

support group news



If you are interested in adoption, getting ready for placement or you are an experienced adoptive parent please join us at one or more of our support groups. We offer peer to peer education, information and support.

These groups are for anyone on the adoption journey. They are informal and confidential. New-comers are welcome.

Please let us know if you plan to attend so that in the event of a group meeting having to be cancelled due to unforeseen circumstances we can notify you.

Antrim

When: Thursday 30th November 7.30 - 9.30pm
Where: Holiday Inn, Antrim BT41 4LL
Contact: Anne anne@adoptionuk.org.uk

Working with Schools for Better Outcomes Many parents report challenges in trying to communicate their child's needs to school staff, often leading to conflict between parents and the school, exacerbating children's sense of isolation and exclusion. This session will illustrate how to focus on building a support team around the child. It will help parents to work collaboratively with schools to build communication networks which reassure children that all the adults are working together for their benefit and are cooperating over key issues such as behaviour, homework and transitions. This session will be lead by TESSA.

Coleraine

When: Thursday 16th November 7.30-9.30pm
Contact: E.B. ebmullan@yahoo.co.uk
Where: Sandel Centre, 6 Knocklynn Road, Coleraine BT52 1W

Topic

What about Concurrent Carers?

Concurrent care seems to have become the preferred route to achieving adoption and increasingly more families are being recruited to the "Home on Time" concurrent care scheme. What are the differences in the approach of this new scheme and the more traditional concurrent care or dual approval? What are the implications for prospective adopters who have to decide during the assessment process what their preferred route to adoption will be? An adopter who has been through the in the 'Home on Time' process will share the ups and downs of her experience and we will hear about the new Concurrent Care Support Group run by Adoption UK. Please come along to support others who may be just setting out on this challenging journey and share your experience of the adoption process.

Dungannon

When: Thursday 23rd November 7.30 - 9.30pm
Where: Ranfurly House, 26 Market Sq. Dungannon BT70 1AB
Contact: Sandra sandrarodgers510@gmail.com

Topic

Art Therapy Have you ever tried it? Do you know anything about it? Might it be something that could help you or your child? Come along to experience this form of therapy so you can decide if art therapy could be right for your child. Tonight we welcome Eithne Gfeller, art therapist working with the TESSA service. Eithne will share information and you will have an opportunity to try out some practical and visual art exercises. Don't worry - no artistic ability required! The TESSA service is available free of charge to families with adopted children aged 2-12 years.

D/LDerry

When: Tuesday 21st November 7.00 – 9.00 pm
Where: Holywell Trust 10-14 Bishop Street DLDerry BT48 6PW
Contact: marie.mckeownauk@gmail.com or anne@adoptionuk.org.uk

Supporting LGBT Adopters Anne and her partner have just taken a sibling group of two, a boy of five and girl of six into their lives, their hearts and their home. They hope to adopt the children in the near future. Anne will talk about their story and experiences as LGBT adopters, where they are now and where they hope to get to. Anne is also a member of Adoption UK's LGBT support group. She will talk about the supportive role this group has had for a growing number of LGBT adopters and how we can all contribute to creating an inclusive adoption community. This meeting is open to all adopters.

- Hillsborough**
- When:** Thursday 16th November 7.30-9.30pm
Where Hillsborough Village Centre, 7 Ballynahinch Road, BT26 6AR
Contact: Judith jdinton3@yahoo.com
- Regulating Emotions** How can we help our children manage the intensity of their emotions and their feelings of sadness, anger, helplessness, fear and anxiety? The expression of strong emotions can lead to inappropriate and challenging behaviours like aggression, defiance or crying. In turn this can result strong responses in parents that can also be difficult to manage. Tonight we will use a presentation designed by one of our members who is a counsellor and is trained in 'Gottman Emotion Coaching' to explore this challenging subject. Emotion coaching is something we can do to support our children but it also recognises the importance of the parent's own emotional state.
- Newry & Antrim**
- When:** Monthly
Contact: Elizabeth elizabethlyttle@adoptionuk.org.uk
- Support for those parenting extremely challenging children.** Elizabeth Lyttle facilitates two monthly groups (Antrim & Newry) offering peer support to parents who are struggling with their children's behaviours. Contact Elizabeth for further details.
- North Down**
- When:** Saturday 25th November 2.30--5.00pm
Where: Dundonald Ice Bowl 111 Old Dundonald Road, Castlereagh BT16 1XT
Contact: Wesley wzzrsgraham@netscape.net
- Christmas Get Together.** You are invited to a pre-Christmas family fun event with North Down Support Group. We are heading to 'Dundonald Ice Bowl' with 'Indiana Land' for the younger ones and bowling for older children and adults. Adoption UK will cover the cost of children's activities. We hope to visit Mc Donald's or an eatery of our choice afterwards. Please let Wesley know if you plan to attend.
- Tyrone/Fermanagh**
- When:** Sunday 26th November 3.30 -5.30pm
Where: Johnny Rockos 35 Main St. Irvinestown with BT941GJ
Contact: Mandy davymcq@btinternet.com to reserve places
- Event:** **Johnny Rockos** You are invited to a pre-Christmas family fun event with the Tyrone/Fermanagh support group. We are heading to 'Johnny Rockos' in Irvinestown which has a soft play area for the younger ones and bowling for the older children and adults. Afterwards there is a snack/light meal and drink provided for all at the cafe. Fermanagh District council has kindly helped to fund this event so the cost of the activities and the food will be subsidised. Please get in touch and book a place right away as numbers are limited.
- Belfast**
- When:** Saturday 25th November at 2.30 pm
Where: 'Maitri Studio' 4 The Mount Belfast BT5 4NA.
Contact: anne@adoptionuk.org.uk Tel: 028 9077 5211
- Family Yoga.** Does your child feel anxious and struggle to relax? Do they need a confidence boost? Could you do with a structured opportunity to build on your relationship with your child? Family Yoga can help with all these this and more. It can work on physical strength, balance and motor skills. It can increase self awareness and concentration. Family Yoga also gives you the opportunity to build attachment through physical closeness in a safe, friendly environment with other families. The session will last about one hour and there will be time for refreshments afterwards. Please note that this session is suitable for children age 3-12 years with or without disabilities or other special needs such as ADHD. Email or call Anne for more information and to reserve a place.
- Parent & Teens**
- When:** Sunday 7th January 3 – 5.30pm
Where Dundonald Ice Bowl 111 Old Dundonald Road, Castlereagh BT16 1XT
Contact Elizabethlyttle@adoptionuk.org.uk
- Plan:** **Ice Skating** When we asked members the group what they most wanted to do together, ice skating was top of your list...so we are on our way to Dundonald Ice Bowl in Belfast! We will meet at 2.30pm at the entrance and get on the ice as soon as possible. Adoption UK will cover the cost of skating. Parents will need to give permission for their children to skate and we hope one or two parents will also be brave enough go on the ice too. Afterwards we will visit Mc Donald's or an eatery of our choice near by. The Parents and Teens group is open to parents and children from age 11 years upwards and if you wish to be included on the mailing list for the group, please let us know. .

Single Adopters	<p>When: Saturday 18th November from 2.30 to 4.30 pm Where: Musgrave Park & Scensory Play Area Contact: anne@adoptionuk.org.uk or call 02890 775211</p> <p>Plan Sensory Play Date Musgrave is a lovely park near the Kings Hall in South Belfast. Tucked in at the back, near the bowling green car park is what children have called the secret play area. It is a great facility with a sound wall, swings, toys, herbs and plants growing near by and, the most fun of all a sand pit! We will meet there on Saturday at 2 pm. Please come prepared for all weathers and also bring a bucket and spade. Warm drinks and crunchy treats will be provided for all. Please let Anne know if you plan to attend.</p>
LGBT	<p>When: Friday 8th December at 7.30pm Where: Zizzis Restaurant, Victoria Square Shopping Centre Belfast BT1 4QG Contact: Anne anne@adoptionuk.org.uk</p> <p>Plan: A Night Out! The LGBT group is planning to have a meal together and a night out in Belfast. The evening will kick off with a meal at Zizzis. Please make contact to confirm arrangements for this evening.</p>
LGBT Families	<p>When: Saturday 6th January 1.30 – 3pm Where: Belfast Donkey Sanctuary 72 Ballymartin Rd, Templepatrick, Ballyclare BT39 0BS Contact: anne@adoptionuk.org.uk or call 028 9077 5211</p> <p>Plan: The Donkey Sanctuary is a great place to visit with plenty of play areas and a tour of the sanctuary offered where you can see how the donkeys live and are cared for. We are very lucky today as we will be getting a special one to one visit with a donkey. Children will have the opportunity to experience connection with and affection for these lovely, gentle and vulnerable animals.</p>
Concurrent Care Belfast Group	<p>When: Sunday 3rd December 2.30 to 4.30pm Where: Tesco (Community Room) Knocknagoney Road, Belfast, BT4 2PW Contact: Ruth & Phil Clarke hetherington_ruth@yahoo.co.uk</p> <p>Topic: Baby Sensory Sharon from Baby Sensory is joining us for a relaxed pre-Christmas session to introduce us to sensory play. This will be a fun and practical session for all the little ones and their carers/parents. Sharon will provide us with ideas for fun, interactive and sensory based play that we can recreate at home. This group is specifically for concurrent carers, those who are approved and waiting for placement or those who are considering this option and want to know more. For those who are currently in the assessment process, or waiting for placement, come along and join in the practical activities with the little ones present. There will be time to chat informally and meet other people. Little ones (and big ones too) can even wear their Christmas jumpers!</p>
Concurrent Care Omagh Group	<p>When: Sunday 26th November 2.30-4.30pm Where: Omagh Fire Station Killybrack Road BT79 7DG Contact: Karyn at karyn.birney@hotmail.co.uk or anne@adoptionuk.org.uk</p> <p>Event: We're delighted to have a new Concurrent Care support group which will meet in the West of the province. If you're a concurrent carers or thinking about this route to adoption, please come along and meet other carers/adopters going through the process. This group will provide an opportunity to share knowledge and for peer support for families at every stage of the concurrent care process. This group will be led by Karyn and Brian Birney who are concurrent carers themselves. Carers/parents are welcome to bring younger, preschool aged children with them but the group is not suitable for older children. Some play mats and toys will be provided for young children and refreshments will also be on offer. Please contact Anne if you plan to attend.</p>
Mums	<p>When: Friday to Sunday 23-25th February Where: The Manor House Hotel John Wesley Rd, Enniskillen BT94 1NY Contact: elizabethlyttle@adoptionuk.org.uk or anne@adoptionuk.org.uk</p> <p>Mums weekend This is an annual event where our hard working, often stressed mums can get a break and enjoy some fun, time to catch up and a bit of luxury. We plan to have two nights B&B and an evening meal at the beautiful Manor House Hotel – or a shorter period or maybe just a meal if you can't make the whole weekend. There are a few activities planned but taking part is optional. You can choose to do nothing and some people do! Please contact Elizabeth or Anne for more information and prices. We welcome any new mums who would like to join us.</p>

**Volunteer Support Group co-ordinators are needed in general in NI
but in particular for **D/LDerry & the Single Adopters' Groups.****

**If you are interested in finding out more please contact Anne
anne@adoptionuk.org.uk or call the office on 028 9077 5211**