



KOOTH

July Newsletter 2021

JULY

Engagement Lead: Jaskaran Soomal

Mixed feelings about leaving further education? You're not alone.

Discover how our anonymous mental wellbeing community can support you.

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

WHATS ON THIS MONTH

Summer Transition

International Friendship Day (30th)

What's on Kooth in July?

<p>Kooth Live Forum: Online Gaming</p> <p>DATE: July 2nd TIME: 7:30pm to 9pm</p> <p>INFO: Online gaming can be great fun! It can be a brilliant way to hang out with friends, or even make new ones. However, there's some tips and tricks to ensure we stay safe. Join this live forum to learn more about them, and to also chat about your favourite games!</p>	<p>Kooth Live Forum: Summer Plans to Keep Connected</p> <p>DATE: July 5th TIME: 7:30pm - 9pm</p> <p>INFO: As the summer holidays approach it's common to have worries around missing out, feeling lonely, and managing friendships. Come along to this live forum where we will explore connecting with others, ourselves and nature this summer.</p>
<p>Kooth Discussion Forum: Plastic Free Plans</p> <p>DATE: July 7th TIME: N/A</p> <p>INFO: It's Plastic Free Month, so we thought we'd talk all about it. Whether this is your first year trying to cut down on plastic, or you've been doing it for a while - stop by and let us know any plans you might have!</p>	<p>Kooth Live Forum: Breaking Gender Stereotypes</p> <p>DATE: July 14th TIME: 7:30pm - 9pm</p> <p>INFO: Breaking gender stereotypes is something everyone should be allowed to do on their own terms. Join this live forum where we'll be celebrating gender identities of all kinds and thinking about ways that we can progress who we are, challenging stereotypes, and discussing why this is so important!</p>
<p>Kooth Live Forum: Self Care: Tricks & Tips</p> <p>DATE: July 19th TIME: 7:30pm - 9pm</p> <p>INFO: What exactly is self compassion? Join this live forum where we will explore exactly what it is, and how you might practice it.</p>	<p>Kooth Discussion Board: Black Leaders Awareness Day</p> <p>DATE: July 19th TIME: N/A</p> <p>INFO: BLAD is a day for us to experience the wisdom of past, current, and next-generation black leaders. So join us to share who inspires you!</p>
<p>Kooth Discussion Board: Mindfulness Matters</p> <p>DATE: July 28th TIME: N/A</p> <p>INFO: This week on Kooth we're talking all about mindfulness! Why not stop by and talk about how you've found mindfulness, or any tips you might have?</p>	<p>Kooth Podcast: Celebrating Friendships</p> <p>DATE: July 30th TIME: N/A</p> <p>INFO: Join the Kooth team as they chat about some of the reasons they're celebrating their own friends, as well as some tips they've picked up about making new friendships! Find us on Apple podcasts, Spotify and Google podcasts.</p>

kooth

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

New Podcasts
Celebrating friendships

Discussion Boards:
Black Leaders Awareness Day
Mindfulness Matters

Thank you for your continued support and if there is anything further I can help you with, please do not hesitate to get in touch.

Take care and stay safe