



Pre-adoption  
Post-adoption  
Permanency  
Advice &  
Counselling

# Independent, confidential support for North London birth mothers

**Women resident in the London Boroughs of Barnet, Enfield, Haringey, Camden or Islington who have lost children to adoption can meet other birth mothers to talk through their feelings at one of two regular drop-ins hosted by independent adoption support agency PAC.**

PAC is a registered charity and adoption support agency with 25 years' experience of supporting all those involved in adoption and other forms of permanent care. In 2011 PAC was rated "outstanding" by Ofsted.

PAC has hosted a fortnightly birth mother drop-in at its Kentish Town premises for several years. A partnership between PAC and the North London Adoption and Fostering Consortium (NLAFC) has led to the establishment, commencing in December 2011, of a new bi-monthly drop-in at Enfield Baptist Church, Cecil Road, Enfield EN2 6TG.

Birth mothers who are residents of any of NLAFC's five member London boroughs can attend either the Enfield or Kentish Town venues, whichever is most convenient for them. The service is free of charge and is open to women who are currently involved in care or adoption proceedings.

The drop-ins offer a confidential space in which women whose children have been adopted, or are in other forms of permanent care, can talk about their fears, feelings and loss. A qualified PAC support worker is on hand to answer questions about how the adoption and care systems work, explain birth mothers' rights, provide support over contact plans for adopted or placed children and offer help with letterbox contact.

PAC's Birth Parent Support Worker, Rita Cleary, said:

"Women who have attended the Kentish Town drop ins have spoken about how much support they have found in the group. Only another birth mother can truly know how it feels to have lost a child to adoption".

"It's great that we can now offer this vital support at a second venue, so that birth mums living closer to Enfield can come along and meet other women who are in similar situations and who can understand their feelings".

For further details of either of the drop-ins contact PAC's Advice Line on 020 7284 5879, open Monday to Friday 10.00am to 1.00pm and Wednesday and Thursday evenings 5.30 – 7.30pm or email [rita@pac.org.uk](mailto:rita@pac.org.uk). Prior to attending, birth mothers will be offered an initial one-to-one private appointment to talk through whether the drop-in can meet their needs.

*For any queries or advice around adoption or any other form of permanent placement, please contact Pac's Advice Line or email [advice@pac.org.uk](mailto:advice@pac.org.uk). PAC's website is [www.pac.org.uk](http://www.pac.org.uk).*

## Notes for editors

- PAC was founded in 1986 as the Post-Adoption Centre to meet the needs of adults and children experiencing problems arising from adoption. Its origins were in a growing recognition that adoption raises specific issues for all parties involved and at various stages of their lives.
- PAC has developed a range of support services which reflect the complexities of adoption, as well as long term fostering and special guardianship.
- Each year PAC receives 1,800 requests for help from people affected by adoption or permanent care as well as the professionals who support them.
- PAC has particular expertise in working with minority ethnic children, families and adults and with transracially adopted children and adults.
- PAC is an independent charity which provides a confidential service. In 2011 PAC received a quality rating of 'outstanding' from Ofsted.