



PAC-UK



Information for Children and Young People About PAC-UK

WHY DO FAMILIES COME TO PAC-UK?

- Most children who come to PAC-UK have become part of their family through adoption. Some joined their families through fostering or special guardianship. All children who come to PAC-UK have been separated from their birth parents, and from other important people in their lives.
- Most children have some memories, as well as worries and other feelings about what has happened to them in the past. It's usually quite hard to talk about these memories and feelings. This can lead to sad, angry and scared feelings staying bottled up inside.
- At PAC-UK we help children to make sense of what they have been through, and to talk about some of their difficult experiences. We also talk about what it is like to be adopted, or looked after by special guardians or foster carers.

- When children have problems at home and/or at school, we try to find out why, and what could be done to make things less difficult.
- We always help parents and carers too. We help them to deal with their children's difficulties in the best possible way.
- In the end we hope the whole family gets on better, and has more fun together!

WHAT WILL WE BE DOING?

- When you and your family come to see us, we'll play, and maybe draw and talk about things that you need help with.
- After that, we'll discuss with you who from your family will come to see us again, how many times and on which day.
- If you come to see us again, you'll always come with your parents or carers. We'll then continue to play, paint, write and talk about things you need help with.
- And we'll try to answer any questions you may have.

THE CHILDREN THAT COME TO PAC-UK

- We help all children. Some children are Black, some are Asian, some are White, and some are mixed race. Some children have disabilities. Some were born in England, and some were born in other countries.
- Children who come to PAC-UK are in families with two parents, or one parent. Sometimes children have two mums or two dads.

Some children live with grandparents, other relatives or with friends of their parents. All families are welcome at PAC-UK.

ABOUT US

- PAC-UK counsellors know about adoption. They also know about fostering and special guardianship.
- Families who come to PAC-UK work with one or two counsellors. The counsellors could be black or white, women or men.
- We believe things can get better for you and your family.

TELL US WHAT YOU THINK

- At the end of your time with us we'll ask you to fill in a form to let us know what you think about coming to PAC-UK.
- You can also write, phone or e-mail us. Ask your parent or carer another adult for help if you need to.
- Your thoughts are important to us.

WHAT TO DO IF YOU ARE NOT HAPPY WITH YOUR EXPERIENCE AT PAC-UK

- Tell your parent or carer what you are unhappy about.
- You can also tell the counsellors who are working with you, or another adult at PAC-UK.
- If you are very upset and unhappy about something at PAC-UK you can make a formal complaint.

CONTACT DETAILS

PAC-UK

Family Action Head Office

London N1 7GR

Tel: 020 7284 0555

E-mail: advice@pac-uk.org

Website: www.pac-uk.org

OTHER PEOPLE WHO CAN HELP TO GET YOUR VOICE HEARD

Coram Children's Legal Centre

Wellington House

4th Floor, 90-92 Butt Road

Essex CO3 3DA

Tel: 01206 714650

Email: info@coramclc.org.uk

Web: www.childrenslegalcentre.com

The Office of the Children's Commissioner

1 London Bridge

London SE1 9BG

Tel: 020 7783 8330

Email (web form): www.childrenscommissioner.gov.uk/about-us/contact

Web: www.childrenscommissioner.gov.uk

Ofsted

Clive House

70 Petty France

London SW1H 9EX

Tel: 0300 123 1231

Email: enquiries@ofsted.gov.uk

Web: www.ofsted.gov.uk

These websites have information on other places where your voice can get heard.

The local authority that placed you will have an Independent Reviewing Officer (IRO) who you can talk to.