



Dear Children and Young People,

We are writing to you because you are a Child in Care or Care Leaver with Haringey Local Authority.

We want to check on your well-being during this time of uncertainty and lockdown.

Aspire is Haringey's children in care and care leavers council, we thought that it would be useful to send you a letter to let you know that we are thinking of you all and hope that you are keeping safe and well, should you have any worries or issues please contact your social worker or Personal Advisor in the first instance.

[Visit the NHS website](#) for information about Covid-19, emotional health and wellbeing and more.

Mind of My Own is also a great app which Haringey have purchased to 'hear the voice' of their young people, it captures:

- your thoughts and feelings about your life
- where you are at now
- how well you feel you are being supported.
- your views about how improvements can be made.

Please speak to your Social Worker, Personal Advisor, or Independent Reviewing Officer about assistance with downloading this free app onto a device.

If you would like to find out more about how you can become a part of Aspire, please call or text my number shown below.

Thank you for reading!

Best Wishes

Anneke Phillip

Consultation & Participation Officer

CYPS

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