



**The
Fostering
Network**
**Y
Rhwydwaith
Maethu**

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Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Fostering Wellbeing

Programme Aims

The aims of the Fostering Wellbeing Programme are for all participants and sponsors to:

- identify and share the core values and principles which will help children and young people who are looked after to thrive
- develop skills and competencies in common which will help equip children and young people who are looked after to fulfil their potential

Programme Aims

- become confident in a shared and consistent approach to meeting the needs of children and young people who are looked after which, in turn, will fire ambition and help them to find success
- be active advocates for the children and young people for whom they have a responsibility, be it individual or corporate.

Programme Deliverables

- Delivery of themed masterclasses
- Recruitment and training of Fostering Wellbeing Pioneers
- Service support

Masterclasses

The Masterclass programme enables foster carers and co-professionals to:

- gain the skills, competence and confidence needed to help inspire children and young people to fulfil their potential
- build upon knowledge, understanding, skills, confidence and strategies to use in working with each other and with the children in their care
- equip participants with theories, practical tools and additional materials that can be used straight away to enhance practice.

Masterclasses

Masterclass 1: Knowing and meeting needs

Masterclass 2: Living and growing

Masterclass 3: Me, you, us and them

Masterclass 4: Hands on

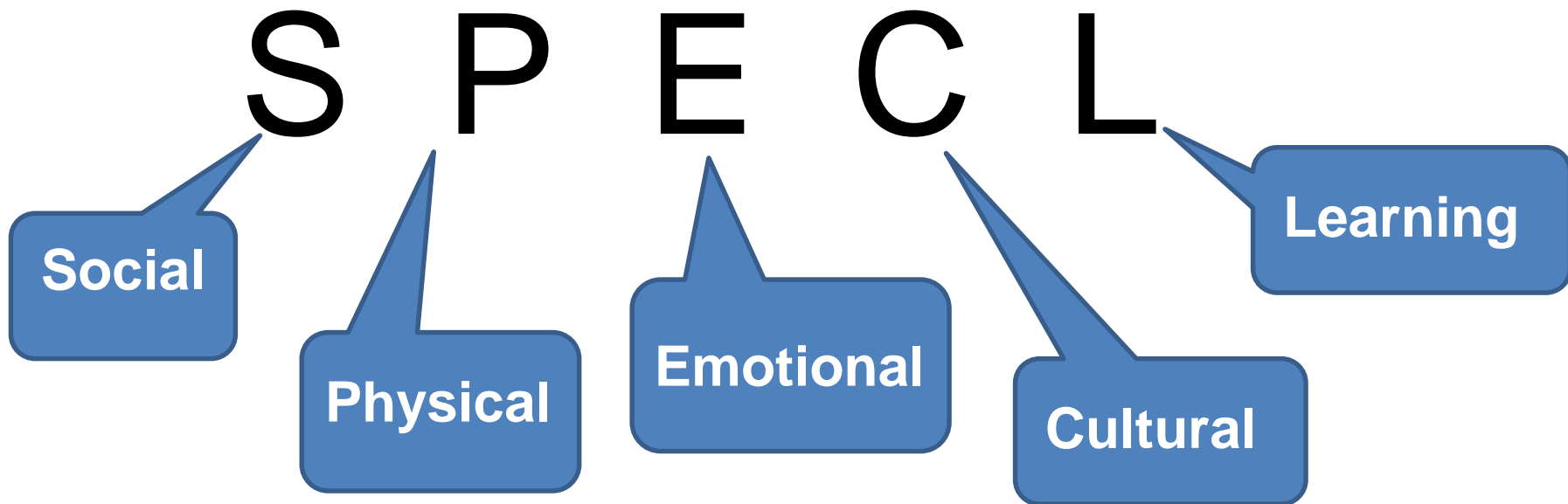
Masterclass 5: Working as one

Wellbeing – a working definition

A standard definition of wellbeing is “the state of being comfortable, healthy, or happy”. In this sense, “wellbeing” is, self-evidently, ‘the state of being well’. In the Fostering Wellbeing Programme we are seeking an holistic approach to wellbeing which can be considered in terms of what a person needs to be comfortable or healthy or happy. In this broad sense

wellbeing is when a person’s basic needs are being met

Basic needs



The 10 wellbeing principles

1. All the child's needs have to be met i.e. it is essential to understand and respond to the **whole child**/young person to improve his/her wellbeing.
2. Each person's **view of life** and the wider world will differ, arising from their background, experiences and own mindset.
3. What has happened cannot be undone but can be understood and provide **lessons for the future.**

The 10 wellbeing principles

4. Encouraging **aspiration** and ambition is essential in the development of positive attitudes.
5. Good **relationships** are at the centre of a person's wellbeing.
6. Those working with a child/young person being looked after need to know the difference between the behaviours of the professional self, personal self and private self and in what situations the **appropriate behaviour** applies.

The 10 wellbeing principles

7. Positive values and attitudes are best nurtured through **practical activities** shared between child/young person and carer.
8. Learning to **help oneself** is just as important as learning to build relationships with others.
9. The shared **values and attitudes** of all those involved with a child/young person being looked after need to be made explicit and underpin decisions about their wellbeing.
10. All those involved with a child/young person being looked after, including the foster carers and the children/young person, have **equality of status** in the relationship.

Key Speakers

Social services - directors

Social workers

Health professional (CAMHS)

Education – school-based professionals

Foster carers – mainstream and kinship

Care experienced young people

Local authority family solicitor

Educational psychologists

Speech and Language therapist

Emotion coaching specialists

Masterclass feedback

“Great listening to young care leaver and talk from foster carer.”

“Everyone is working towards improving the best outcomes for our children, not feeling like you are on your own.” (Foster Carer)

“Focus on real practice experience.”
(Senior Social Worker)

“Once again, as with last week, the whole day was both useful and enjoyable.”
(Social Worker)

“Excellent speaker about loss and trauma left me wanting more.”
(Social Worker)

Masterclass feedback

“Emotion coaching – a really useful tool I can use going forward”
(Foster Carer)

“Inspirational...time out from office to pause and reflect on current practice and how we can do things differently.”
(CLA Team Manager)

“The variety of speakers all bring a wealth of information and experience.”
(Headteacher)

“hearing from a range of agencies....importance of reflection were all really useful.”
(Deputy headteacher)

Masterclass sustainability

- ‘Train the trainer’ sessions so that regional teams can deliver masterclass content
- Development of a masterclass resource pack to enable continuation of the learning following completion of the funded programme

Fostering Wellbeing Pioneers

Experienced foster carers who have received bespoke training developed by The Fostering Network in:

- peer mentoring and support
- counselling skills
- team around the child
- recording and reporting
- emotional coaching – taking care of self.

Fostering Wellbeing Pioneers

Pioneer activities could include:

- raising awareness of the programme
- working with co-professionals to deliver local plans and initiatives
- providing one-to-one support to foster carers
- co-facilitating training and cascading learning from regional masterclasses.

Service Support

- Use masterclasses to identify key areas of focus for service planning stage
- Support region to develop service-led activities that:
 - cascade learning
 - identify sustainable models for developing learning and embedding wellbeing principles

Thank you

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