

WITH ME MIND

WINTER NEWSLETTER 2025

Welcome to our Winter newsletter!

It's that time again, we are approaching the end of the year already! All of our teams have had a busy start to the new term with plenty of support sessions, group work, assemblies and corridor workshops. Take a look at our newsletter to look at what we have been up to and what is coming up in the new year!



Rotherham

Back in November the Rotherham team had a super busy Anti-Bullying Week. The theme this year was 'Power For Good'. We had over 1300 students across our schools and colleges taking part in activities linked to healthy friendships and spreading kindness. Students created their own kindness superhero's, shared compliments with each other, signed up to a Power For Good pledge and we also looked at some of the mental health issues that celebrities have experienced to show that you never know what may be going on for someone behind the scenes so you should always be kind. We received some great feedback from students, 'I found the workshop really fun and interesting' and 'This has been my favourite day at school'. Our team loved getting involved in anti-bullying week to spread mental health messages, have important conversations and meet lots of amazing students.





The Rotherham team have been working hard behind the scenes to recruit staff and identify new education settings ahead of our Wave 14 expansion in January. Thank you to our WMIM ambassadors Josh and Sophie from Wath Academy, who were part of the expression of interest panel and, Katie, Autumn and Maria from Thomas Rotherham College who took part in an interview panel. We are really excited to be working with another 28 education settings taking the service coverage in Rotherham to 85% of schools and colleges. We can't wait to get to know the new schools we will be working with. As with all our expansions the first year of working together is a 'mobilisation' year which involves lots of partnership working to get the collaboration off to a good start. This includes audits, training and getting to know us events for young people, families and staff. If you see us in your school please do come and say hello! The schools new settings we will be working alongside all our existing schools and colleges are:

Primary Schools

Anston Brook Primary
Anston Park Junior
Aston All Saints
Brampton Ellis
Brinsworth Manor Infants
Brinsworth Manor Juniors
Coleridge Primary
Dinnington Community Primary
East Dene Primary
Flanderwell Primary
High Greave Infants
Kiverton Park Meadows
Listerdale Primary Academy
Our lady and St Joseph's Primary

Rawmarsh Ryecroft Infant school

Redscope Primary

Springwood Junior

St Mary's Catholic Primary (Maltby)

Swallownest Primary

Swinton Fitzwilliam Primary

Thurcroft Infant School

Thurcroft Junior Academy

Todwick Primary School

Wath C of E Primary

Waverley Junior Academy

Wentworth C of E Primary

Whiston Junior and Infants

Colleges

Rotherham College



Doncaster

We delivered our first coffee morning at Green Top School introducing our team to the parents and carers. Green Top school is one of our new primary school who have started to work with us and we've got lot's more events planned with Green Top.

We also delivered an introductory assembly to the Year 12 pupils at Trinity Academy advising them of who we are and how we can support them. During October we delivered our first drop-in clinics of the year for the Year 12 & 13 pupils at Trinity Academy 6th Form. The drop-in clinics went really well last year. We've built up some good connections with the students and we've got more interesting events planned with them this academic year (watch this space).

With Me In Mind Doncaster joined the School Nursing Team and BOSS at Bentley High Street School in November. Elaine from the Behavioural Outreach Support Service delivered an important session on Sleep for parents at the coffee morning and drop in. Collaborative working is key to engaging all our parents and letting them talk to relevant services at one time! We look forward to the next one in the Spring!



A major collaborative event, the Brighter Futures showcase, was held at the Doncaster Racecourse, drawing together a diverse and crucial network of support for the region's young people. The event specifically targeted young people from alternative educational provisions, providing them with vital access to a wide array of services.



Crucially, the showcase served as a comprehensive resource fair, with various providers offering signposting and support across key areas, from employment and training opportunities to essential health and well-being services. This initiative successfully brought together the necessary services and the young people who need them most, reinforcing a commitment to ensuring every young person in the area has a clear pathway toward a positive future. It was a lovely day and we look forward to the next event!



North Lincs



We are in our second year working with John Leggott College to recruit volunteers into our service. Our volunteers support the team in lots of ways, assisting at group work sessions in schools, attending community events and contributing to our teams feedback! We interviewed 15 fantastic young people and were able to offer the position to 6 of these young people, a BIG thank you to everyone that came to interview – everyone we spoke to were so enthusiastic. Look out for our new volunteers in your classroom or corridor workshops and make them feel welcome!!



North Lincolnshire team are collecting for the Scunthorpe Trussell Trust food bank this Christmas. Donations to food banks are important all year round and over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public.

Here is a list of suitable foods to donate to food banks, although it's always worth checking your foodbank list to see what they are low on stock in... You will often see donation points in your local supermarkets, it's always worth popping an extra tinned item into your shopping to donate! Small donations make a big difference or why not think about delivering a food bank collection at your school?

By donating to the food bank you can help support local people facing hunger.

- Pasta Sauces
- Tinned Fruit
- Tinned Meat
- Tinned Vegetables
- UHT Milk (Long life)
- Instant Coffee
- Tinned Soup
- Packet Snacks
- Rice Pudding/Custard

Thank you!



ARTIFICIAL ADVICE

THE PROS AND CONS



AI LISTENS. BUT IT DOESN'T UNDERSTAND YOU.

Digital therapy and AI chatbots can be good tools - they are quick, private and available 24/7. But they are still tools, not therapists.

AI does not understand context or emotions like humans do. Apps can support you but do not replace human empathy.

Algorithms can predict patterns and behaviours but they can't truly feel what you are feeling.

Technology can help you to notice how you are feeling but not why you may feel that way.

Try this:
Use AI to help you to journal your thoughts, and then share your reflections and insights with a trusted family member, friend, teacher, counsellor or With Me In Mind worker.



PRIVATE? MAYBE. SAFE? NOT ALWAYS.

Not all mental health apps protect your privacy. Protect your mind and your information.

Don't share identifying details like your full name, address, phone number or school/college name.

Is the app NHS approved, or backed by a well known mental health organisation?

Check where your data goes. AI chat tools often collect information to train systems or sell on to third parties.

Look for words like 'end to end encryption', 'data anonymised' or 'we don't share your personal info'.

If you're unsure think 'Would I tell a stranger this?'



USE AI TO REFLECT USE PEOPLE TO RECONNECT.

Use AI for:

- journaling prompts
- mood tracking
- sleep tracking
- breathing exercises



Use people for:

- empathy
- care
- understanding
- connection
- growth
- shared experience

SOMETIMES WE NEED
AUTHENTIC INTERACTION
NOT
ARTIFICIAL INTELLIGENCE



With Me In Mind Rotherham had an exciting time recently when we launched our Mind Goals campaign in partnership with Rotherham United Community Trust. The campaign is all about promoting key mental health messages and using positive role models to show that, 'Mental Health Matters, You Matter'. We did some activities before Rotherham Utd's win against Manchester City, one of our videos was then shown at half time and some of our staff and young people were even interviewed live on BBC Look North! Scan the QR code to watch our Mind Goals videos on YouTube.



winter Quiz

How many questions can you get right in our Winter Quiz? Why not get your family or friends involved? Answers at the bottom of the next page (no peeking)!

1. **How many sides do snowflakes usually have?**
a.) 6 b.) 8 or c.) 12

2. **What winter sport involves sliding stones on ice?**
a.) Skeleton b.) Curling c.) Ice Hockey

3. **What is the shortest day of the year called?**
a.) Sun Stop b.) Midwinter c.) Winter Solstice

4. **What's a good tip for your winter mental health?**
a.) Get some sunlight b.) Count snowflakes c.) Stay in bed

5. **Which celebrity is disguised as a reindeer?**
a.) Ed Sheeran b.) Prince Harry c.) Angry Ginge

6. **What bird can be seen in winter and has a red chest?**
a.) Owl b.) Robin c.) Flamingo

7. **Which animal hibernates in the winter?**
a.) Hedgehog b.) Wolf c.) Giraffe

8. **Which Winter movie features a character called Elsa?**
a.) The Polar Express b.) Frozen c.) Ice Age

9. **'Hygge' is a word that means being cosy and comfy, what country does it come from?**
a.) Denmark b.) Sweden c.) Iceland



GOOD LUCK!

e-Clinic Holiday Opening times

Rotherham
 Wednesday 17th Dec and
 Wednesday 7th January

Doncaster
 Tuesday 23rd Dec and
 Tuesday 30th Dec

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

North Lincolnshire
 Monday 22nd Dec and
 Monday 29th Dec

- 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

QR code for Google Play

QR code for App Store

FREE app for 5-18 Parent/Carer

CAMHS
eClinic
 11-19

Available on the Google play

Available on the App Store

QR code for Google Play

QR code for App Store

FREE app for all young people

Winter Quiz Answers.
 1 a.) Six, 2 b.) Curling, 3 c.) Winter Solstice, 4 a.) Get some sunlight, 5 c.) Angry Ginge,
 6 b.) Robin, 7 a.) Hedghog, 8 b.) Frozen, 9 a.) Denmark