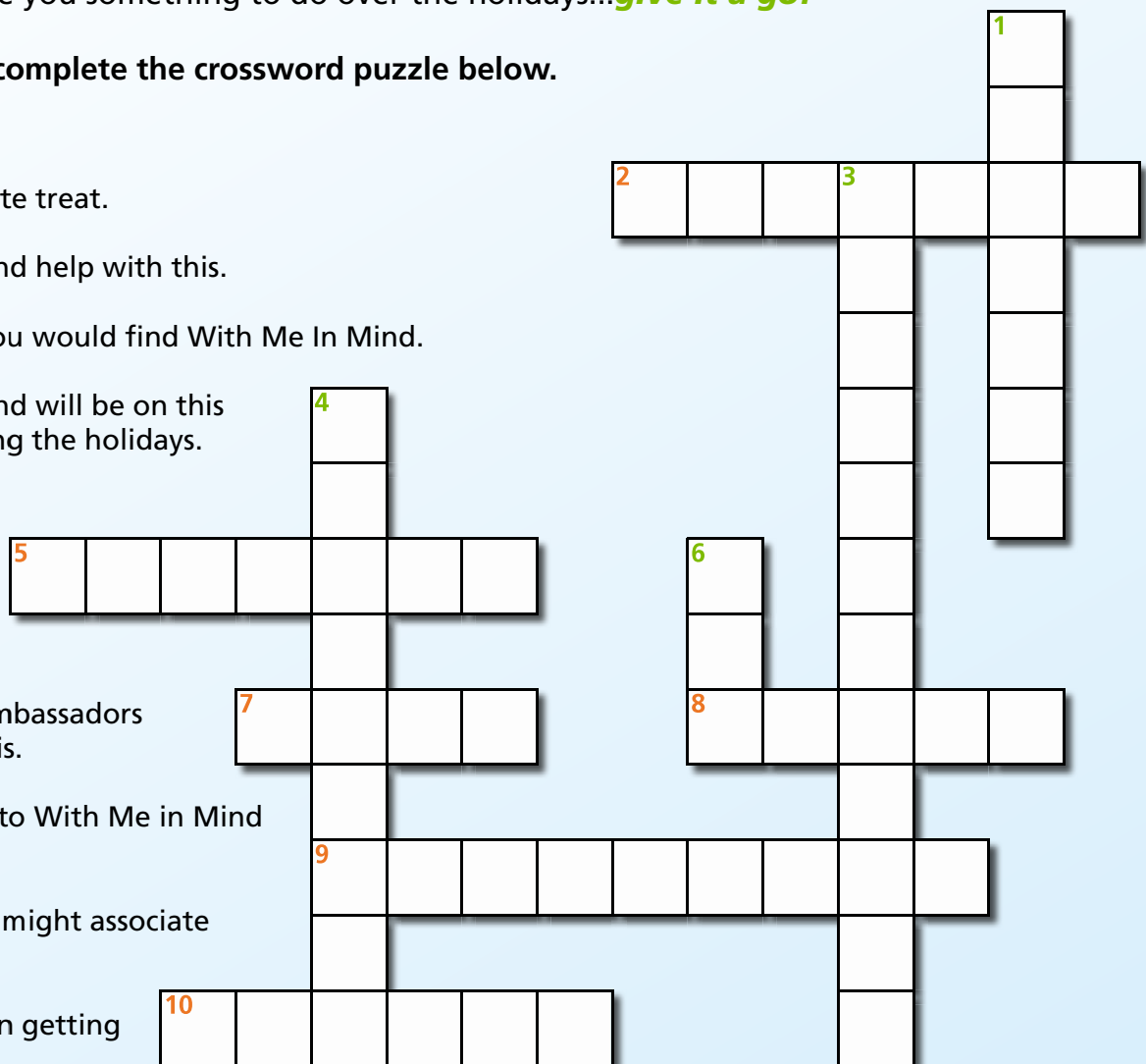
Use the clues to complete the crossword puzzle below.

Down:

1. A little chocolate treat.
3. With Me In Mind help with this.
4. A city where you would find With Me In Mind.
6. With Me in Mind will be on this Transport during the holidays.

Across:

2. Some of our ambassadors took part in this.
5. You can speak to With Me in Mind on this app.
7. An animal you might associate with Spring.
8. We have tips on getting a good nights...
9. Making one of these can help with exam revision.
10. The season of our newsletter.



Come and see us on the Health Bus!

With Me In Mind is on Tour! Our teams in Rotherham and North Lincolnshire will be out and about during the Easter Holidays. We will have mental health and wellbeing advice, information and activities so why not come and say Hello!



Rotherham
Parkgate Retail Park,
Tues 11 April
9.30am - 12pm

Scunthorpe
Central Park,
(Kingsway Car park)
Tues 11 April
2 - 4.30pm

Hop on board and find out more about our services, get information on positive mental health and wellbeing.

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



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