

# FEELING THE SUMMER

9-13 August 2021, 10am-8pm

[feelingthesummer.co.uk](http://feelingthesummer.co.uk)

40 Workshops 15 Live Events 5 Days!

## MONDAY

Opening Party 10am-12pm  
Best In Homegrown Talent

Live Panel Discussions, Kooth: Drop-in and Live: Webinar with Q&A 'Black, Bi and Borderline'

**Workshops:** Low Mood, Anxiety & Body Image  
• Financial Literacy • Supporting East Asian Young People • Resilience & Me  
• Poetry • Supporting Young Men • Football/ Pressures of Growing Up In Sport • Supporting South Asian Young People

## TUESDAY

Results Support (A-Levels) 12pm-1pm  
We Gotcha Back!

Kooth: Drop-in and Live: Webinar with Q&A Exam Result Stress: What Now?

**Workshops:** Resilience & Me • Low Mood, Anxiety & Body Image • Loneliness - Find Our Happy • Healthy Social Media Use • Supporting Young Men • Identity and LGBTQ • Supporting Black Young People

## WEDNESDAY

Live: Q&A 12pm-1pm

You've Got Questions, We've Got Answers

Kooth: Drop-in, Live: Eating Disorders & Body Image, Live: Panel Discussion: Climate Anxiety and Live: Panel Discussion: Mental Health and Being an Elite Athlete

**Workshops:** Looking After Me – Tips, Tools & Techniques for Wellbeing • Supporting South Asian Young People • Sport: Balancing Commitments • Supporting Black Young People • Supporting Young Men • Compare and Despair • Supporting East Asian Young People

Delivered by

Rethink  
Mental  
Illness.

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UK

## THURSDAY

Results Support (GCSE) 12pm-1pm  
We Gotcha Back!

Kooth: Drop-in, Live: Webinar with Q&A Exam Result Stress: What now? Live: Panel Discussion: Young Men & Mental Health

**Workshops:** Low Mood, Anxiety & Body Image  
• Substance Misuse • Making Decisions  
• Resilience & Me • Supporting South Asian Young People • Supporting Black Young People

## FRIDAY

Closing Party 5pm-8pm  
Saying Goodbye With A Bang!

Live: Q&A- What's Up Doc? and Kooth: Drop-in

**Workshops:** Resilience & Me • Low Mood, Anxiety & Body Image • Supporting Black Young People • Speak Out: Sharing Feelings Through Spoken Word • Supporting East Asian Young People • Supporting South Asian Young People

**DJ YAYA playing the best mixes!**

With your tracks, requests, shoutouts, games, and competitions.

Daily from 1pm-5pm

