

About PAC

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.



PAC staff

PAC's counsellors are professionally qualified in counselling/psychological therapy, psychology and/or social work and have a wide range of experience and training in all aspects of adoption and permanent placement. Counselling staff are supported by external professional supervisors and administrative staff.

PAC in Hampshire

PAC offers a range of services for adoptive parents resident in Hampshire.

- Independent telephone advice via PAC's Advice Line
- Face to face counselling at a monthly surgery held at a venue within the county
- Telephone counselling (available out of hours)
- Local support groups and parenting workshops

For further details of any of these services call PAC's Advice Line on 020 7284 5879 (see opposite for Advice Line times).

These services are open to adoptive parents resident in Hampshire (excluding Portsmouth, Southampton and Isle of Wight) who have adopted children who have been cared for by Hampshire. Services can be made available for adoptive families whose placement was made by another local authority but who are now resident in Hampshire - please contact PAC for further information.

How PAC can help

Many adopted children have experienced abuse, neglect, painful separations or other trauma prior to joining their families. Adoptive parents often struggle to respond effectively to the behavioural difficulties which can be the legacy of these early traumas.

In addition there can be issues around attachment, identity and contact with birth relatives. PAC offers adoptive parents support and advice that helps them respond to all of these challenges and support their children's specific needs.

The first port of call is our daily Advice Line, where parents can speak to experienced, qualified PAC staff. Where appropriate, appointments for counselling can be made. Counselling can take place face to face at PAC's monthly Hampshire surgery or out of hours by telephone.

Through discussions with PAC counsellors, parents can begin to offload stress, worry and frustration, explore a variety of parenting strategies and - perhaps most importantly - come to understand their children better.

PAC also runs locally-based support groups and parenting workshops for Hampshire adopters. Call our Advice Line for details.

Our staff can work with adoptive parents to prepare life story books for their children - please contact Hampshire County Council Children's Services for further information.

ADVICE LINE
020 7284 5879

Monday to Friday
10.00am - 1.00pm

Thursday evenings
5.30pm - 7.30pm

Equal opportunities

PAC is committed to providing a service based on racial equality and equal opportunities. It has an ethnically and culturally diverse staff. If you have a concern about the ethnicity or gender of your counsellor PAC will do its best to accommodate your request.

PAC operates service evaluation and complaints procedures.



Pre-adoption
Post-adoption
Permanency
Advice &
Counselling

PAC's other services

PAC offers a wide range of support for all parties to adoption and other forms of permanent care at its premises in Kentish Town, London:

- a child and family service offering a range of services for adoptive and permanent placement families, including intensive therapeutic family work
- a counselling service for individual adults and couples
- a range of support services for birth relatives
- workshops, groups and seminars for all those involved in adoption and other forms of permanent care
- professional consultation and training
- bespoke training and services for professional agencies

For further information contact PAC.

Hampshire County Council
Children's Services
County Adoption Services
Glen House, Glen Road
Swanwick, Hampshire
SO31 7HD

tel: 01489 587 543 fax: 01489 575 594
email: adoption.services@hants.gov.uk
web: www.hants.gov.uk

Support for Adoptive Parents in Hampshire

*PAC working in partnership with
Hampshire County Council Children's Services*



5 Torriano Mews
Torriano Avenue
London NW5 2RZ

tel: 020 7284 0555
fax: 020 7482 2367
advice: 020 7284 5879

email: advice@pac.org.uk
web: www.pac.org.uk

Registered charity: 294998
Company limited by guarantee: 2040322
PAC is registered with Ofsted under the
Care Standards Act 2000 as an Adoption
Support Agency (reg. no.: SC066981).