

In Haringey Article – November 2017.

Working together to build resilience and wellbeing



A resilience and wellbeing conference held by Haringey's Anchor Project last week saw the launch of the project's approach, tools and resources and was attended by colleagues from schools, health services, children's services and the third sector. The Anchor Project works with front line staff across sectors to support children and families to be more resilient and to have higher levels of wellbeing.

The keynote speaker, Dr Larry Brendtro, from Augusta University South Dakota, introduced delegates to the principles which inspired the 'Haringey resilience wheel' and provided background research that supports the approach.

Presentations from project partners provided local context, and the third sector organisation Deep:Black showed a film based on the resilience wheel, inspiring young people to have a voice.

The film, which was co-produced by Highgate School teacher, Stephen Bovey, was made to help teachers encourage children to think in a philosophical way about belonging. It highlighted resources and lesson plans currently in development and was very well received. Also last week, the multi-agency Emotional Wellbeing Forum heard Dr Brendtro present on the impact of adverse experiences on children and families, highlighting latest research. This was set in the context of domestic violence with Haringey's Fiona Dwyer (Violence Against Women & Girls Strategic Lead, Public Health) setting the Haringey context.

Additional resources and films will be available on the [Anchor Project website \(external link\)](#), which will be launched in December.

