

Equality at PAC-UK

PAC-UK is committed to providing services which are fair and equal for all. It has an ethnically and culturally diverse staff and believes in the unique value and right to respect of each individual.

PAC-UK is working in partnership with the eQuality Project to improve the support we offer to lesbian, gay, bisexual and transgender people.

Our Equality and Diversity Policy is published on the PAC-UK website.

Your first contact point

Advice Line

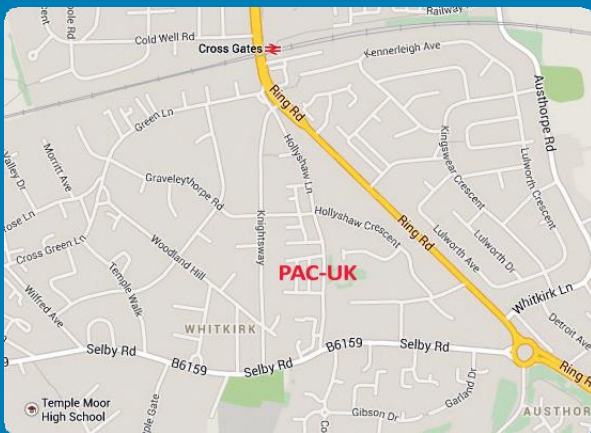
tel. 0113 230 2100 email. advice@pac-uk.org

Mon, Thurs & Fri 10.00am – 1.00pm
Tues & Weds 4.00pm – 7.00pm

Education Advice Line

tel. 020 7284 5879 email. education@pac-uk.org

Wed & Thurs 10.00am – 12noon
(for parents, carers and professionals during term time)



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Registered charity: 264713

Company limited by guarantee: 01068186

PAC-UK is registered with Ofsted under the Care Standards

Act 2000 as an Adoption Support Agency.

Ofsted registration: SC066981



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2 Hollyshaw Lane
Leeds, Yorkshire
LS15 7BD
tel 0113 264 6837
advice 0113 230 2100
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web www.pac-uk.org

twitter.com/PACUKadoption

find us on Facebook



Access to Records & Intermediary Service

For adopted adults



access to birth records,
adoption records,
Intermediary services,
advice & counselling

Access to Records & Intermediary Service

advice line tel. 0113 230 2100

For nearly 30 years it has been the experience of PAC-UK (formerly Post-Adoption Centre and AAY) that many birth relatives of adopted adults want to reconnect, and make contact with their lost adoptive relative.

This journey, in some cases stretching over several years, is not only a practical one but a deeply emotional one. Birth relatives can experience a mass of overwhelming and conflicting feelings of joy, sadness, and relief.

Peeling back years of family history can feel like being propelled along a corridor with many doors opening to the unknown.

Counselling and advice can help all parties manage the complex feelings and situations they may encounter in reunions, as well as the impact on those close to them.

PAC-UK's counsellors and therapists are professionally qualified in counselling/ psychotherapy, 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 an administrative team.

PAC-UK's vision is that all people affected by adoption and other forms of permanence are supported and enabled to live their lives to the full.

www.pac-uk.org



Who is PAC-UK?

We are the largest independent adoption and permanence support agency in England.

We supported more than 5,000 people last year!

Our vision is that children, young people and adults affected by adoption and permanence arrangements live their lives to the full.

Family Action & PAC-UK

Family Action and PAC-UK merged on 1 December 2018.

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and isolation across the country.

PAC-UK can:

- Access details of birth name and birth parents for adopted adults
- Access records about birth family and the circumstances around the adoption
- Give counselling around the records and the issues raised
- Arrange appointments at local community venues or at home
- Offer an intermediary service to birth family in a safe and supported way*
- Offer a tracing service*

*These services may incur a charge, please discuss with your PAC-UK support worker

How can I find out more?

Call the PAC-UK Advice Line on 0113 230 2100 or email advice@pac-uk.org to arrange a call back.

PAC-UK Advice Line opening times:

- Mondays 10.00am to 1.00pm
- Tuesdays 4.00am to 7.00pm
- Wednesdays 4.00pm to 7.00pm
- Thursdays 10.00am to 1.00pm
- Fridays 10.00am to 1.00pm

PAC-UK service user feedback:

"I am still attending counselling. I feel I still have a long way to go but feel much more hopeful of my future. If it wasn't for PAC-UK I don't know where I'd be now."

- Adopted person

"My PAC-UK counsellor was so good that I was able to talk to her about other issues that were indirectly involved. The support has been amazing. Thank you!"

- Adopted person

Our aims

We aim to provide a safe space where any issue related to adoption or permanent placement can be explored.

We also endeavour to actively help with processing intense feelings and identifying coping strategies.

Careful preparation, support and guidance with regard to the many issues around contact with birth relatives, in accordance with relevant legislation, are core to our practice.

PAC-UK was rated Outstanding by Ofsted in 2017.

The use of an Intermediary

Making contact with your birth relative can be a complicated and emotional journey, so it is always best to have someone who can mediate between you, and support both parties. Your PAC-UK support worker will explain how this works.

Please contact the PAC-UK Advice Line for more information.