



Kooth Live Forum Topic Calendar

July 2020

Kooth Live Forums: July 2020

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Wednesday 1st July – Finding Your Focus and Motivation

In this live forum, we are going to get ourselves feeling focused and motivated! Especially with current circumstances, many of us are finding it difficult to remain focused on our work, hobbies, and goals. Together, let's try to come up with some ways that we can get ourselves back on track and complete some goals!

Monday 6th July – VOC: Myth Busting: Respect

As part of our Victims of Crime (VOC) series, this live forum will be considering how we might support a friend during difficult experiences with their mental health. With current situations making it difficult to meet up and support friends in person, we will be thinking about ways we can do this from afar and different services which can help you and them to feel safe and supported.

Friday 17th July – Staying Connected in Relationships

The current situation is affecting all of our lives and part of that is our relationships with friends, family members, and partners too. We've had to adapt quickly to this new way of living and we hear you with how hard it can be. We've seen a lot of posts lately about loneliness and feeling disconnected from others, that's why in this live forum we want to talk about different ways of staying connected to those you care about.

Wednesday 22nd July – Coping with Family Changes

This live forum will be all about 'Coping with Family Changes'. We understand there are ups and downs amongst families, and tonight will cover different changes in the family unit (such as bereavement, break ups, and additions to the family). We will be considering how these changes can impact us, especially during this uncertain and testing time, where we can get support and how we can help others when going through a difficult time at home. Feel free to come by whether that's to share your experiences and advice or just to learn. As always everyone is welcome!

Monday 27th July – Mindfulness & Meditation

Often we go through life without stopping to notice much, but becoming more aware of the present moment can improve your mental wellbeing. Mindfulness, put simply, is making sure that we are "right here, right now". It is a form of meditation, and a way of appreciating and experiencing the world around you. Tonight's live forum will touch on both Mindfulness and Meditation, and we will be considering the art of becoming aware of our own thoughts, feelings, and the world around us, in the hopes of using some of these skills to take a fresh look at some of those things we may be taking for granted.