

April: Kooth Updates

Kooth Engagement Newsletter for Blackburn with Darwen

Hello

Welcome to our **April North West & Wales newsletter**, containing resources and activities to help support mental health and wellbeing. We will be sharing updates for our **Kooth** (children & young people) service.

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

- *Event listings*
- *Kooth Activity: Create a 'good mood' playlist*
- *Digital resources and promo materials*

Remember!

Free, safe and anonymous support is available to all young people on Kooth.com across Blackburn with Darwen. We are funded by The Local Authority & CCG, and all our resources and engagement offers are FREE for schools, services and young people to access.

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

Events:

For GPs & Healthcare Professionals in Kirklees, Calderdale, Lancashire, Cumbria + Blackburn with Darwen

This webinar introduces Kooth and takes a look at the clinical and safeguarding procedures used to support young people. The session has a Q&A, and features a live demo of the service for GPs & Health Care Professionals.


Date: Wednesday 27th April 2022

Time: 5.30pm-6.30pm

[Register today!](#)

Kooth Activity: Create a 'good mood' playlist

As we enter into Spring, music can help uplift our moods along with the sunny weather. Why not try creating your very own 'good mood' playlist to match the turning of the seasons? Follow this simple four step process to get you started on developing playlists that can be used as an aid for your mental health toolkit.



Create a 'good mood' playlist

Try using music to help boost your mood. Listening to music releases endorphins in the brain which can help put us in a positive mood!

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

Step 1
Think about the songs that make you feel good (E.g. Ones that take you back to a great memory, make you smile or make you want to dance or sing!)

Step 2
Create your 'good mood' playlist by picking between five and ten songs.

Step 3
Listen to your 'good mood' playlist when you feel like it might help.

Step 4
Notice how you feel when you listen to your playlist. Are there any changes to your thoughts, feelings or the way you feel in your body?

Useful Resources:

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

- **Kooth's Approach to Providing an Online Service**

This resource attached below is a brochure that explains Kooth's clinical and safeguarding approach to providing an online service for children and young people.

- **What's on Your Mind: Online Lookup Tool**

Access to Kooth and Qwell platforms has been increasingly expanding for young adults. As part of our *What's on Your Mind* campaign, we have created an online lookup tool that allows university students to instantly check whether mental health and wellbeing support is available to them in their local area from our Kooth and Qwell services.

You can access the lookup tool [here](#).

You can find a full set of assets and resources relating to this campaign on our Promotion Hub at promote.kooth.com.

- **A Sample from our Kooth magazine: *Worrying world news: How can I help?***

When things we see, hear, and read about on the news are worrying or upsetting, it can leave us feeling helpless and out of control. This article looks at things we can do to help, from making charitable contributions to acts of kindness.

- **March podcasts:**

> *Showing Racism the Red Card*

Listen in as we talk to Seth from Show Racism The Red Card about his work with the charity, experiences with racism, and hopes for the future.

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

> *What to do when the world feels unsafe*

Join Beth, Gemma, and Dan, as they talk about ways in which you can manage your feelings when things start feeling scary.

Whether it's something in the news or something closer to home, this podcast is full of tips and advice from the Kooth team.

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



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What's on
Kooth in **April**

<p>Friday 1st April Kooth Podcast: Let's talk about: Marvel, Mental Health & Disability Join in for a new Kooth podcast featuring a former Marvel writer! From the X-Men to Daredevil and the Fantastic Four, Anne is sharing her thoughts and tips on superheroes, disability representations, and how to create your very own character.</p>	<p>Saturday 2nd April Discussion Board Ramadan Mubarak! Ramadan starts today and we'd love to hear how you'll be marking this special month in the Muslim calendar. If it's not something you celebrate, stop by and learn about some of the traditions and festivities!</p>	<p>Monday 4th April 7:30pm-9pm Live Forum: Technology: Top tips for "switching-off"? Join our live forum to share your top tips for turning off your tech!</p>
<p>Tuesday 5th April Discussion Board Get Together for Less Stress! This month is Stress Awareness month, and the theme is 'Community'. Join our conversation about the power of being with others to reduce our stress levels.</p>	<p>Friday 15th April 7:30pm-9pm Live Forum: Let's Talk About Autism This week's forum is all about autism. Come and share your stories and maybe learn something new about neurodiversity!</p>	<p>Wednesday 20th April 7:30pm-9pm Live Forum: Exams, getting prepared Ahead of exam season, come and share your thoughts, worries and tips about how to prep for those upcoming tests.</p>
<p>Thursday 21st April Discussion Board Our World and Our Wellbeing We all have a part to play in working towards a healthier world, but sometimes it can feel like an overwhelming task. To mark International Mother Earth Day join our space and share the ways we can take care of our planet, whilst also looking after of our own wellbeing.</p>	<p>Find out all of this & much more on Kooth.com</p>	



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Stress Awareness Month
No problem is too small at Kooth

Visit **kooth.com** to find **free, safe** and **anonymous** emotional wellbeing and mental health support.

Finally, you can reach out to your local Engagement Lead for additional personalised support and any questions or booking requests you may have at:

Blackburn with Darwen: blackburn@kooth.com

**Commissioned by Blackburn with Darwen Local Authority & CCG
(Clinical Commissioning Group)**