

# WITH ME IN MIND

## SUMMER NEWSLETTER 2025

**Welcome to our Summer newsletter!**

In this edition we will have some information on self esteem and confidence, summer self-care tips, updates from all three With Me In Mind areas and details on the summer events we will be at so you can still stop by and see us during the holidays. Have a wonderful summer!

Round Up



**Rotherham**

Some of secondary ambassadors were busy recently responding to letters written by Year 6 students as part of our Transition Pen Pals project. The students wrote to ask any questions they had about moving up to secondary school and the students who have been through it answered any questions they had and gave advice and reassurance. Here's what some of the year 6 students had to say when they received their letters...  
*'I felt that it was something I needed, it was very useful. It explained in my letter about the first day there and about making friends' and 'It made me feel better about going up to comp'.*

**North Lincs**

North Lincolnshire ambassadors came together to celebrate all of their hard work this year! We had a number of secondary school take overs from Baysgarth Academy, Foxhills, Axholme Academy and Humber UTC. The takeovers included paper aeroplane competitions, team building activities, draw from memory, make your own wellbeing poem and much more! A big thank you to John Leggott College for hosting the amazing day and for their Wellbeing Ambassadors who ran activity creating stress balls. Until next year – thank you everyone.

**Doncaster**

In June Doncaster With Me in Mind invited representatives from all the wave 12 schools to an event at Castle Park Armthorpe. It was an occasion to meet the team informally, share information and plan next steps.





## Rotherham United Players Team Up with Local Schools to Launch New Mental Health Campaign

Two Rotherham schools, Herringthorpe Junior School and Swinton Academy have joined forces with Rotherham United Community Trust and With Me In Mind Rotherham to kick off a powerful new mental health initiative aimed at boys in Years 6 and 9.

The campaign, titled 'Mind Goals', is being developed in response to focus group feedback, where young male students shared that they are more likely to engage with mental health messages when they are delivered through relatable role models, engaging activities, and connections to the outdoors.

In an exciting collaboration, Rotherham United players Cameron Dawson and Joe Powell took part in a special filming day at the club, where they were interviewed by Wellbeing Ambassadors from both schools. The players shared personal insights on how they manage their own mental wellbeing, including dealing with anxiety, anger, self-esteem, and the pressures of social media.

Footage from the interviews, along with supporting photos, will be used to create a range of youth-friendly mental health resources such as posters, social media content, and videos. These tools will be used in group

sessions and across schools to spark conversations and raise awareness.

Gemma Thomas, Engagement Lead at With Me In Mind, is leading the project and working closely with young people to ensure the campaign is co-designed and relevant. The full 'Mind Goals' campaign is set to launch in schools and community settings across Rotherham in September 2025.

This initiative not only aims to break down stigma around mental health but also gives students a platform to engage in meaningful dialogue, led by the voices of young people themselves.


If you know any youngster who needs support from our With Me In Mind Team please ask them to look at our information here

[www.rdash.nhs.uk/services/with-me-in-mind](http://www.rdash.nhs.uk/services/with-me-in-mind)

Herringthorpe Junior School and Swinton Academy pictured interviewing the players.



## HYPE JAR



- Grab a jar (or box or envelope) and decorate it how ever you want.
- Write at least 5 or 10 'hype notes'. They can be:
  - compliments you've received
  - things you're proud of
  - goals you've achieved
  - positive notes from family or friends
- Add notes to it when you can.
- Take a note when you're feeling low to boost your self-esteem.

## QUICK WAYS YOU CAN GLOW UP YOUR CONFIDENCE...

- Encourage yourself like you would your bestie
- Celebrate small wins
- Social Media Admin - Unfollow those accounts that don't make you feel good
- Hang out with people who cheer you on and make you feel safe
- Practice saying no without feeling guilty
- Don't compare yourself to others

NHS

# WITH ME MIND



ROTHERHAM

## Do you struggle with your body image?

### Would you like to boost your self-esteem and body acceptance?

With Me in Mind are running **"The Body Project"**

An inclusive group intervention for Year 9, 10, and 11 girls to learn about body acceptance through discussion activities and behavioural challenges over four sessions.

Scan the QR code to sign up or ask your school mental health lead for more information.

As part of our pilot project called The Body Project, myself, a Senior Educational Mental Health Practitioner and my colleague, Michael Bell a Senior Mental Health Practitioner met with a group of year nine girls over four weeks. The Body Project is an inclusive group intervention to support young people who struggle with how they feel about their appearance and want to learn strategies to improve their confidence. As part of this group we discuss the appearance ideal, challenge language around this and set behavioural challenges. As a member of this group and a role model to the girls within the group, I set myself my own challenge to wear no make up to work. After fifteen years+ of wearing makeup daily to work, this felt like a challenge. However it was important to me to show the girls how positive these challenges could be. I was able to show the girls in the final session my bare face and the positives I had experienced whilst they shared their own. Despite this being our pilot group we received wonderful feedback and was able to see a difference in these girls in just four weeks. We hoping their feedback and engagement encourages other girls to come forward to engage in our next groups starting in the next academic year. As one of the girls quoted " love yourself"



Steph Chambers - Senior EMHP

# SELF-CARE SUMMER

## MENTAL AND EMOTIONAL



- Start a summer journal
- Create a digital or paper vision board
- Try 10 mins of meditation or mindful breathing
- Have a 'no pressure' day
- Have a phone-free afternoon



## SELF-CARE

WITH  
ME  
MIND

## PHYSICAL



- Have a DIY spa day (nails, facemask, bath).
- Go for a morning or sunset walk.
- Do some stretches.
- Dance in your room to a playlist.
- Set yourself a water drinking challenge.



## SELF-CARE

WITH  
ME  
MIND

## CREATIVE



- Paint or draw something.
- Make a summer playlist.
- Start a summer photo diary.
- Bake or cook something.
- Make a fruity mocktail or smoothie.
- Put some summer bunting or fairy lights in your room.



## SELF-CARE



# WITH ME MIND EVENTS

## ROTHERHAM

Friday 1st August, 11am to 2pm  
Health Bus @ Manvers Lake, Wath-Upon-Dearne

Thursday 7<sup>th</sup> August – Lifewise Community Day  
@ Lifewise Centre, Hellaby

Wednesday 13<sup>th</sup> August, 11am to 2pm  
Health Bus @ Venue TBC

Wednesday 20<sup>th</sup> August, 11am to 2pm  
Health Bus @ Clifton Learning Partnership, Eastwood

Wednesday 27<sup>th</sup> August, 11am to 2pm  
Health Bus @ Manvers Lake, Wath-Upon-Dearne



## NORTH Lincs

Saturday 19<sup>th</sup> July, 10am to 4pm – RDaSH Family  
Day @ Brumby Hall Sports and Social Club

Wednesday 23<sup>rd</sup> July, 11am to 2pm  
Wellbeing Wednesday @ Cafe Indie, Scunthorpe

Wednesday 30<sup>th</sup> July, 11am to 2pm  
Wellbeing Wednesday, Venue TBC

Wednesday 6<sup>th</sup> August, 11am to 3.30pm  
ONGO Carnival @ Manor Park, Scunthorpe

Wednesday 13<sup>th</sup> August, 11am to 2pm  
Wellbeing Wednesday, Venue TBC

Wednesday 20<sup>th</sup> August, 11am to 3pm  
Teen Takeover Day, Church Square, Scunthorpe

Saturday 23<sup>rd</sup> August, 11am to 4pm  
Scunthorpe PRIDE, Church Square, Scunthorpe

Wednesday 27<sup>th</sup> August, 11am to 2pm  
Wellbeing Wednesday, Venue TBC

## DONCASTER

Saturday 19<sup>th</sup> July, 12pm  
Bawtry Pride

Thursday 7<sup>th</sup> August – Lifewise Community Day  
@ Lifewise Centre, Hellaby

Saturday 9<sup>th</sup> August  
Doncaster Pride @ Town Field

KEEP A LOOK OUT ON OUR SOCIAL MEDIA CHANNELS FOR MORE  
INFORMATION AND EVENTS

@withmeinmindrotherham @withmeinmindnorthlincs  
@withmeinminddoncaster

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

Find the following words in the puzzle.  
 Words are hidden →, ←, ↑, ↓ and ↘

STRESS BALL

SUMMER

MIND GOALS

CONFIDENCE

HYPEJAR

SELFCARE

PRIDE

HEALTHBUS

RELAX

MENTALHEALTH

MINDFULNESS

HYDRATION

SUNSHINE

HOLIDAYS

BODYPROJECT

WELLBEING

WITHMEINMIND

ECLINIC



**e-Clinic Holiday Opening times**

Rotherham  
Every Wednesday

- Young People 3pm to 4.30pm
- Parents/Carers 4.30pm to 5.30pm

Doncaster  
Every Tuesday

- Parents 1pm to 3pm
- Young People 3pm to 5pm

North Lincolnshire  
Every Monday

- Parents 12pm to 2pm
- Young People 2pm to 5pm

**WITH ME IN MIND**

Sign up to our **FREE** app and get direct contact with a With Me In Mind worker. Discuss any mental health related issues using instant messaging on your mobile or tablet.

**NHS**

**PARENT PLUS**  
*eClinic*

Available on the Google play

Available on the App Store

**FREE app for 5-18 Parent/Carer**

**CAMHS**  
*eClinic*  
11-19

Available on the Google play

Available on the App Store

**FREE app for all young people**

