



# The Anchor Project

Supporting children and their families  
to live resilient and stable lives.

[www.haringey.gov.uk/anchor-project](http://www.haringey.gov.uk/anchor-project)



## Wellbeing Corner

Dear Parent/Carer,

We would like to support you to meet the emotional health and wellbeing of children in your care.

The Anchor Project is a Haringey initiative that supports adults working with children to strengthen relationships and meet emotional needs.

We would therefore like to introduce you to **Wellbeing Corner** - a resource for parents/carers, posted online at regular intervals. Each posting will give you 4 ideas to try in your *home*, to support wellbeing - see pages below.

### Aims of Wellbeing Corner:

- To share straightforward ideas to meet emotional needs each day
- To make wellbeing feel achievable - by breaking it down into individual actions and fun activities
- To build wellbeing into every day in a meaningful way for all of our children
- To take into account what research tells us about wellbeing



### Research:

Research finds that in order to have high levels of wellbeing we need to have our following needs met...

The need to:

- Belong
- Achieve
- Feel empowered
- Have a sense of purpose

We are using Haringey's Resilience Wheel to help us to think about this - see left and pages below

### Distribution:

**Wellbeing Corner** will be distributed to Haringey foster carers on a regular basis via Social Worker and the Fostering Newsletter.

Everyone else can view it at:

[www.haringey.gov.uk/anchor-project](http://www.haringey.gov.uk/anchor-project) - found under: **parent/carers - tools**

These posts will be added to The Anchor Project 'parent/carers' webpage over time to form a resource of ideas to support parents/carers at home.