

# Parents Newsletter



Welcome to the first With Me In Mind newsletter.

With Me In Mind are a new team based in schools across Rotherham who help children and young people with their emotional health and wellbeing. The team is made up of a Clinical Lead, 4 Senior Practitioners and 8 Educational Mental Health Practitioners (EMHPs).

## Meet the team



Hello my name is...  
Lucy Dormer



Hello my name is...  
Laura Russell



Hello my name is...  
Penni Wright



Hello my name is...  
Abbie Twomey



Hello my name is...  
Michelle Heaversedge



Hello my name is...  
Ame Bannister



Hello my name is...  
Jemma Wignall



Hello my name is...  
Lauren Hubbard



Hello my name is...  
Janet Foster



Hello my name is...  
Tanya Huff



Hello my name is...  
Lyndsey Ieebetter



Hello my name is...  
Jenny Murphy



Hello my name is...  
Lauren Rayner

**Important Dates:**  
18th to 22nd May  
Mental Health Awareness  
Week—Theme Kindness

*At the end of the day,  
the most overwhelming  
key to child's success is  
the positive involvement  
of the parents.*

Jane D. Hull



HealthyPlace.com

**What We Do?**

We are working with your child's school to help them promote emotional health and wellbeing. We deliver educational sessions to young people, parents and teaching staff about various different topics such as anxiety, exam stress, & transitions in a creative and engaging way. We can also provide low level evidence based interventions for young people experiencing anxiety, low mood, emotional dysregulation or behavioural difficulties. These interventions are informed by Cognitive Behavioural Therapy (CBT). CBT works by exploring your thoughts, feelings and behaviours associated with your experiences. We tend to focus on changing one or more of these areas to improve your experiences. These interventions can be delivered on a 1:1 or group basis.

"Treat a child as though he already is the person he's capable of becoming."

-Haim Ginott

## Mental Health Awareness Week

18-24th May

This year's theme is kindness.

We would like everyone to share their acts of kindness with us on social media.

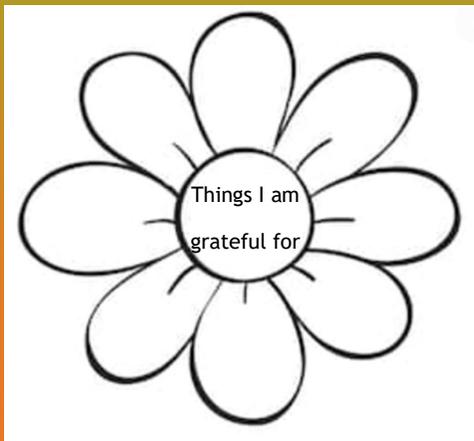
What are you going to share?

THERE IS NO SUCH THING AS A PERFECT PARENT. SO JUST BE A REAL ONE.

~ Sue Atkins

## Gratitude Flower

The With Me In Mind team would like to invite you to complete this short reflective exercise to help you during this difficult and strange time. We are all missing loved ones and living our normal daily lives. The Gratitude Flower can be completed on your own, as a family, or online with friends. Within the petal, write everything you are grateful for in your life at moment. The things you feel grateful for could be the smallest thing, such as enjoying your morning cup of tea or a phone call from a friend. Feel free to spend time decorating the flower, making it personalised for you. You could stick the flower on the fridge, notice board or anywhere it is visible. When times feel a little difficult, have a look at your Gratitude Flower to remind yourself of the positive things in your life.



## Resources

### HOPELINEUK

For young people at risk of suicide, or those who are worried about a young person at risk of suicide.

Call: 0800 068 41 41

Text: 07860 039967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### YoungMinds

This is a free, 24 hour service for young people looking for help and support during crisis.

Young people can text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Parents worried about their child can call the parents helpline on 0808 802 5544.

### Childline

Children can call childline for support from a counsellor on 0800 1111 between 9am- midnight. Visit <https://www.childline.org.uk/> for further information on their service, including details on how young people can have a 1-1 chat with a counsellor online, or send an email.

### Samaritans

This is a 24 hour listening service, to support anyone going through a difficult time. Call them on 116 123, or send an email to [jo@samaritans.org](mailto:jo@samaritans.org). More information can be found at <https://www.samaritans.org/>.

ALLOW CHILDREN TO BE HAPPY IN THEIR OWN WAY, FOR WHAT BETTER WAY WILL THEY FIND?

~ Samuel Johnson

Find further information about our service, what we offer and how you can access us.

View our website at

<http://www.withmeinmind.co.uk/>

Follow us on:

Instagram [@withmeinmind](https://www.instagram.com/withmeinmind), for updates on what we are doing, well-being top tips and quotes.

Twitter [@me\\_therham](https://twitter.com/me_therham)

Facebook [With Me In Mind Rotherham](https://www.facebook.com/WithMeInMindRotherham)

