



What's on

SPRING 2020



Coram's Adoption Support

Adoption is a big decision. When you adopt with us you won't be alone, we'll guide you through the adoption process – all the way to becoming a family, and beyond.

The preparation and training you had before your child or children came to join your family will help, but it cannot prepare you completely for the reality of caring for a child who has had a difficult start. Our Adoption Support Service includes senior adoption social workers who understand the complexity and impact of adoption – and can help you find the services which will best support you as an adoptive parent.

For more information contact
Val: val.payman@coram.org.uk

Foundling Hospital

We recognise the lifelong impact of adoption and we will help adults who were formerly in the care of the Thomas Coram Foundation to access their records. We will also provide information to descendants of those who were formerly at the Foundling Hospital.



Our Adoption Support Team is here to help

Families are welcome to come back to us for advice and training at any time – not just if things are difficult, but to refresh your learning and acquire new skills. Our aim is to provide opportunities that will support you as your children grow.

Talk to us

We understand that seeking help itself can be challenging. We want to make it as easy as possible for you to share any concerns or worries. This may include: school and education, behaviour management, transitions and your child's life story and life story book.

We are also available to meet you and your children to think about what help you might need. Having space and time to reflect and work things out together is often the best way to proceed.

Adoption Support Helpline

Call our helpline for advice and support on any adoption matter:

Monday to Friday 9.00am–1.00pm

020 7520 0383

Email adoption@coram.org.uk

Helping you access the Adoption Support Fund (ASF)

The Adoption Support Fund is a mechanism for funding additional therapeutic adoption support. It is for children placed for adoption and adopters from local authority care in the UK, who live in England and are aged up to 21, or 25 if they have an EHCP (Education, Health and Care Plan).

Find out more about the fund:
www.gov.uk/guidance/adoption-support-fund-asf#how-families-access-asf-support

To discuss your needs please contact the Adoption Support Helpline.



What's on

Spring 2020

Groups and Social events

Stay and Play

A playgroup just for adopters, early permanence carers and their pre-school children. Held once a month for children up to three years old, activities include messy play, painting and outdoor play and plenty more, as well as healthy snacks and lots of tea! Plus there is the opportunity to speak to an experienced senior adoption social worker, a family support worker and a child psychotherapist. A music therapist also comes regularly to the group.

Every first Friday of the month,
10.30am–12.30pm.

Coffee Mornings

Held every six weeks during term time, our coffee mornings give parents the chance to talk to one

another without their children – whether to share concerns or just compare notes! Themes for discussion include: contact, life story work, working with schools, and other matters of interest to the group.

Next coffee mornings: Tuesday, 24 March and Thursday, 21 May 2020, 10.30am–12.30pm, Pears Pavilion, Coram Campus.

Adoption picnic

Each year we hold a summer picnic on the Coram Campus for adoptive parents and their children to meet and socialise. There is a band, bouncy castles and all sorts of fun for children. It is the highlight of the summer, and almost never rains!

Saturday, 27 June 2020, more information to follow.

Parenting Programmes

Webster Stratton Incredible Years (IY)*, 3–9 years

The Incredible Years is an evidence-based parenting programme for parents of children aged 3–9 years old. The aim is to strengthen attachment to provide adoptive parents with a toolkit of strategies that will strengthen family relationships. The material has been adapted to reflect the needs of all adoptive families.

Alongside this, there is a Children's Group so that parents can be supported to attend. This group is structured and each child has a key worker. Before the group begins, a Parenting Group Facilitator will visit you to explain how the group is run and answer any questions.

Saturday mornings, start date 19 September 2020, Coram Campus. Duration: 12 weeks, with a follow up session within 12 months.

*This programme has been adapted with permission from the Webster Stratton Institute to meet the needs of adoptive parents and their children.

New! Webster Stratton Incredible Years Toddler Programme, 1–3 years

The aim of this programme is to strengthen relationships between children and parents, to support developing attachments and to think about their children in the context of early trauma and deprivation.

This is a new development planned for mid September 2020'.

A Supportive Programme for Parents of Teenagers (STOP), 11–14 years

A therapeutic parenting course based on the STOP programme with additional material specifically focused on the needs of adoptive families. The course looks at techniques for improving communication, reducing conflict, setting limits and helping families manage the particularly testing time of adoptive adolescence.

Weekday evenings, 6.30–8.30pm. Next start date is Monday, 12 October 2020. Duration: 10 weeks.

STOP support groups

Refresher evening for parents who have attended STOP training:

Monday 16 March, Tuesday 16 June and Monday 5 October 2020, 6.30–8.30pm

Parenting Programmes continued

Theraplay – individual family sessions

Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of

playful, health interaction between parent and child and is personal, physical, and fun. Theraplay sessions are arranged directly with families to create an active, emotional connection between the child and parent.

Workshops

Throughout the year we run training workshops on a range of subjects relevant to adopters.

Life Story workshop

A workshop where parents and the Adoption Support Team can share the best ways to explain to their children why they are not with their birth parents, in a way that is honest but that does not re-traumatise their child. There is also help with making appropriate life story books for the age and stage of your child. An adoptive parent and young adopted adult will be joining us for part of the day to share their story of managing this part of adoptive family life. We will also hear from other adoptive parents with young children who have started this process.

Next workshop: Saturday, 9 May, 10.00am–3.30pm and **Thursday, 17 September 2020,** 3.30–6.30pm. In the Pears Pavilion, Coram Campus, central London.

Strengthening attachment through play

Exploring the benefits and challenges of child and parent play, this workshop is for approved adopters (before placement or with children aged 0 to 8 years) with all levels of play experience.

Wednesday, 1 April and Thursday, 12 November 2020, 6.00–8.30pm.

Gill Tree Workshop – Calming the Turmoil through Movement and Touch

Aimed at parents of very young children through to early secondary school, this is an interactive day and provides parents with techniques and strategies to help children manage their emotional responses. Adopters attending the first Gill Tree workshop gave excellent feedback about the experience and how the techniques used reduced stress in the family. For more details, visit www.adoptionacademy.co.uk/Calming-The-Turmoil-Through-Movement-And-Touch

Friday, 27 March and Friday, 2 October 2020. There is a charge of £40.

Annual Newsletter

In the new year we send out a newsletter to all of our families, letting them know about all the events that we plan to hold during the year, including our summer Adoption Picnic.

To subscribe, email: adoption@coramadoption.org.uk

If there are other activities that you feel would be helpful then please contact the Adoption Support Team. We will always consider your suggestions!

Contact us

Coram Ambitious for Adoption

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Coram Ambitious for Adoption is run by children's charity Coram
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