

# Adoption

## Birth Family Support Service

### Information and support for birth families of adopted children.

Devon's **Birth Family Support Service** offers:

- free and confidential one-to-one support and advice to birth families affected by adoption at any stage of the process
- the opportunity to meet other birth relatives through group meetings, social events and coffee mornings
- information days and courses on issues that affect birth relatives, such as grief and loss, Life Story work and the Letterbox Service.

#### Support

Birth parents, grandparents, and brothers and sisters of the adopted child may suffer feelings of grief, loss, anger, guilt, depression and confusion. These feelings can be around long after the adoption has happened.

Counselling and talking to others can help you feel less isolated and enable you to explore the painful and difficult feelings around adoption. It can also help you to understand the process.

The child's social worker may talk to you about this service but you can refer yourself at any time by contacting your Support Counsellor on mobile **07970 873248** or emailing [jane.bowen@devon.gov.uk](mailto:jane.bowen@devon.gov.uk)

#### Other organisations

There are national organisations which can offer you help and support.

#### Natural Parents Network

NPN is a self-help organisation for natural parents and relatives of an adopted child. It offers non-judgemental, confidential and independent support. [www.n-p-n.co.uk](http://www.n-p-n.co.uk)

#### Family Rights Group

Family Rights Group is a charity in England and Wales which advises parents and other family members whose children are involved with, or require, social care services. We run a confidential telephone advice service for families.

[www.frg.org.uk](http://www.frg.org.uk) Tel: 0800 731 1696

#### After Adoption

This is national organisation which aims to help everybody affected by adoption. [www.afteradoption.org.uk](http://www.afteradoption.org.uk)

They have a **TALKadoption** freephone helpline for anyone under the age of 25 who is affected by adoption. Helpline **0808 808 1234**

There is also a **BirthTies** freephone helpline for birth families whose child has been adopted or is going through the adoption process. Helpline **0800 840 2020**

#### NORCAP

NORCAP is a specialist adoption support agency They offer a service which can help to find adult adopted relatives and make an approach on behalf of the birth family while offering support and advice.

[www.norcap.org.uk](http://www.norcap.org.uk) Tel 01865 875000  
email [enquiries@norcap.org](mailto:enquiries@norcap.org)

#### Samaritans

confidential emotional help for anyone who is feeling depressed or suicidal.

[www.samaritans.org](http://www.samaritans.org) Tel 0845 909090