



# Coram Adoption Support Newsletter Spring 2023

## Life Story Talk Workshops

These workshops are designed to help parents talk to their child about their adoption and will give you the confidence and skills you need to do this. We will look at how parents can promote and respond to their child/children's questions about adoption and their history, and give you practical examples of words and phrases that you can use to facilitate this. Life story work is about engaging in conversation with your child about their journey, we therefore advise parents to attend this workshop every couple of years as their child develops.

When: **20 April 2023, 10.00am to 1.00pm via Zoom**

**9 May 2023, 10.00am to 1.00pm via Zoom**

**Summer dates to be confirmed**

## Life Story Talk Seminars

The seminars are open to anyone who has attended one of the Life Story workshops in the last 18 months and would like the opportunity to discuss further their life story talk with their child, the next one is on: **18 April 2023, 11.00-12.30p.m. via Zoom**

## Strengthening Attachment Through Play

Please join us for this training session where we explore the benefits and challenges of child & parent play, and introduce attendees to the Webster-Stratton (Incredible Years) concept of child-led/Special Play, which is an evidence-based play approach that promotes and strengthens attachment.

This training is for approved adopters (before placement or with children aged 0 – 8 years) with all levels of play experience.

When: **16 May 2023, 12.30-2.00p.m. via Zoom**

**19 September 2023, 12.30-2.00p.m. via Zoom**

Please email [adoptionssupportVAA@coram.org.uk](mailto:adoptionssupportVAA@coram.org.uk) to register your interest for any of the above courses.

## Support Group for Black, Asian, Mixed Heritage, Minority Ethnic Families

We know that adoptive families from Black, Asian, Mixed Heritage or Minority Ethnic backgrounds have to consider different types of challenges. This group was formed as a response to the recurring issues that adoptive families have experienced; For example, the school experience or preparing a child for independence in adolescence are complex areas for all parents of adopted children, but helping children to manage additional issues around identity and racism within these contexts, does require further thinking and support. Coram adoption senior social workers facilitate the program once a year. This is five meetings for 12 families taking place during the week in the evening on Zoom.

There is a group currently meeting so please register your interest for the future groups: please contact [adoptionssupportVAA@coram.org.uk](mailto:adoptionssupportVAA@coram.org.uk) and we can send you the registration form.

## **Online Social Media Safeguarding for Adoptive Parents workshop – also covering contact issues**

This workshop aims to provide adopted parents with an understanding of the risks online to children and how to address these issues

By the end of the training delegates should

- Be aware of the risks to children and how it impacts on them
- Be familiar with signs and indicators of that a child is accessing inappropriate materials
- Understand the risks from social media to young people
- Explore the process of grooming
- Consider the specific vulnerabilities of adopted children
- Look at the impact of birth parents contacting children or children contacting birth parents
- Explore parental controls and family agreements
- Develop a strategy for online contact with birth parents going wrong
- Reporting online concerns and accessing support
- Keeping up to date with current concerns

When: **26 April 2023 at 12.00pm to 2.00pm online via Zoom**

**Please note that there will be a fee for this course of £12.00 per participant.** Do let us know, should you be experiencing difficulty in covering this fee.

Please email [adoptionsupportVAA@coram.org.uk](mailto:adoptionsupportVAA@coram.org.uk) to register your interest.

## **Muslim Adoption Support Group**

This support group is open to all Coram's adopters of Muslim-heritage children. We welcome Muslim adopters, non-Muslim adopters of Muslim children, and prospective Muslim adopters who have been approved and are waiting for a child to be placed with them. The group meets monthly on Zoom, and offers a safe space in which to share experiences and explore issues affecting Muslim adopted children and their families, including faith-related matters, cultural attitudes, child development, identity and mental health issues, and other topics of interest to attendees. The support group will be facilitated by Dr Rachel Abedi, Child and Adolescent Psychotherapist (ACP). Rachel has several years experience working in the NHS Child and Adolescent Mental Health Service (CAMHS) and in schools, and has a particular interest in supporting Muslim children and families to access services. She is also a Muslim and a Coram adopter.

Support group meetings take place monthly on Mondays at 12.30pm to 2.00pm via Zoom. You are welcome to stay for the whole meeting, or drop in for as long as you can.

**Next dates are:        20 March 2023.**

**24 April 2023**

**22 May 2023**

**19 June 2023**

To book please email [adoptionsupportVAA@coram.org.uk](mailto:adoptionsupportVAA@coram.org.uk)

## CATCH (Adopter Hub) / Demonstration and Workshop



CATCH provides adopters with online access to peer support, webinars, training and sessions with experienced practitioners to help reduce isolation. This fantastic online resource was developed with adopters to provide eLearning, support and essential information.

### CATCH offers:

- A forum: open 24/7 for you to swap ideas with other adopters.
- One-to-one webchat: great for individual support, all our trained peer supporters are adopters themselves.
- Webinars and videos: all you need is a screen and headphones to watch live and you can also browse the webinars, covering subjects including school transitions, difficult emotions and behaviour, and parenting an anxious child.
- ELearning on attachment and parenting: available to view at a time that suits you, reviewing and building on your previous learning.
- Resources: lots of useful information and guidance on subjects such as education, life story work and mental health.

There is a video on CATCH which demonstrates how to use and what is on offer:

[https://youtu.be/m\\_CuSRvx6AY](https://youtu.be/m_CuSRvx6AY)

If you do not have a CATCH membership and would like to be a member, please contact [adoptionssupportvaa@coram.org.uk](mailto:adoptionssupportvaa@coram.org.uk)

To learn about how to make full use of CATCH services please attend our next CATCH workshop on:

**15 March 2023 at 11.00am to 12.00pm**

**10 May 2023 at 11.00am to 12.00pm**

**5 July 2023 at 11.00am to 12.00pm**

To book please contact [adoptionssupportvaa@coram.org.uk](mailto:adoptionssupportvaa@coram.org.uk)

### Additional Links:

**We Are Family:** [www.wearefamilyadoption.org.uk](http://www.wearefamilyadoption.org.uk)

We Are Family is a free support group run by adopters, for adopters. They offer parent groups, training workshops,

**The POTATO Group:** [www.thepotatogroup.org.uk](http://www.thepotatogroup.org.uk)

The POTATO Group is a group for parents of adopted teens. They have an annual fee of £15 and provide peer to peer support as well as a private Facebook page.

**PAC-UK:** [www.pac-uk.org](http://www.pac-uk.org) | [advice@pac-uk.org](mailto:advice@pac-uk.org) | 020 7284 5879

PAC-UK is the Post Adoption Centre and offers a free Advice Line weekdays as well as an Educational Advice Line on Thursdays from 12 – 2pm (please be aware times can change so check the website for current availability).

Some Local Authorities have a contract with PAC-UK to provide counselling services for adoptive parents.

**PAC-UK** also offers training for adopters such as NVR training, these can be accessed by contacting your Adoption Support Team. This is currently limited to the Local Authorities.

**NEW FAMILY SOCIAL:** <https://newfamilysocial.org.uk>

A UK charity, led by LGBTQ+ adopters and foster carers. New Family Social exists to help you decide if adoption or fostering is right for you and then support you on your journey to becoming parents and carers. They also work with agencies to develop their services to be as LGBTQ+ inclusive and friendly as possible.

They aim to make the pool of available parents as wide as possible for the many children in care. There's an ever increasing need for more LGBTQ+ people to explore both adoption and fostering.

You might have just started to think about your options. What will adoption mean for you? Can you offer the support needed from a foster carer? How will an agency treat me? What age children can I give a home to?

They are here to help. There's probably a supportive adoption or fostering team near you that's a member of New Family Social.

**The Child Accident Prevention Trust (CAPT):** <https://capt.org.uk/csw-translations>

They give free child safety advice to parents and carers, support professionals working with children and families, support senior professionals and policymakers and advise the government and organisations on child safety.

**Anna Freud Centre - Nurturing Change**

Nurturing Change is a national therapeutic service based at the Anna Freud Centre, offering specialist support to adoptive parents, among others, and their children aged up to 6 years. We provide a 12-week online therapeutic service, eligible for Adoption Support Fund funding, using the Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPP-SD). This has a strong evidence base, with research consistently showing it is effective in helping parents and children's development and wellbeing. It supports relationships between parents and their children, helping to develop secure attachments by increasing sensitive responses and improving attunement. So those who are caring for children who have had a difficult start in life can particularly benefit from this intervention.

To express interest in receiving the service or find out more visit:

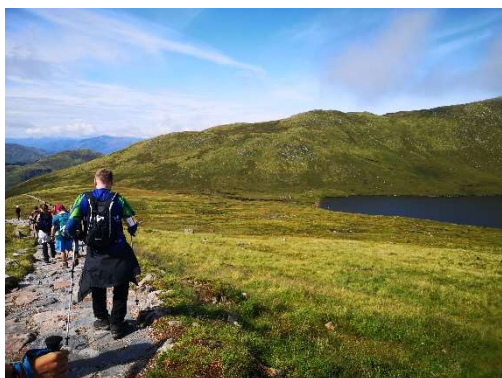
[www.annafreud.org/nurturingchange/](http://www.annafreud.org/nurturingchange/) or get it touch at [paula.oliveira@annafreud.org](mailto:paula.oliveira@annafreud.org)

**NVR courses**

Gill Tree, Adoption Academy, offers NVR courses for adoptive parents. Please visit the website for information on the courses offered: <https://www.adoptionacademy.co.uk/>.

These courses are accessible through the Adoption Support Fund.

## Take on the Three Peaks Challenge for Coram!



Join us as we climb the highest mountains in the UK – Ben Nevis, Scafell Pike and Snowdon- to create better chances for children. If you are looking to take on the ultimate British hiking challenge, this is the event for you! With an approximate distance of 22 miles, this is a huge but highly rewarding undertaking. Sign up today!

Date: 7th- 9th October 2023

Duration: 3 Days

Financial Commitment: Signup fee of £95 and then choose between self-funded or minimum sponsorship options

[Sign up here](#) (click through, select 'UK Challenge' and then 7<sup>th</sup>-9<sup>th</sup> October) or click [here](#) for more information.

## London to Paris Cycle Ride

London to Paris is one of the greatest cycling experiences Europe has to offer; if you are yet to take on this event, could 2023 be your year? Cycle approximately 330 miles over four days to support Coram's adoption work, legal services, education programmes and much more. Sign up today!

Date: 6th-10th September 2023

Duration: 5 Days

Financial Commitment: Sign Up Fee of £124 and then choose between self-funded, part-funded or minimum sponsorship options.

[Sign up here](#) or click [here](#) for more information.

**If you have any questions about either challenge, please email [hello@coram.org.uk](mailto:hello@coram.org.uk)**