

# MY ADOPTION SUPPORT BOOK



THIS BOOK BELONGS TO..

A white rounded rectangular box intended for the user to write their name.

This is your Special Book, which you can read by yourself or with a grown up.

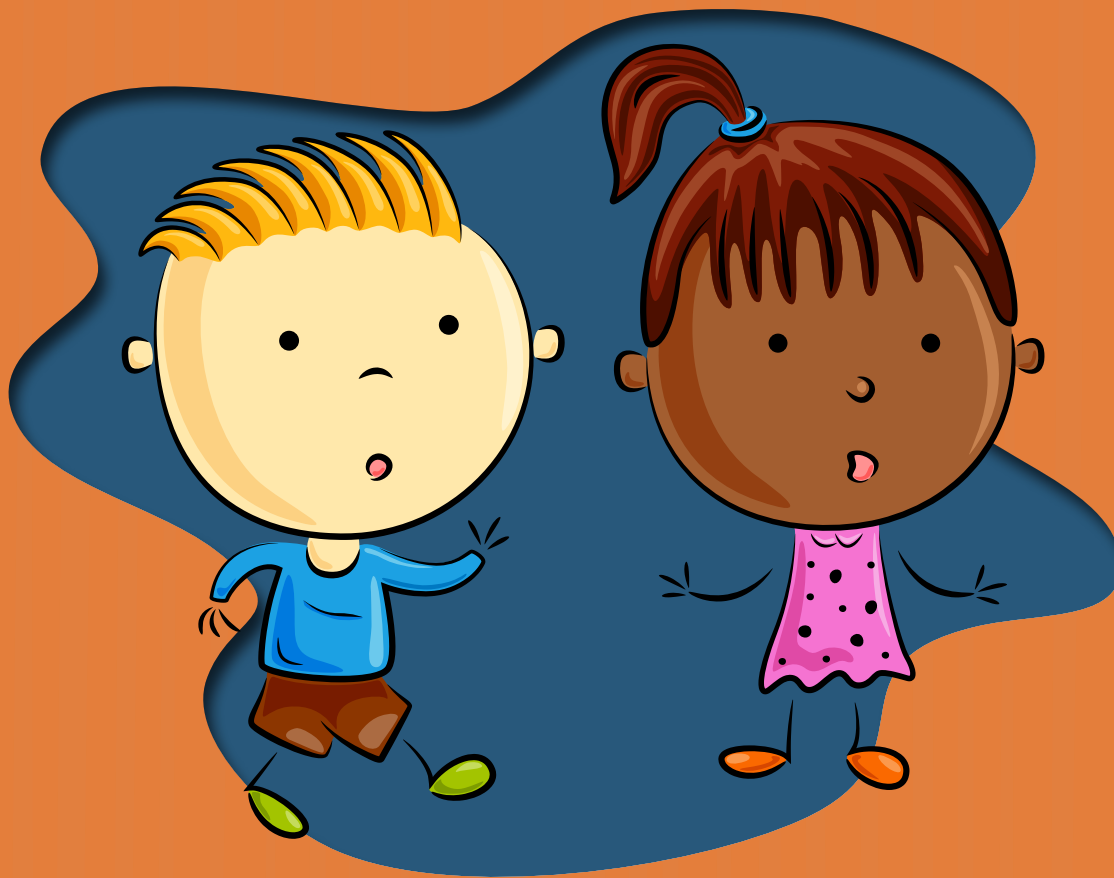
# MY NEW FAMILY



You were adopted by  and that is very special. Your new forever family are very happy that you are now living with them.

Coram worked with your social worker to help your new mummy and daddy become your parents.

# MY FEELINGS

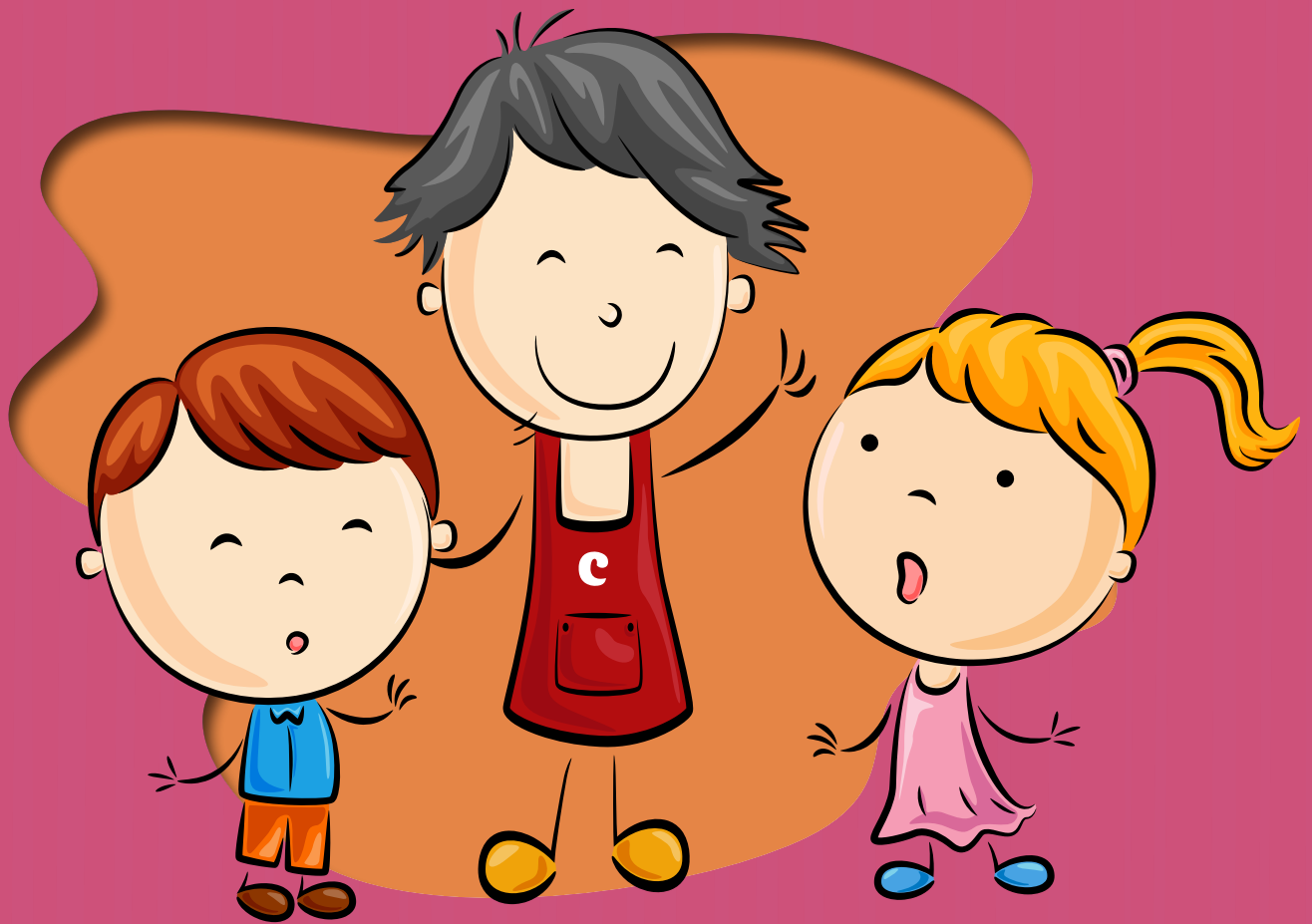


**Being in a new family can sometimes feel a bit strange. You may be feeling excited about being part of your new family but you may also feel a bit sad or worried.**

**It's OK to feel this way. Talking to someone can help to make you feel a bit better. You could tell your new Mummy or Daddy or if you go to school, your teacher, about how you are feeling.**

**Social Workers at Coram can also help you. If you have worries about being adopted or questions about what happened before you came to live with your new family, Coram's social workers will listen to you. We will also meet your mummy or daddy and try to find a way to help you and to help understand why you are living with your new family.**

# SUPPORT



**Coram can help you and your family for as long as you all feel you need it.**

**Sometimes we can help mums, dads and children to find new ways to practice being a family and to have some fun times together. We can also talk to your teachers if you are finding things difficult at school, so the school can also help.**

**Coram also likes to help adopted children to meet with other adopted children. In the summer we organise a picnic for all of our families so everyone can get together, have some fun and enjoy a special adoption celebration.**

# CONTACT DETAILS

Here are some useful people that might be able to help you. You could ask your mum, dad or another grown up to speak to them for you.



Talk to a Social Worker  
at Coram by ringing:  
**0207 520 0383**

## Coram complaints

If you feel that someone at Coram has not helped you, and that you have not been able to sort it out with him or her, you may want to make a complaint. To make a complaint, please contact Caroline Keane on 0207 520 0383 or email [caroline.keane@coram.org.uk](mailto:caroline.keane@coram.org.uk).

If you have tried to make a complaint, and you feel that Coram has not listened and tried to help you, you can contact Cathrine Clarke on 07849300302 [cathrinec@coram.org.uk](mailto:cathrinec@coram.org.uk).

**If you still feel that Coram has not listened and tried to help you, you can contact:**

### Ofsted

Ofsted is an organisation responsible for making sure that adoption agencies behave in a helpful way to adopted children and young people.

**0300 123 1231** (General enquiries) or  
**0300 123 4666** (if you have concerns/worries)

### Children's Commissioner

Dame Rachel de Souza – Rachel's job is to make sure adults listen to what children think about important decisions about their lives.

Telephone: **0207 783 8330**

Email: [info.request@childrenscommissioner.gsi.gov.uk](mailto:info.request@childrenscommissioner.gsi.gov.uk)

### Children's Advocates or Children's Rights Officers

These are people who understand that children sometimes feel that grown ups don't listen to them. Their job is to help children to put across their point of view about important decisions about their lives.

Organisations you can contact to find someone to help you include:

**Coram Voice:** 0808 800 5792 (free phone)

**Coram Children's Legal Centre:** 0207 713 0089