

The Centre for Adoption Support & Education

A Guide to Services

2019



This Guide is for children, young people and their families who use The Centre for Adoption Support and Education (The Centre). It explains what The Centre is for and what it has to offer, what activities take place and how you can get involved. It also tells you about the team of people that work at The Centre and how you can make any comments you would like to make about The Centre. The booklet is set out as questions and answers, if you would like help reading it or have any questions about it please talk to a **Centre Team Member**.

The Guide is based on **The Centre's** Statement of Purpose, which is a detailed document produced as part of the Adoption Support Agencies Regulations. Please see our website for more details www.adoptionsupportcentre.org. The website also includes up-to-date information of all the activities at The Centre as well as other information that parents might find useful.

The Centre's Key Aims:

1. To support adoptive and fostering families.
2. To provide a learning resource for adoptive families.
3. To raise awareness about adoption and permanence and to influence attitudes.
4. To develop insight and understanding through continued shared learning.
5. To offer creative and educational activities for those involved in adoption and permanence: children and young people, adoptive parents, carers, social workers, teachers, health professionals, other specialist workers/professionals.
6. To respond effectively and positively to identified need.

About us

If you are reading this guide you will probably be growing up as an adopted person or living in an adoptive family, you might be an adoptive parent. **The Centre** is here to help everyone understand some of the things that might affect you after you have adopted or have been adopted, we can also help you to find the right person to talk to about these things if it is not us.



When you are growing up as an adopted person there may be times when you have strong feelings about things. Often when we have strong feelings about things like hurt, anger or excitement we don't really understand where the feelings have come from and they can affect the things we do and how we feel about ourselves. Sometimes these feelings can affect parents and carers too and if children and young people do not understand their feelings or where they may have come from it might be difficult for parents or carers to understand how they feel and how to help.

The Centre is a place where you can come to have fun, take part in a range of activities and be with other adopted children and families. It is often very useful to meet other adopted people and for families to meet, they can all talk to each other, make friends and learn things together. Sometimes children, young people, carers and parents might also want to talk with staff at **The Centre** about any troubles they may be having.



The Centre runs lots of workshops and training days for parents, carers and people who work with adopted and fostered children, including workshops on education, health issues, Internet safety and life-story work. The purpose of these days is to help anyone living and working with adopted children to keep learning about children and families' needs and keep building their understanding. We are always introducing new workshops and looking for new presenters.

What activities are there?

There are lots of activities to get involved in at The Centre.

Groups:

Toddler groups 3 mornings a week (0-4 years)
After school club (5-11 years)
The A Team (12-18 years)
LGBT coffee morning
Early Permanence support group
Well Being Sunday - Family events with fun activities - This also includes a facilitated single adopters group.
Summer holiday playdates
Mums & Dads groups

Workshops:

Healthy eating
Singing for wellbeing
Toileting/tantrums and sleep
Yoga for attachment

Courses:

Mindfulness
Non-violent Resistance
Whole Brain Child
Intro to attachment and trauma for education professionals



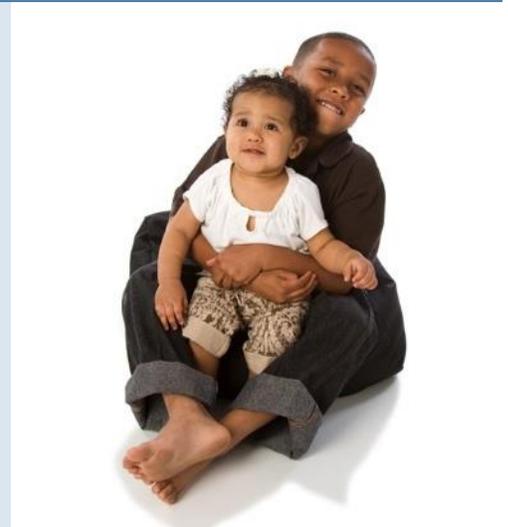
- Courses for adopters
- Courses for professionals
- One off workshops
- Regular groups

How do we get involved?

The Centre welcomes all families who have adopted and families with children placed for adoption not yet adopted.

If you are interested in attending activities at The Centre please contact us on the email address below. We will contact you to discuss your involvement further. You can sign up to our weekly mailing list so that you will be kept updated of future events.

If you would like to discuss any issues relating to adoption or adoption support please also contact The Centre at the address below and we will contact you to discuss.



Who will look after me at The Centre?

Parents or carers will be with their child when they are at **The Centre**. Parents or carers can be with their child whilst they are taking part in activities or they can be in a room nearby. It might be that the child or young person wants to start off taking part in an activity with you in the same room and change this later on when they feel more confident and settled into the group. There will be at least one member of staff in the room a child can talk to either before, during or after the activity.

Who works at The Centre?



Depending on the activities you take part in you will meet various members of staff at **The Centre**. Many of the staff have worked there for a long time and they know **The Centre** very well. They also get to know the children, young people and families well. Everyone at **The Centre** helps children and families make new friends and share experiences with other adopted or looked after children and families. All of the staff at **The Centre** have specialist training in the activities they provide and they have all have a lot of experience in working with adopted and looked after children and their families.

What happens when I arrive at The Centre for the first time?

The first time a family/child comes to **The Centre** we will need to take some information about them. These details only need to be seen by the staff at **The Centre** and are kept safely in a locked cabinet. These records help us to know who is using **The Centre** and help us to plan safe and appropriate activities and events for everyone.



When you arrive at **The Centre** we will introduce you to the relevant staff and show you the building so you start to learn your way around. Most importantly we will make sure that you know where the toilets are and where you can get a drink if you need one. We will introduce you to the rest of the group there may well be other new people there on the day. Whatever the activity, there will be a break time for a drink and snack. Sometimes people who attend the groups bring snacks to share with everyone else. At the end of each session the staff will ask you if you have enjoyed the session and if you have any ideas for future sessions.

Tell us what you think

It is important that we know how you feel about the groups and activities that you attend at **The Centre** and we look forward to hearing your feedback.



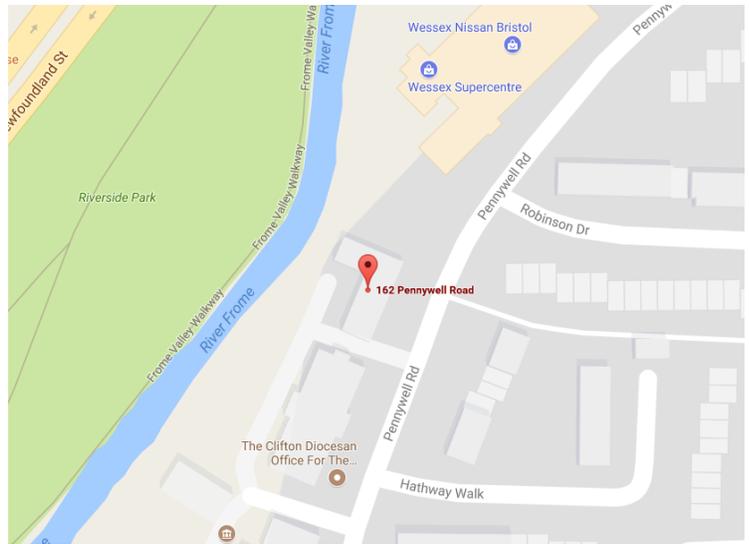
The Centre is run for you to use and benefit from, and it is important that you are comfortable and happy there. You can speak to a staff member and give any feedback you would like to give or you can telephone or email us to let us know. In the future we hope to add to the activities and events at **The Centre** and make it a place that can support even more people involved in adoption.

Where is The Centre?

162 Pennywell Road
Easton, Bristol BS5 0TX

T: 0117 9558826

E: info@adoptionsupportcentre.org



The Centre is guided and inspected by Ofsted and you can make a compliment, comment or complaint directly to them about **The Centre** if you want to.

The Centre for Adoption Support is a part of the Clifton Children's Society (CCS). CCS is a registered charity no. 286814. A company limited by guarantee no. 1655971.

Ofsted

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T: 0300 123 1231

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T: 020 7783 8330

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