# **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.

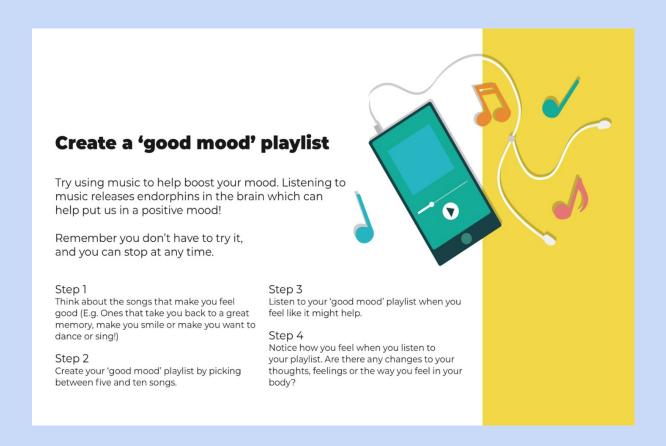
Date: Wednesday 27th April 2022

**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.



### **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 <u>promote.kooth.com</u>.

# • 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 <u>here</u>.

### > 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



### Friday 1st April

Kooth Podcast:

#### Let's talk about: Marvel, Mental Health & Disability

#### Tuesday 5th April

# Get Together for Less Stress!

#### Thursday 21st April

Discussion Board

#### Our World and Our Wellbeing

#### Saturday 2nd April

#### Ramadan Mubarak!

# Friday 15th April 7:30pm-9pm

## Monday 4th April 7:30pm-9pm

# 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.

Find out all of this & much more on Kooth.com



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)