

WITH ME *i* IN MIND

With Me In Mind Summer Newsletter 2023

Welcome to the Summer edition of our With Me In Mind Newsletter. What a busy few months we have had supporting students with exam stress, transition preparation and also recruiting some new ambassadors! We hope you are very much looking forward to the summer break. Please take the time to have a look through our newsletter as we will be sharing summer self-care tips, some activities, and information about where you can find the With Me In Mind teams over the holidays!

Summer Self Care

The summer holidays can be a great time to take a break from school, college or work and take some 'me' time. Check out our summer self-care tips and see how many you can tick off!

SUMMER SELF-CARE

- MAKE YOUR OWN ICE LOLLIES
- WATCH A SUNSET
- DO SOME MEDITATION OUTSIDE
- MAKE A SUMMER PLAYLIST
- CAMP OUT IN THE GARDEN WITH FRIENDS
- PLANT SOMETHING
- HAVE A LIE IN
- FINISH A BOOK OVER THE SUMMER
- WATCH YOUR FAVOURITE FILM
- HAVE A PICNIC
- STAY UP AND STARGAZE
- VISIT A WITH ME IN MIND SUMMER EVENT
- VISIT SOMEWHERE NEW
- KEEP A DAILY JOURNAL OR ART BOOK
- SOCIALISE IN REAL LIFE RATHER THAN ONLINE
- HAVE A WATER FIGHT



We also asked some students at St Mary's Primary how they would be spending their time over the summer and they gave us some fantastic ideas including meditating, listening to music and designing dresses!

Ambassador Corner

The Wellbeing Ambassadors at Worlaby Primary Academy tell us what they've been up to...

We started a Wellbeing Club in school where “**Children from Key Stage 1 take time to relax with music in the background where you can chat and colour and have a nice time**” Some words to describe our club are... **Energised, Safe, Relaxed, Exciting and Joyful**. Some of our plans for the future are developing Circle time – where we pass the teddy around, share our worries and try to resolve them. Starting some party games – **5 minutes of party games** at the end of Wellbeing Club (**we'd love to play musical statues**), sitting outside and listening to nature and starting a story time.

The Wellbeing Ambassadors at Westwoodside Church of England Academy tell us why they wanted the roles...

Abi 'I wanted to be an ambassador because as soon as they mentioned it, I already had a bunch of ideas buzzing in my head. I really wanted to get this opportunity and I'm so glad I got it. I know I will be victorious and me and my team will work very hard!'

Bobbi 'I wanted to apply for the Wellbeing Ambassador role because ever since we had the meeting I was wanting to be an ambassador. I am so grateful to have the opportunity to have a go at what I wanted to be. I think me and my team will do really well and work very hard. I will try my best to help my schools mental health.'

Max 'I wanted to become an Ambassador so I could help my peers with their emotions, be a great role model to other students and to make people feel safe within our school!'

Positiv-ART-y!

Our Ambassadors **Beth** and **Scarlett** at Roughwood Primary School have been producing positive artwork to display around school and they also do a positive quote of the week which they share with the school in their weekly assembly!



A big thank you...

We will sadly be saying goodbye to some of our ambassadors this summer as they move on to new things or new schools. This has been the first year of the Wellbeing Ambassador programme at With Me In Mind and we could not be more pleased and proud of what our ambassadors have achieved. Everything from setting up wellbeing clubs, taking part in filming for NHS England, producing wellbeing boards, promoting Children's Mental Health Week, attending events, designing games and resources and having their say on all things mental health...
phew! We will miss them greatly and want to say a massive thank you, goodbye and good luck!



Results Day!

Preparing for Results Day

Take some time to congratulate yourself. Exam season can be stressful but you got through it

Look after yourself. Take some time for self care. On the week leading up to exams try and schedule in activities that make you happy

It is important to realise that you can't do anything about it now. You have done your best

Try positive self talk by talking back to your negative thoughts with positive thoughts.

Top Tips for Results Day

Have calm and supportive people around you when you collect your results

Don't keep your feelings inside. Talk to someone you trust about how you are feeling. It is important to be kind to yourself

Try and keep yourself busy. Plan something fun with friends and family the evening of results day

Most importantly, remember that whatever results you get there are people who can support you and there is always another option



Summer Wordsearch

Search for Summer



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

Find the following words in the puzzle

Words are hidden → ↓ and ↘

AMBASSADORS
 ECLINIC
 FUN
 HEALTHBUS
 HOLIDAYS

MENTAL HEALTH
 OUTDOORS
 POSITIVITY
 RELAX
 SELFCARE

SUMMER
 SUNSHINE
 FUN
 WELLBEING
 WITH ME IN MIND



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Transition Support Net


You may be getting ready for some big changes over the summer. These can bring feelings of worry or excitement. It's important to be prepared and have support around you. Why not take some time to read our transition tips and fill in your own support net...

MY SUPPORT NET

FILL YOUR NET WITH THE NAMES OF FRIENDS, FAMILY, PROFESSIONALS (AND EVEN PETS!) WHO CAN SUPPORT YOU DURING TIMES OF CHANGE AND TRANSITION



TRANSITION PROBLEM SOLVING




How will I know what to do on my first day?	→	Make sure you go to any transition or open days because this is where they will give you key information about what will happen during your first week.
What if I'm late on my first day?	→	Make a plan for getting there. See how long it takes to walk or what time the bus leaves. Arrange to meet some friends so you can all go together. Go to bed early the night before.
What if I don't know anyone?	→	There should be other people from your old school moving up with you so there will be some familiar faces. Also use it as an opportunity to make new friends!
What will I need to take with me?	→	Use your transition/open days to ask questions about what you will need. Get a copy of your timetable. Look at information on the school/college website. Get your uniform in advance so you can try everything on beforehand.
Am I the only one who feels nervous/worried?	→	Everyone in your year group will be in the same position of 'being new'. Talk to your friends about how you are feeling. If you know someone who already goes to your new school/college then speak to them for advice and info.

Catch the team!

Our schools and colleges may be taking a well deserved break but that doesn't mean you can't still come along and see your local **With Me In Mind** team at one of our summer events...


Rotherham:

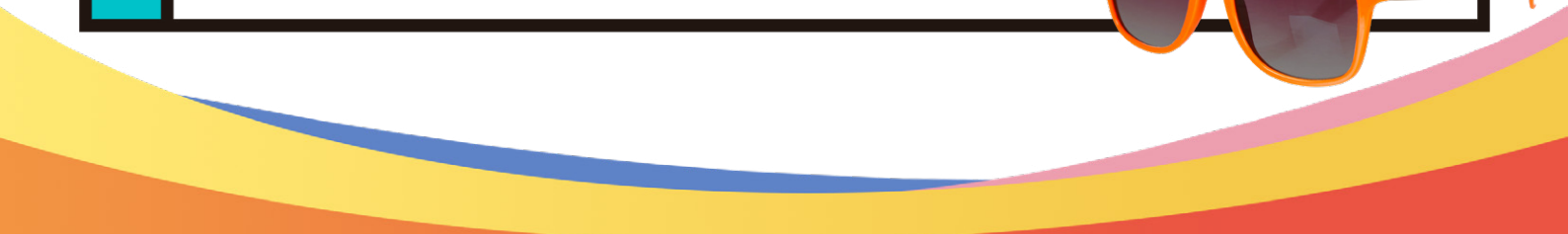
- **Friday 21 July, 5pm to 6pm** at Maltby Academy Astro (in partnership with Rotherham United Community Sports Trust)
- **Tuesday 25 July, 2pm to 5pm** – Health Bus at Manvers Lake, Wath Upon Dearne
- **Friday 18 August, 11am to 3pm** – Rotherham Disability Fun Day at Hooton Lodge Farm.



Doncaster:

- **Saturday 22 July** – Lakeside Community Event
- **Saturday 12 August** – Doncaster Pride
- **Wellbeing Wednesday** Sessions at Bentley MyPlace on **26 July, 2 August, 9 August, 16 August** and **23 August, 12pm to 3pm.**





North Lincolnshire:

- **Tuesday 25 July, 9:30am to 12 noon** - Health Bus Event at Central Park, Kingsway Car Park
- **Wednesday 2 August, 11am to 3.30pm** at ONGO Carnival, Manor Park, Scunthorpe
- **Wellbeing Wednesday**, Crowle Community Hub, The Market Hall, Crowle, **9 August 10am to 1pm**
- **Wellbeing Wednesday**, Scunthorpe Central, Carlton St, Scunthorpe, **16 August 10am to 1pm**
- **Wellbeing Wednesday**, Viking Centre, 6-8 Fairfield Dr, Barton-upon-Humber, **23 August 10am to 1pm**
- **Wellbeing Wednesday**, 2021 Centre Visual Arts, Centre Church Square, Scunthorpe, **30 August 10am to 1pm.**

E-Clinic Summer Opening Times

Rotherham - Mondays and Wednesdays 1pm to 3pm Parent/Carer E-clinic and **3pm to 5pm** Young People's E-clinic

Doncaster - Thursdays 1pm to 3pm Parent/Carer E-clinic and **3pm to 5pm** Young People's E-clinic

North Lincs - Mondays 12pm-2pm Parent/Carer E-clinic and **2pm-5pm** Young People, **Wednesday 12pm-5pm** Young People

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:
<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/>