

Kooth Engagement Newsletter for Lancashire

Welcome to our August edition of the Lancashire newsletter, containing resources and activities to help support mental health and wellbeing. We will be sharing updates for our Kooth service.

This month as part of our Kooth engagement we have more local webinars for professionals to check out, new promotional resources tailored for adults to support young people, and another Kooth activity from our mini activities hub. We will provide the following key resources:

- Virtual event listings for Lancashire
- Kooth Activity: Send a letter to someone
- Digital support packs and promo materials
- Case study for Kooth
- Kooth podcast details

Remember!

Free, safe and anonymous support is available to young people aged 10-18 on Kooth.com across Lancashire. We are funded by the Lancashire and South Cumbria ICB and all our resources and engagement offers are **FREE** for schools, services and young people to access.

[Find out more about Kooth plc here.](#)

You can reach out to your local Engagement Lead for additional personalised support and any questions or booking requests you may have at hhook@kooth.com

PLEASE NOTE: Our process for sending out newsletters is currently undergoing review, which means there may be a hiatus period before our next newsletter is sent out. We thank you in advance for your patience with us over the coming period!



Virtual Events

- For Professionals working with young people and families in Lancashire

This session will offer staff teams a comprehensive overview of the Kooth service, to aid signposting of young people to Kooth. This session includes a live site tour, safeguarding information and a Q&A.

Date: Wednesday 7th September

Time: 12.30pm-1.30pm

REGISTER HERE: <https://bit.ly/3tJ4D6AKooth>

Date: Friday 9th November

Time: 3.30pm-4.30pm

REGISTER HERE: <https://bit.ly/3IJHqphKooth>

- For Parents on Results Day

This session will explore some practical tips for coping with disappointment on results day as well as offering an in depth exploration of Kooth's service offer for young people. This will include an overview of features, information pertaining to safeguarding as well as a site demo and a Q&A.

Date: Thursday 25th August

Time: 4.00pm-5.00pm

[REGISTER HERE](#)

Date: Tuesday 30th August

Time: 4.00pm-5.00pm

[REGISTER HERE](#)

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Kooth Activity: Send a letter to someone

Send a letter to someone

Take some time writing what feels important. Writing letters is a memorable way to focus on saying what really matters.

Remember you don't have to try it, and you can stop at any time.

Step 1

Get a pen, some paper, and an envelope.

Step 2

Think about who you want to write to (E.g. an old friend or relative, or even a person in your life that made an impact positively or negatively).

Step 3

Write your letter, thinking about what you want to say (this may be letting them know about your life, or even something important about how you feel).

Step 4

Think about what you want to do with your letter. Do you want to send it or perhaps you don't? Either way, do what feels right for you.

Step 5

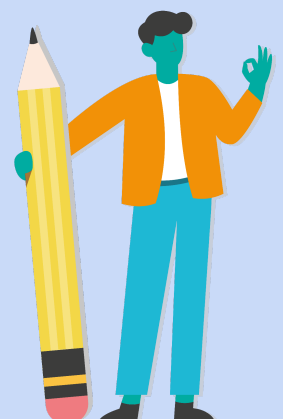
Reflect on what the experience was like for you. If it feels right, think about sending another letter to somebody else.



Letter writing can be a therapeutic way to connect with someone else, offering more time for reflection than any other mode of communication.

This simple five step activity helps you focus on what exactly you might want to say in a letter and who it'd be most meaningful to address it to.

Why not share with any young people you're supporting Kooth's 'Send a letter to someone' activity?



Useful Resources

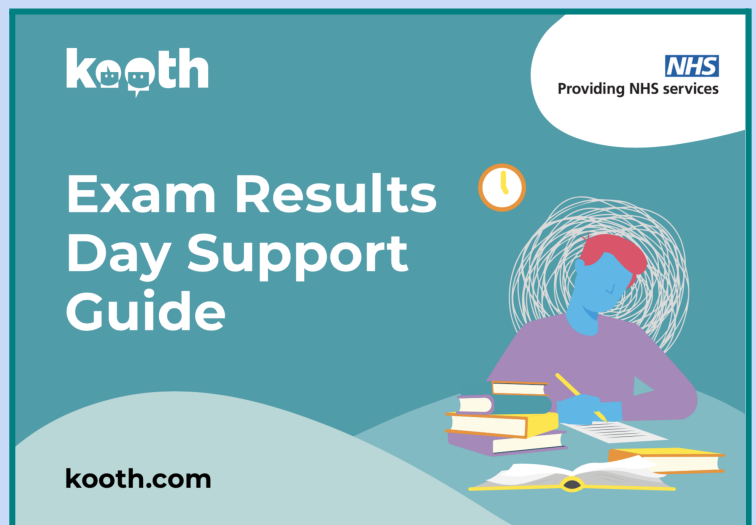
The following resources aim to highlight what's happening over on Kooth.com and support in promoting awareness to this wellbeing platform.

- **Exam Results Day**

For many students Results Day will be an exciting time with lots to celebrate. There will also be many students feeling sad or disappointed with their results too.

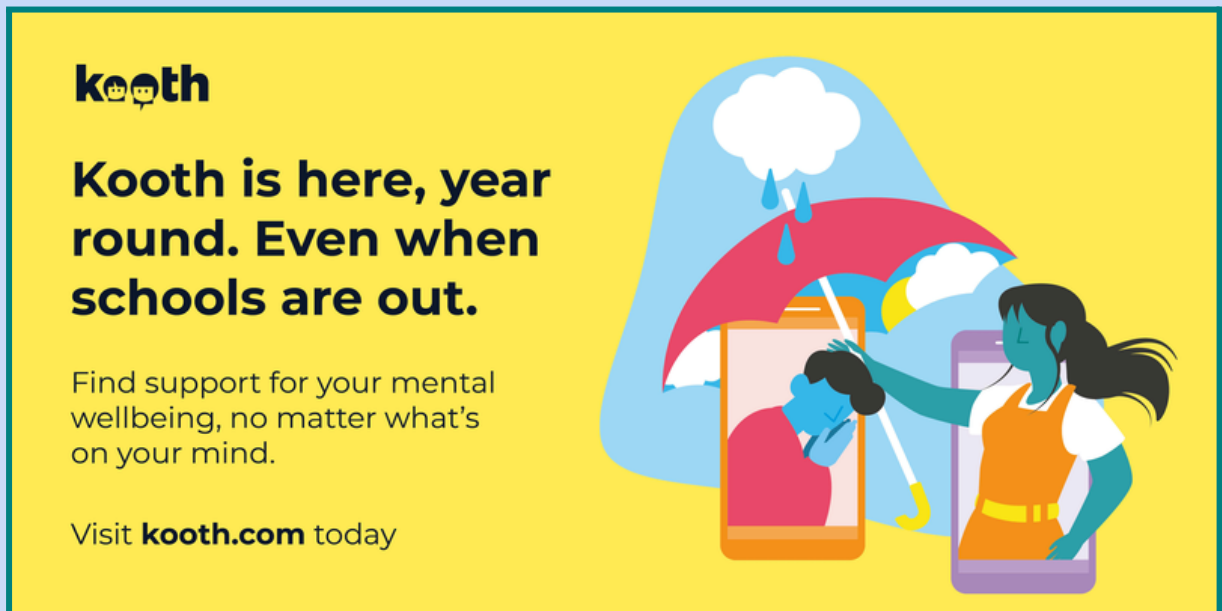
We've developed a support guide for any students who may find Results Day tough. Remember you can also signpost students feeling down this Results Day to Kooth.com where they can receive messaging support from our online practitioner team, or they can receive peer support from our online community.

You can access the support brochure and signposting materials by clicking [here](#).



- **Summer Holidays**

We've created a package of digital and print resources that you can use to signpost to Kooth throughout the summer holidays. Please remind children and young people that whilst the support they receive from their time at school may be reduced over the summer holidays, Kooth.com is still here for them throughout the summer and all year round.



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Kooth is here, year round. Even when schools are out.

Find support for your mental wellbeing, no matter what's on your mind.

Visit **kooth.com** today

The banner features a yellow background. On the right, there is an illustration of a person with dark skin and black hair, wearing an orange apron over a white shirt, holding a large smartphone. The phone screen shows a person with light skin and dark hair, wearing a pink shirt, who appears to be crying. A red umbrella is positioned over the phone screen, with blue raindrops falling from it. In the background, there are white clouds and a blue sky.



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You are not alone this summer

Find support on kooth.com

The banner features a light blue background. In the center, there is an illustration of two people on a seesaw. One person, with light skin and dark hair, wearing a yellow shirt and pink pants, is on the left side of the seesaw. The other person, with dark skin and dark hair, wearing a white shirt and black pants, is on the right side. They are both reaching out towards each other. The seesaw is balanced on a triangular fulcrum. In the background, there are rolling hills, a yellow sun in the top right corner, and several sunflowers on the ground.

You can access these resources by clicking [here](#).

- **Kooth Support Pack for Finishing School or College**

- Click on the image below to access



This support pack provides advice to students finishing school or college on how to manage any difficult emotions this transitional period can bring up. It also provides key signposting information towards the Kooth service.

You can access this support pack by clicking on the image above or going to promote.kooth.com.

We also have resources for those returning to school in September or advancing to pastures new! These can all be accessed at promote.kooth.com



- **How to Talk to Your Children About Their Feelings**

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

This guide contains handy tips on how you could begin talking to your children about their feelings.

You can access this support guide by clicking [here](#).

How to talk to your children about their feelings

A guide for parents and carers



www.kooth.com

www.qwell.io

Case Study for Kooth

Kooth Case Study

You can access our anonymous service user case study for Kooth about Aryan (pseudonym), a 14 yr old who came to Kooth with eating difficulties, aggressive behaviour and a history of being physically abused, over at promote.kooth.com.

kooth.com



We wanted to take the opportunity to share insights into how we support our service users. The case studies we feature on promote.kooth.com highlight examples of best practice from our online service delivery team when supporting people with their wellbeing.

You can access these resources by clicking on the image above or going to promote.kooth.com.

A New Look for our Promo Materials

We have newly branded promotional materials to support signposting to the Kooth platform.

You can access these newly branded resources by clicking [here](#).

You can request physical copies of our newly branded materials by getting in touch with your local Engagement Lead. If you're unsure who this is, simply get in touch with contact@kooth.com and your email will be passed on to your local lead.

A promotional banner for Kooth. The background is a vibrant orange-red gradient. On the right side, there is a stylized illustration of a hot air balloon with a yellow and orange striped canopy. Inside the basket, two people are depicted: a man with red hair and a woman with black hair. The balloon is floating against a light blue sky with a smiling yellow sun and white clouds. A large, wavy orange shape on the left side of the banner contains the text "Free, safe and anonymous mental health support." in white and yellow. Below this, it says "Provided by your local NHS for young people." in white. At the bottom left, "Kooth.com" is written in white, and at the bottom right, the Kooth logo is displayed in white.

**Free, safe and
anonymous mental
health support.**

Provided by your local NHS for young people.

Kooth.com



Some promo images to use this August for Kooth:

What's on Kooth in August



Monday 1st August Live Forum Relationships- What makes a friendship? 7:30pm - 9pm	Wednesday 10th August Live Forum Let's Talk About- Results and emotions 7:30pm - 9pm	Thursday 18th August Discussion Board A level Results Day	Friday 19th August Live Forum Relationships- Family life and managing difficulties 7:30pm - 9pm
Wednesday 24th August Live Forum Summer entertainment- Come and play! 7:30pm - 9pm	Thursday 25th August Discussion Board GCSE Results Day	Monday 29th August Live Forum Bullying- Because of differences 7:30pm - 9pm	Wednesday 31st August Discussion Board Back to school anxiety

Find support from the Kooth community by visiting [kooth.com](https://www.kooth.com) today.



You can still access support over the summer holidays

Join our community at [kooth.com](https://www.kooth.com)



Kooth July Podcasts

> Kooth: Why is Pride still important?

Pride month may be over, but we're very much still in Pride mode here at Kooth! Ben is joined by Kitty and Dez to discuss why we celebrate Pride each year, and why it's important not to take the rainbows down on the 1st of July.

Check out all the streaming platforms you can access this podcast on [here](#).

