



The Centre

for Adoption Support & Education



A guide for children and young people

The Centre

The Centre is especially for children who have been adopted. It is a place where you can come to have fun, take part in activities, and be with other adopted children and families.

You will meet other children who have been adopted just like you, and will have the chance to make new friends and get support. The people at The Centre will be able to help you with any questions or worries that you have.



Who is at The Centre?

The groups and activities at The Centre are run by people who have worked with a lot of adopted children and families. They are there to help you have fun and make friends, and help you enjoy time with your parent(s).

You will meet other adopted children and families who, like you, come to The Centre to take part in groups and activities. It can be very useful speaking to children who have had similar experiences and feelings.

You will have a parent or carer with you so you do not need to worry about being on your own, they will help you make new friends and take part in activities. They may also make friends too!

What activities can I do?

There are lots of fun activities and things to do at The Centre. These activities happen on weekdays, weekends, after school and in the holidays. Group sizes are limited to make sure you get the most from them.

+ Toddler groups (0-4 years)

3 mornings a week during term-time. A chance to meet and play with other adopted children.



+ After-school club (5-11 years)

In term-time we run a weekly primary aged after-school club for adopted children. A chance to meet other adopted children and enjoy activities like drama, art and music.

+ The A Team (12-18 years)

The A Team is a national programme for teens and young people. Activities run monthly on a Saturday or during the week in the holidays. Activities are selected by the group members. So far we have baked, upcycled clothes, rock climbed, been to the adventure park and more.

+ Family Wellbeing Sundays

Held monthly at the 'Hop, Skip and Jump' outdoor and indoor play centre. The venue is amazing and kids get a light afternoon tea. There is a ball pool, pool table, music, arts and crafts, and every month a new fun activity, such as a treasure hunt.

+ Summer holiday playdates

Like our Family Wellbeing Sundays. Held 6 times in the summer holidays.

+ Events and workshops

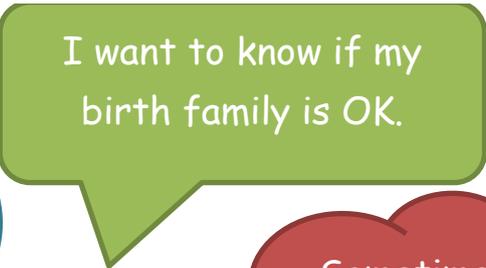
We hold various other events and workshops for adopted children and their families. These happen at different times of the year. Examples include our summer fete, drumming workshops, and National Adoption Week. We also run workshops and training for parents, helping them to better support you.

We are here to help!

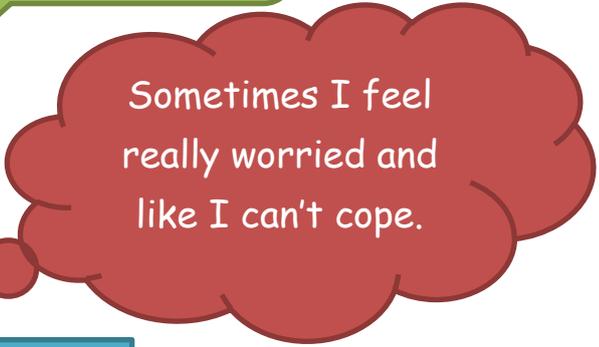
We know that being an adopted child is not always easy. There may be things that you don't understand or need help with. These are some of the things adopted children have told us:



I'm thinking about my birth family but I am worried about telling my adoptive parent(s)



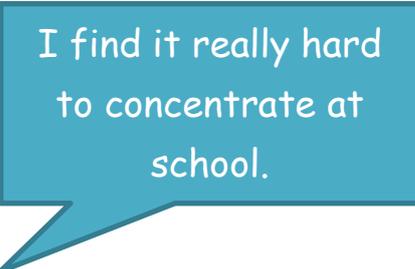
I want to know if my birth family is OK.



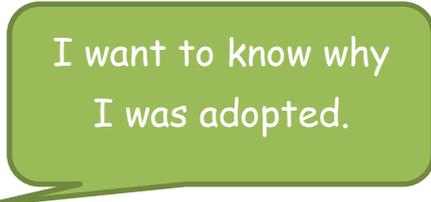
Sometimes I feel really worried and like I can't cope.



Sometimes I feel like I don't fit in.



I find it really hard to concentrate at school.



I want to know why I was adopted.



Sometimes I get really, really angry and I don't know why!



It is normal to have these worries after being adopted and the people at The Centre are there for you to speak to. They understand how confusing adoption can be and will help find a way to make you feel better. Sometimes children need a bit more help so you and your parents may be invited to meet someone from the therapeutic team.

Your first day

On your first day at The Centre you and your parent(s) will meet with a staff member. They will ask you and your parents some questions and will fill out a form. We do this to get to know you and make sure we are planning activities and events that you can safely do. Anything you tell us is kept private. We will not share it with other children or families at The Centre. On your first day you will also be shown round The Centre. You will find out where the toilets are and where to get drinks from. You will also be introduced to Centre staff and group members, and have a chance to take part in an activity.

Tell us what you think

We want to know how you feel about The Centre, and the groups and activities you come along to. By talking to us about the things you do and do not like you can help us improve The Centre and its activities.



We want you to feel happy and comfortable when you are here, and for you to do the things you enjoy.

You can tell us your views and ideas by...

- + Talking to a member of staff face to face
- + Calling us: 0117 955 8826
- + Emailing us: info@adoptionssupportcentre.org

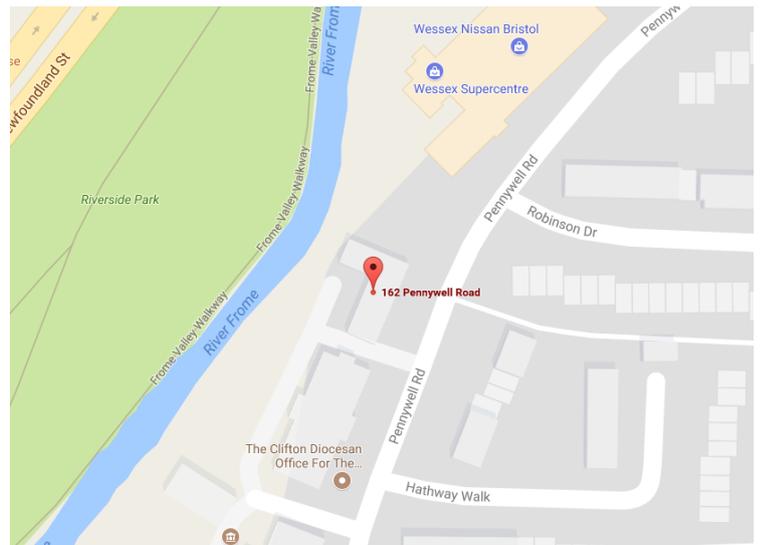
Remember you can always ask your parent(s) for help with this if you need it!

Where is The Centre?

162 Pennywell Road
Easton, Bristol BS5 0TX

T: 0117 9558826

E: info@adoptionssupportcentre.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 Number 286814. A company limited by guarantee no. 1655971.

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