

Adoption Support

A wraparound service!



Support is only as good as it feels!

Building an adoption community in Essex



Where we started:-

Signposting to community and universal services

Coffee mornings – in partnership with AdoptionUK

Summer Fun Day

Christmas Party – in partnership with AdoptionUK

‘A’ Team – adopter led group for single families

‘RAFT’ – adopter led group for LGBT families

Friends & Family – monthly training

Newsletter – 6 weekly



What we developed:-

Respite – for groups of families / groups of teens

STARS – adopter led groups for pre-school families

EPIC – adopter led groups for school-age families

T.E.A. (Talking Education and Attachment) – groups jointly run by Education Psychologists and Post Adoption Team staff

Swimming for Attachment & Trust – 10 week programme for parent and child

Attune – 10 week Music Therapy programme for parent and pre-school child

Big Bro/Big Sis – group for other children in adoptive families



Listening to children and adopters

Consultation with adopters (written)

'Virtual' Consultation Group

Adopter Voice

Consultation at Events / programmes

Acting on adopters feedback



What they said:-

More for older children

Gap in service for teens

More respite

Practical parenting

Parenting children who may have been sexually abused

Parenting children who have lived with domestic violence

More about parenting a child who displays aggression

FASD – more information, advice, help



What we added:-

Dad's Group – adopter led dad's and kids group

The Adoptables – group for adopted young people in partnership with CoramBAAF

Non Violent Resistance – 10 week programme

Meeting my Siblings – facilitated and supported group meetings for adopted children and their siblings in foster care

FASD – Training Event in partnership with AdoptionUK



What we added:-

Margot Sunderland '**Conversations that matter**' – talking to children & teenagers in life changing ways that help

Attachment focused parenting – Training Outreach Workers -
Chris Christophides

Attune - 10 week Music Therapy programme for parent and **school age** child

Respite for Teens – further respite in partnership with After Adoption

Training days – Parenting a child who lived with DV / sexualised behaviour / Living with an angry child



The Adoption Community in Essex





R.A.F.T - Rainbow Adoptive Families Together

“It’s been an emotional rollercoaster and obviously sometimes quite a stressful process; Sunday was a lovely ray of sunshine and happy glimpse into a potential (fingers crossed J) future” – *new dad*

“Thank you for arranging the social event last Sunday, it was excellent, great for the children and parents and great for us as prospective parents” – *approved female adopters*





E.P.I.C

“It’s great to have somewhere to come and talk to people who are going through same/similar issues. Thank you”

S.T.A.R.S



“Great afternoon seeing our children playing and talking to other adopted children”

Swimming – for Attachment and Trust

“I just wanted to say how I have really enjoyed the course with A and how it definitely helps with attachment as well as building their confidence.”

“our group have agreed to meet regularly to use the free sessions in the pool and continue with the singing and games as well as a coffee for us and so the children can keep in contact as they have all bonded quite well as

the weeks have progressed”



Attune



“He’s developed hugely – big factor is Attune. It’s difficult to measure but it’s had a massive impact.”

“Music helps to regulate him before an explosion or to calm him down after”

“Stop my child from being too independent, lets me help him”

“It’s increased our bond and we’ve seen less issues at home, stronger attachment”

Respite – Single adoptive families

“F started slightly shy but as the days went on she grew in confidence and scaling the climbing wall was a massive highlight for us. F is still telling everyone and she is feeling really confident at the moment and feels she can do anything!” – *single mum*

“As single mum's to adopted children it was a delight to be brought together for more than our normal 2hrs every few weeks. It gave us the opportunity to discuss many topics at leisure and we all were able to support each other if any child "misbehaved“ – *single mum*



Respite – Families together



Do you feel your children benefited from coming to Mersea?

“Zac wanted to stay here!”

“Had a breakthrough with Robert listening and being able to partake in an activity independently”

“New experiences that we might not have tried alone as a family.
Feeling good about herself”



Summer Fun Day



This is not a 'one size fits all' approach to supporting adopters and children

Families have different needs at different times and the support we offer should reflect this

Varied, on-going and relevant support can have a positive impact on the psychological wellbeing of adopters and their children