



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 (reg. no. SC066981)

## Equal opportunities

PAC-UK 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-UK will do its best to accommodate your request.

PAC-UK operates service user evaluation and complaints procedures.

### PAC-UK

Leeds Office  
Hollyshaw House  
2 Hollyshaw Lane  
Leeds, LS15 7BD

Office 0113 264 6837  
Advice 0113 230 2100  
Email [advice@pac-uk.org](mailto:advice@pac-uk.org)  
Web [www.pac-uk.org](http://www.pac-uk.org)

First Family Service  
Email [firstfamily@pac-uk.org](mailto:firstfamily@pac-uk.org)

 [www.pac-uk.org/firstfamily](http://www.pac-uk.org/firstfamily)

 [twitter.com/PACUKadoption](https://twitter.com/PACUKadoption)

 Find 'PAC-UK' on Facebook



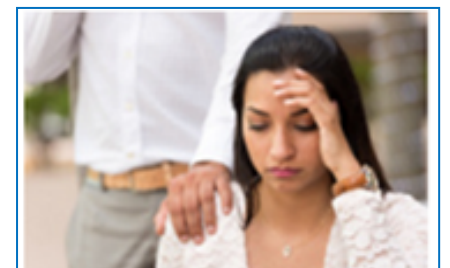
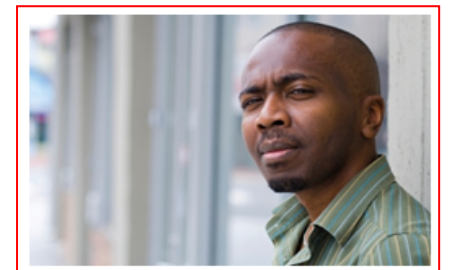
PAC-UK



## First Family Service - Across the North East

*Is your child no longer with you or is there a chance this may happen?*

*Free advice and support for birth mothers, fathers & relatives*



## What is PAC-UK?

PAC-UK provides specialist therapy, advice, support, counselling and training for all affected by adoption and permanency.

PAC-UK helps thousands of people each year. Some of them are birth parents or other birth relatives, some are adoptive parents and some are adopted adults.

PAC-UK is a charity and is not part of social services or any government organisation.

- ✓ *We know how traumatic losing a child can be.*
- ✓ *We know that you will always be family to your child.*
- ✓ *We aim to help you keep a child in the future if you want to.*

## PAC-UK Staff

PAC-UK's counsellors are professionally qualified in counselling/psychotherapy, psychology and/or social work and have a wide range of experience and training in all aspects of Birth Family support.

Counselling staff are supported by external professional supervisors and administrative staff.



Advice Line  
0113 230 2100

Mon, Thurs & Fri  
10.00am - 1.00pm

Tues & Wed  
4.00pm - 7.00pm

PAC-UK offices and Advice Lines  
are not staffed on public holidays.

Email

[firstfamily@pac-uk.org](mailto:firstfamily@pac-uk.org)

Website

[www.pac-uk.org](http://www.pac-uk.org)

## First Family Service Action Line

PAC-UK's First Family Service has its own web page at [www.pac-uk.org/firstfamily](http://www.pac-uk.org/firstfamily) that provides you with more information on the services we offer.

Alternatively, call our confidential Advice Line **0113 230 2100** or email [firstfamily@pac-uk.org](mailto:firstfamily@pac-uk.org) and we will respond to your request at the earliest possible opportunity.

The PAC-UK Advice Line opening hours are listed on the opposite page.

## PAC-UK's First Family Service can:

- ✓ *Listen to your story and how you are feeling about your child's adoption.*
- ✓ *Explain the often confusing process of adoption and what that means for you and your child –now and in the future.*
- ✓ *Help write a letterbox letter. Most people find the first one particularly difficult.*
- ✓ *Help you to write a letter for your child for when they are older explaining what happened and how you feel about it.*
- ✓ *Let you know how other parents like yourself feel. We run friendly support groups in some areas.*
- ✓ *Look at the reasons your child was removed and what you can do to keep a future child if you want to.*
- ✓ *Meet with you in a convenient place and discuss what is most helpful to you. What you say is confidential.*

Email [firstfamily@pac-uk.org](mailto:firstfamily@pac-uk.org) or visit the First Family page on the PAC-UK website for more information

[www.pac-uk.org/firstfamily](http://www.pac-uk.org/firstfamily)