



Kernow Positive Support Newsletter

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Welcome

Its July 2018 and Britain has been experiencing a heatwave! July has been a month of everything new. Not only have we been coming to work in shorts and t-shirts but here at Kernow Positive Support, we have new services and exciting news to share with you.

Firstly, welcome to our first **new** monthly Newsletter. Each month we will share all things new with Kernow Positive Support and the HIV & AIDS Community.

Everything New

July has been an exciting month at Kernow Positive Support. We have lots of new things to share with you.

Facebook

Firstly, we have a **new** Facebook page. Please find us by searching Kernow Positive Support and follow our page.

Logo

Once you have followed our new Facebook page, you will see we are changing our logo. The current logo (at the top right of this newsletter) has been in service since we started in 2004. 14 years later, we think now is the time for a make-over. There is a poll on Facebook to let our followers decide our **new** logo. Please vote to have your say.

Mindfulness/Wellbeing Group

A **new** monthly Mindfulness/Wellness Group will be coming soon. Come along and learn new techniques to increase your overall wellness and mindfulness. There will be Tea, Coffee and Biscuits provided. Venue and Times TBC.

Check out next month's "Positive News" to find out how our first group went and future group dates.

Women's Group

A **new** support group designed for women who are affected by, or living with, HIV. It will be starting in August as a way of meeting new people through social events. The hope for the Women's Group is that the women are able to offer each other support and friendship.

Check out next month's "Positive News" to find out how our first group went and future group dates.

Stay Tuned....

Coming up in August 2018 Positive News Edition

- Update on our first Mindfulness/Wellbeing Group & Women's Group
- New logo announcement
- August announcements

For more information on our Mindfulness/Wellbeing Group and Women's Group, please contact Helen on 01872 258 453, 07410 547 042 or helen@kpsdirect.com.

August dates will be published on our social media accounts and website.