

Kooth North West Newsletter

Hello

Welcome to our final 2021 **Kooth North West newsletter**, with resources and activities to help you support students and young people with their mental health and wellbeing.

This month as part of our Kooth engagement we have lots going on, from events for professionals to check out, to our Christmas Holiday opening hours, and an end of year reflective Kooth activity. We will provide the following key resources:

- *Event listings*
- *Write a Letter to Your Future Self Activity*
- *Digital resources and promo materials*

Remember!

Free, safe and anonymous support is available to all young people on Kooth.com across the North West and Wales aged 10-16 in Lancashire.. We are funded by the CCG (Clinical Commissioning Groups) 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 anyone interested in a Male Targeted Mental Health Workshop

A reminder our Kooth young men's mental health workshop is still available for all education settings, youth and professional services to access on a bespoke basis. The interactive workshop will address the barriers and stigma facing young men speaking about their mental health, along with signposting information about the Kooth service.

Register your interest by contacting your local Engagement Lead hhook@kooth.com

Kooth Activity: Write a Letter to Your Future Self

As the year will soon draw to a close, why not encourage your young people to try our reflective Write a Letter to Your Future Self activity? As a wellbeing exercise from Kooth.com's activity hub, this can support young people to focus on what key messages they want to give themselves, what they're hoping for in their futures, and what they're ready to leave behind in their pasts. It is a simple five step process, and young people can share their experiences with this activity on the Kooth site! You could also help a young person keep their letter safe until this time next year, where they can then open the letter from their past self and see how it feels to look back.

Write a letter to your future self

Share your own words of wisdom with yourself! Doing something creative and personal to you is a great way to inspire, comfort and make yourself laugh right now and in the future too.

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

Step 1

Get a pen, paper and an envelope.

Step 2

Think about what you'd like to share with future you (E.g. life predictions, advice or inspiration or even things you don't want to forget).

Step 3

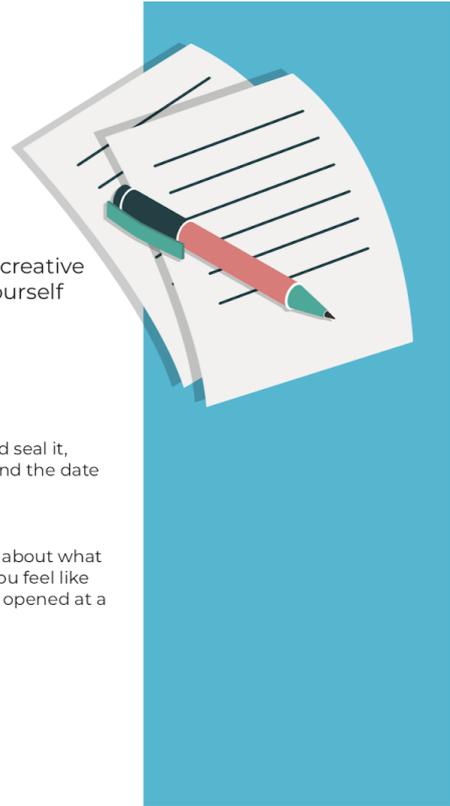
Write a letter to your future self, thinking about when you want to open it - this could be a week from now or even a year!.

Step 4

Put your letter in an envelope and seal it, making sure your name is on it and the date when you want it to be opened.

Step 5

Put it somewhere safe and think about what it was like to write your letter. If you feel like it, try writing another letter to be opened at a different time.



Useful Resources:

The following resources aim to highlight what's happening over on Kooth.com and support in promoting awareness with young people to our platform.

- **A Sample from our Kooth magazine:** *What have you learnt this year?*

See attached below a sample from our Kooth magazine written by our team reflecting back on what life lessons they've learnt in 2021.

- **Resources for parents and carers:** *Infographic and brochure*

See attached below two resources for parents and carers, containing tips on talking to young people about mental health, early warning signs for anxiety and depression, and a Kooth FAQ.

- **November podcasts:**

- > *How To Build Self-Confidence*

Join Ben, Dan and Aisha, as they talk about self-confidence, what it means, how it differs for each of us, and what tips there are for building on it.

Available on [Spotify](#) and [Apple Music](#)

- > *Tackling our SAD*

Join Beth, Ben, and Katja Anja as they discuss the challenges of the winter season, and the positive changes we can make to tackle seasonal sadness.

Available on [Spotify](#) and [Apple Music](#)

- > *Busting Myths For Movember*

Join Dan, Dez and Tom as they chat about some of the myths that young boys will hear growing up, from 'boys don't cry' to 'boys don't wear pink'.

Available on [Spotify](#)

- **Kooth Holiday Opening Hours:**



Our team is still here to provide mental wellbeing support over the holiday period.

Chat Availability Dates and Times

Thursday 23/12/21
12pm - 10:00pm

Monday 27/12/21
4pm - 8:00pm

Friday 31/12/21
12pm - 6:00pm

Friday 24/12/21
12pm - 8:00pm

Tuesday 28/12/21
4pm - 8:00pm

Saturday 1/01/22
4pm - 8:00pm

Saturday 25/12/21
4pm - 8:00pm

Wednesday 29/12/21
12pm - 10:00pm

Sunday 2/01/22
6pm - 10:00pm

Sunday 26/12/21
6pm - 10:00pm

Thursday 30/12/21
12pm - 10:00pm

Monday 3/01/22
4pm - 8:00pm

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

- **Coming up in December on Kooth:**



What's on Kooth in **December**

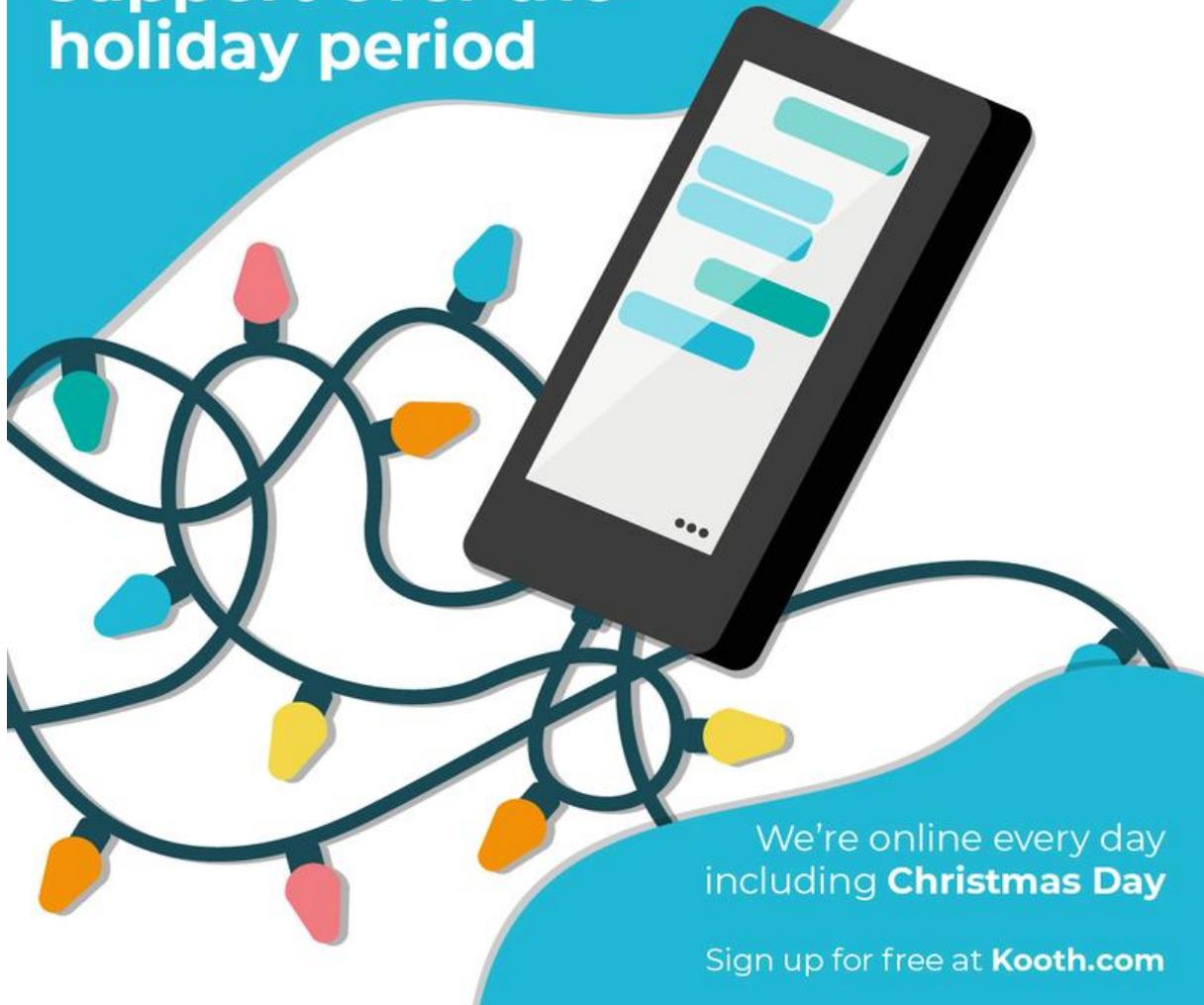


December 3	December 10	December 10	December 15
Kooth Discussion Board: Not All Disabilities Are Visible	Kooth Podcast: History of the Holidays:	Kooth Discussion Board: Helping Hands - Kindness & Volunteering	Kooth Live Forum: Looking After Your Wellbeing 7.30pm to 9pm
December 20	December 24	December 29	December 31
Kooth Live Forum: Let's Talk About: LGBTQIA+ & Religion 7.30pm to 9pm	Kooth Discussion Board: Give Yourself a Gift	Kooth Live Forum: Let's Party 7.30pm to 9pm	Kooth Discussion Board: New Year, Not New You

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

- “Kooth is open” Digital promotional poster for social media and websites:

You can still access support over the holiday period



We're online every day including **Christmas Day**

Sign up for free at **Kooth.com**

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

hhook@kooth.com



#DontDoltAlone

Kooth's new campaign for young people

[Watch Video](#)