



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)

PAC-UK was last inspected by Ofsted in December 2022 and was rated 'Outstanding' in all areas.

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 0300 1800 085

Advice 0300 1800 090

Email advice@pac-uk.org

Web www.pac-uk.org

First Family Service

Email firstfamily@pac-uk.org

 www.pac-uk.org/firstfamily

 twitter.com/PACUKadoption

 Find 'PAC-UK' on Facebook



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



With thanks to our incredible PAC-UK First Family North West Support Group who co-produced this leaflet

What is PAC-UK?

PAC-UK provides specialist therapy, advice, support and counselling 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 recognise how traumatic losing a child can be.*
- ✓ *We know that you will always be family to your child and relatives.*
- ✓ *We aim to help you improve the outcome for any future children you may have.*

Advice Line

0300 1800 090

Mon	10am-4pm
Tues	10am-4pm
Weds	10am-7.30pm
Thurs	10am-7.30pm
Fri	10am-4pm

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

Email

firstfamily@pac-uk.org

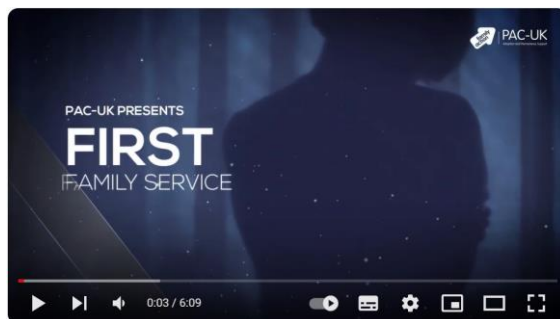
Website

www.pac-uk.org

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.

We have produced a short six-minute video 'PAC-UK presents: First Family Service' that explains our work in more detail – [click here](#) or on the image below and the video will open and play via our YouTube channel.



Referrals to our First Family Service

If you want to refer yourself or someone else, please contact **Adopt North East** by calling **0191 643 5099** or emailing postbox@adoptne.org.uk.

Alternatively, for some advice, you can contact our confidential PAC-UK Advice Line by calling **0300 1800 090** or emailing firstfamily@pac-uk.org.

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 or relative for when they are older explaining your story, what happened and how you feel about it.*
- ✓ *Let you know how other parents like yourself feel and that you are not alone.*
- ✓ *Meet with you in a convenient place and discuss what is most helpful to you. What you say is confidential.*
- ✓ *We also run friendly in-person support groups in some areas and online support groups (we also have a First Family Facebook Group with over 150 members you can join).*

Email firstfamily@pac-uk.org or visit the First Family page on the PAC-UK website for more information

www.pac-uk.org/firstfamily