

# Coram Adoption Support Newsletter

## January 2025



### Life Story Talk Workshop

These workshops are designed to help parents talk to their child (up to 11 years old) about their adoption and will give you the confidence and skills you need to do this. We will look at how parents can promote and respond to their child/children's questions about adoption and their history, and give you practical examples of words and phrases that you can use to facilitate this. Life story work is about engaging in conversation with your child about their journey, we therefore advise parents to attend this workshop every couple of years as their child develops.

**27 February 2025, 10am - 1pm via Zoom**

**29 April 2025, 10am - 1pm via Zoom**

### Strengthening Attachment Through Play

Please join us for this training session where we explore the benefits and challenges of child & parent play, and where we think about the benefit of play to help heal developmental trauma. We introduce attendees to the core ideas of Theraplay®, and the Webster-Stratton (Incredible Years) concept of child-led/Special Play. This training is for approved adopters (before placement or with children aged 0 – 8 years).

**11 February 2025, 12.30 - 2pm via Zoom**

**22 April 2025, 12.30 - 2pm via Zoom**

### Coffee Mornings

Coffee mornings at Coram Campus: these are an opportunity for Coram adoptive parents with school age children to meet with other adoptive parents, discuss specific topics, and share experiences and ideas. These are held once in each half-term period.

**18 February 2025, 10.30am - 12pm via Zoom**  
**Topic: Child and Adolescent Mental Health**

### STOP Support Group

This Support Group is open to all adoptive parents who have previously attended a STOP Parenting Course. The group is run by the facilitators of the course via Zoom.

**13 March 2025, 6.30 - 8.30pm**

**17 June 2025, 6.30 - 8.30pm**

**23 September 2025, 6.30 - 8.30pm**

Please register your interest for these events at [adoptionssupportVAA@coram.org.uk](mailto:adoptionssupportVAA@coram.org.uk).



## CATCH (Adopter Hub) / Demonstration and Workshop

CATCH provides adoptive parents with online access to peer support, webinars, training and sessions with experienced practitioners to help reduce isolation. This fantastic online resource was developed with adoptive parents to provide eLearning, support and essential information.



CATCH offers:

- A forum: open 24/7 for you to swap ideas with other adoptive parents.
- One-to-one webchat: great for individual support, all our trained peer supporters are adoptive parents themselves.
- Webinars and videos: all you need is a screen and headphones to watch live and you can also browse the webinars, covering subjects including school transitions, difficult emotions and behaviour, and parenting an anxious child.
- ELearning on attachment and parenting: available to view at a time that suits you, reviewing and building on your previous learning.
- Resources: lots of useful information and guidance on subjects such as education, life story work and mental health.

There is a video on CATCH which demonstrates how to use and what is on offer.

**The next demonstration will be on 24 February 2025, 7.30 - 8.30pm via Zoom**

Please register your interest for these events at [adoptionssupportVAA@coram.org.uk](mailto:adoptionssupportVAA@coram.org.uk).

## Support Group for Global Majority

We know that adoptive families from Black, Asian, Mixed Heritage and Minority Ethnic backgrounds have to consider different types of challenges. This group was formed as a response to the recurring issues that adoptive families have experienced; For example, the school experience or preparing a child for independence in adolescence are complex areas for all parents of adopted children, but helping children to manage additional issues around identity and racism within these contexts, does require further thinking and support. Coram adoption senior social workers facilitate the program once a year.

**21 January 2025, 7.00 - 8.15pm via Zoom**  
**Guest speakers: In-Between Lines**

The event is held in conjunction with our Global Majority Support Group – but you need not have attended this before in order to attend.

In-Between Lines is an award-winning community and content hub, with a mission to create more sophisticated conversations on identity in research and the media. We've worked with organisations such as Mind, Coram and the University of Exeter, producing workshops, poetry nights, exhibitions, training and conversation panels all centring lived experience. We also produced two research papers exploring the complex intersectional identities of certain communities in the United Kingdom; communities that could possess a Complex Identity include mixed heritage, care-experienced, migrant, third culture Kid, CODAs, and LGBTQ+ individuals/families. Find out more: <https://linktr.ee/inbetweenlinesorg>

**Other dates to follow: 25 February 2025**  
**25 March 2025**  
**29 April 2025**  
**20 May 2025**  
**24 June 2025**

## Coram Therapeutic Parenting Groups 2025



### **The Incredible Years Toddler Programme For Parents with Children aged 0 to 3 years old Autumn 2025**

Come and join us for the eight week parenting course for parents of children aged 0-3 years of age. This is a therapeutic parenting course focusing on the needs of adoptive families with babies and toddlers which will run on a weekday evening from 7.15 to 8.45 pm on Zoom, beginning in Autumn 2025, with breaks for half term and school holidays.

The course gives you an opportunity to take a few hours a week, to think about your child and your parenting with other adoptive parents, and to learn and practise some positive parenting strategies in a supportive environment.

The course is designed by Carolyn Webster Stratton, a well-known American psychologist. These are well-researched, evidence based, and structured courses.

### **The Incredible Years Programme For Parents with Children aged 3 to 8 years old Autumn 2025**

We encourage ALL our adoptive families to attend this group, whether or not you are struggling with specific behaviours. This is a 12 week programme taking place weekly on Saturday mornings (both on site and online), beginning in September 2025, with breaks for half-term/ school holidays.

The group helps families:

- Embed positive parenting strategies
- Learn from other adoptive families, and make ongoing relationships with other adoptive families
- Think about the use of new strategies to change family dynamics
- Look after yourselves and your relationships, working better together if you are parenting as a couple

**“TALKING AND SHARING WITH OTHER PARENTS HAS BEEN HELPFUL. I THOUGHT I WAS OK BUT I HADN'T TURNED INTO THE PARENT I WANTED TO BE. I WANTED A HAPPY, FUN-LOVING HOUSE, BUT THAT WASN'T HOW IT WAS TURNING OUT. NOW WE HAVE BOUNDARIES AND I'VE LEARNED NOT TO GET SO CROSS WITH THEM. BUT MORE IMPORTANT, I'M EASIER ON MYSELF”**



## **STOP Therapeutic Parenting Course for Parents with Children aged 11 to 15 years old - October 2025**

The course is aimed at helping the parents of children aged between 11 and up to 14/15 years old. Parents will ideally have attended the Incredible Years parenting programme run by Coram. The two programmes work well as companion pieces as the STOP programme will help parents to develop and build on the strategies introduced in the initial programme.

The STOP parenting course is a 10 week therapeutic parenting programme for adopters with three follow up sessions within a 12 month period. The group takes place in October each year and runs from 6.30 to 8.30pm on a weekday evening on Zoom, with breaks for half-term and school holidays. The course is strategy based and focuses:

- Strengthening relationships.
- Techniques for improving communication/listening skills
- Reducing conflict
- Setting limits
- Managing the testing time of adolescence/personal stress management
- The emerging sense of self and managing the dual identity of birth family and adoptive family emotional immaturity and limited capacity for reflective functioning
- Compromised capacity to judge risk and stay safe
- Low self-esteem.
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The STOP programme also gives information on key parental concerns for this age group such as drugs, alcohol use, sexual health and anger in young people.

If you are interested in any of the above, please register: [\*\*adoptionssupportvaa@coram.org.uk\*\*](mailto:adoptionssupportvaa@coram.org.uk)

**All Coram therapeutic parenting groups are currently funded by the ASGSF**

## **Education Fact Sheets**

Over the last years, we have been contacted by many families whose children were not managing well enough in school. We have supported many families with advice and in school meetings, often using the excellent resources from Louise Bomber, Beacon House and Post Adoption Centre, and have suggested the many small strategies that can help support traumatised children in school.

Using what we have learnt, we have now written our own Education Factsheets, to share with adoptive families. They range from choosing a school, giving enough information about the child, and settling the child (no 1); to supporting a child who is not managing well, with low key strategies (no 2) and accessing further support and possibly an Education and Healthcare Plan for a child (no 3).

The factsheets are available on request for you to have a look at. Please contact us with any comments or questions.



## Anna Freud Centre - Nurturing Change

Nurturing Change is a national therapeutic service based at the Anna Freud Centre, offering specialist support to adoptive parents, among others, and their children aged up to 6 years. We provide a 12-week online therapeutic service, eligible for Adoption Support Fund funding, using the Video-feedback Intervention to promote Positive Parenting and Sensitive Discipline (VIPPS-D). This has a strong evidence base, with research consistently showing it is effective in helping parents and children's development and wellbeing. It supports relationships between parents and their children, helping to develop secure attachments by increasing sensitive responses and improving attunement. So those who are caring for children who have had a difficult start in life can particularly benefit from this intervention.

To express interest in receiving the service or find out more visit:

[www.annafreud.org/nurturingchange/](http://www.annafreud.org/nurturingchange/) or get it touch at [paula.oliveira@annafreud.org](mailto:paula.oliveira@annafreud.org)

## Coram Creative Therapies

Based at Coram Campus, Coram's Creative Therapies team has been offering therapeutic services to children, young people and their families for more than 15 years. The team is made up of music and art therapists, supported by a clinical psychologist, family therapist, and a child mental health practitioner. They provide specialist support to empower young people and their families to build the skills and emotional resilience that enable them to thrive. Providing a service to:

- adoptive and kinship families
- care-experienced children and young people
- children with special educational needs
- children and young people experiencing mental health difficulties
- children experiencing or at risk for school exclusion
- young migrants

All services are accessible through the Adoption Support Fund.

For further information please visit our [website](#) or contact [creativetherapyadmin@coram.org.uk](mailto:creativetherapyadmin@coram.org.uk)



## NVR courses

All online PAC-UK CPV-NVR Parent Groups are open to adoptive parents and special guardians and are eligible for funding via the Adoption & Special Guardianship Support Fund.



PAC-UK groups open for online booking:

<b>Group 42</b>	<b>Starting 15 January</b>	<b>Wednesday evenings</b>	<b>8.15pm to 9.45pm</b>	<b><u><a href="#">View flyer</a></u></b>	<b><u><a href="#">Register here</a></u></b>
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Overview of groups:

Each group includes 10 weekly group sessions, one follow-up group session, one initial consultation meeting, one review meeting and one report per participant or couple. Participants will learn to:

- Take a firm stance against violence
- Hold back from physical or verbal violence
- Increase positive presence in your child's life, de-escalate conflicts
- Break the cycle of shame and silence, make changes in relating to your child in the long term
- Reduce distress for parent and child
- Feel more in control
- Recruit and use supporters
- Enjoy the benefits of being part of a group

To register for any of these groups, please use the following link: [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv) and complete the online booking form. Please make sure you also confirm your registration after submitting the form. You will then receive an email confirming your booking.



## Additional Useful Links:

**Internet Matters:** This link promotes online safety in the classroom and at home with printable leaflets to keep children safe online and have age related leaflets covering many areas.

[https://www.internetmatters.org/resources/esafety-leaflets-resources/#age\\_guide](https://www.internetmatters.org/resources/esafety-leaflets-resources/#age_guide)

**Child Accident Prevention Trust** – safety tips/leaflets on keeping children safe. The link is:

<https://capt.org.uk/pages/shop/department/leaflets/>

**NIDirect – Government Services:**

<https://www.nidirect.gov.uk/information-and-services/safety-home/your-childs-safety-home>

**IPSEA (Independent Provider of Special Education Advice):** Information and advice on the education provision that children with special educational needs and disabilities are entitled to. For details of their Helpline, Tribunal Helpline and Call-in Helpline, please see:

<https://www.ipsea.org.uk/Pages/Category/service-overview>

**Information, Advice and Support Services Network for SEND:** Every local area has an Information, Advice and Support Service, which is open to: young people (aged 25 or under) who are disabled or need extra help with learning, children who are disabled or need extra help with learning, and parents or carers of those children and young people. To find contact details for your local Information, Advice and Support Service, please use this search tool:

<https://cyp.iasnetwork.org.uk/in-your-area/>

**Skylarks:** The SEND Advice Service at Skylarks offers free, impartial support and information in relation to the education needs of children and young people who have special educational needs and disabilities (SEND). [www.skylarks.charity/page/send-advice-service](http://www.skylarks.charity/page/send-advice-service)

**SOS SEN:** SOS SEN offer a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND). [www.sossen.org.uk](http://www.sossen.org.uk)

**We Are Family:** [www.wearefamilyadoption.org.uk](http://www.wearefamilyadoption.org.uk)

We Are Family is a free support group run by adoptive parents. They offer parent groups, training workshops,

**The POTATO Group:** [www.thepotatogroup.org.uk](http://www.thepotatogroup.org.uk)

The POTATO Group is a group for parents of adopted teens. They have an annual fee of £15 and provide peer to peer support as well as a private Facebook page.

**PAC-UK:** [www.pac-uk.org](http://www.pac-uk.org) | [advice@pac-uk.org](mailto:advice@pac-uk.org) | 020 7284 5879

PAC-UK is the Post Adoption Centre and offers a free Advice Line weekdays as well as an Educational Advice Line on Thursdays from 12 – 2pm (please be aware times can change so check the website for current availability).

Some Local Authorities have a contract with PAC-UK to provide counselling services for adoptive parents.

PAC-UK also offers training for adoptive parents such as NVR training, these can be accessed by contacting your Adoption Support Team. This is currently limited to the Local Authorities.



NEW FAMILY SOCIAL: <https://newfamilysocial.org.uk>

A UK charity, led by LGBTQ+ adoptive parents and foster carers. New Family Social exists to help you decide if adoption or fostering is right for you and then support you on your journey to becoming parents and carers. They also work with agencies to develop their services to be as LGBTQ+ inclusive and friendly as possible. They aim to make the pool of available parents as wide as possible for the many children in care. There's an ever increasing need for more LGBTQ+ people to explore both adoption and fostering. You might have just started to think about your options. What will adoption mean for you? Can you offer the support needed from a foster carer? How will an agency treat me? What age children can I give a home to? They are here to help. There's probably a supportive adoption or fostering team near you that's a member of New Family Social. Take

## Take on the London Landmarks Half Marathon for Coram in 2025!

Date: Sunday 6th April 2025

Registration fee: £25

Minimum fundraising target: £350

Running is having a huge moment, so don't miss out on your chance to get involved! Our charity places in the London Landmarks Half Marathon are going quickly so apply now to avoid disappointment! This is the only half marathon with a route through the city of London and the city of Westminster, so you can catch all of London's iconic sites as you create better chances for children.

**For more information and to apply, please visit [coram.org.uk/event/llhm](https://coram.org.uk/event/llhm)**

