

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 25th January 7.30 - 9.30pm
Where: Dunsilly Hotel 20 Dunsilly Road Antrim BT41 2JH
Contact: Barbara irvinebarbara212@gmail.com

Event: **A meal Out Together** at 'The Dunsilly Hotel'. This has become an annual much enjoyed event. Please join us for a drink and a meal with plenty of chat and a few laughs. This is a great opportunity for adopters old and new to meet and share life's experiences and its ups and downs. Please contact Barbara to reserve a place.

Belfast

When: April 2018
Where: Venue to be announced
Contact: anne@adoptionuk.org.uk Tel: 028 9077 5211

Event: **Depression, Self Harm & Suicide** These are things we often hear about today and sadly many of our lives have been touched by them. Trauma increases the likelihood of people considering or using self harm or suicide. What do we need to know and consider as adoptive parents? This meeting will run in April and will offer information and advice on the subject. Please contact Anne if you plan to attend or if you are interested in contributing in some way.

Coleraine

When: Saturday 3rd February 2.30 - 4.30pm
Where: **Cheeky Chimps** 24 Newmills Rd, Coleraine BT52 2JB.
Contact: [EB ebmullan@yahoo.co.uk](mailto:EBebmullan@yahoo.co.uk)

Event: **Cheeky Chimps Indoor Play** area is suitable for children aged approximately 0 to 11 years. There is also space for adults/parents to meet and talk. The cost of play and drinks for children will be covered by AUK. At a past event most children were able to play with other children whilst parents/adults got a chance to catch up with each other. EB looks forward to seeing you all on the day so please let her know if you plan to attend.

Dungannon

When: Friday 2nd February 7.30 - 9.30pm
Where: 'Deli on The Green' 19 Beechvalley, Dungannon BT71 7BN, Northern Ireland
Contact: Sandra sandrarodgers510@gmail.com

Event: **Social Meal together** This is an open invitation for people who have attended the group or who wish to become involved to come along and share a meal together. This will be at 'Deli on The Green' bistro in Dungannon. Sandra the co-ordinator looks forward to seeing you all in a relaxed atmosphere at this stylish bistro. Please contact Sandra to reserve a place.

D/LDerry

When: Tuesday 30th of January 7 - 9pm
Where: Holywell Trust 10-14 Bishop Street, D/LDerry BT48 6PW

Contact: marie.mckeownauk@gmail.com or anne@adoptionuk.org.uk

Topic: **Skill up your Support Network** We rely hugely on our family and friends for support in adoption, but often they have little or no understanding of the impact of trauma on our children's behaviour, learning and ability to form trusting relationships. This evening aims to provide family and friends with an insight into what might be driving adopted children's behaviour and their parents' stress. Hopefully with greater understanding of a child's history comes better understanding for them and their parents. Please encourage family and friends who are or who will be part of your support network to come along. This session will be led by Sheila Lavery from Tessa. Please contact Marie if you plan to attend.

Hillsborough	<p>When: Thursday 25th January 7.30 - 9.30pm Where: Hillsborough Village Centre, 7 Ballynahinch Road, BT26 6AR Contact: Judith jdinton3@yahoo.com</p> <p>Topic: TESSA stands for Therapeutic Education Support Services in Adoption. This 5 year Lottery-funded project is available to support families whose adopted children are aged 2 to 12. TESSA offers a range of therapies for children and parents such as play, music and art therapy, reflexology, massage and counselling. The TESSA philosophy is "healthy parents create healthy families"! TESSA also offers training for schools where an adopted child is registered. The training focuses on the impact of trauma on learning and offers strategies and ideas to schools to help children feel safe enough to learn. Please come along and find out more about this amazing service and how you can avail of TESSA support. Sheila Lavery from Tessa will deliver this talk. Please contact Judith if you plan to attend.</p>
Newry & Antrim	<p>When: Monthly Contact: Elizabeth elizabethlyttle@adoptionuk.org.uk</p> <p>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.</p>
North Down	<p>When: Tuesday 24th April 7.30-9.30pm Where: Queens Leisure Complex, Sullivan Close, Holywood BT18 9HL Contact: Wesley wzzrsgraham@netscape.net</p> <p>Topic: Skill Up Your Support Network Coming in April</p>
Tyrone/Fermanagh	<p>When: Saturday 27th January 2 - 4pm Where: The Bridge Centre, Queen Elizabeth Rd. Enniskillen BT74 7BT Contact: Mandy davymcq@btinternet.com or tel 07525006324 to reserve places Event: Family Event with children's craft activities and refreshments. Parents and children are invited to come along to an afternoon Coffee & Play Date. We will be offering crafts and other activities for the children giving adults time to chat and enjoy a coffee and cake. Please confirm attendance, including ages of children, so we can get craft materials ready.</p>
Concurrent Care Antrim	<p>When: Sunday 4th February 2.30 - 4.30pm Where: Clotworthy House & Gardens, Randalstown Rd, Antrim BT41 4LH Contact: Ruth & Phil Clarke hetherington_ruth@yahoo.co.uk</p> <p>Topic: LAC Reviews are an important part of the concurrent care process. Carers often wonder what their role is and how they can make the best of these sometimes difficult meetings for the benefit of their child. Lynne Marshall a social worker with Northern Trust will be attending to offer advice and information and take questions. 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 Ruth/ Phil if you plan to attend.</p>
Concurrent Care Omagh	<p>When: Sunday 25th February 2.30-4.30pm Where: Omagh Fire Station, Killybrack Road BT79 7DG Contact: Karyn karyn.birney@hotmail.co.uk or tel Anne on 028 9077 5211</p> <p>Event: We are delighted to have a new Concurrent Care support group meeting in the West of the province. The group will be led by Karyn and Brian Birney who are concurrent carers themselves. If you are a concurrent carer 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 experiences and get peer support. 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 Karyn/Brian if you plan to attend.</p>

Dads & Kids

When: Sunday 11th February 3.30 – 5.30 pm
Where: Odyssey Pavilion, 2 Queens Quay, Belfast BT3 9QQ
Contact: Wesley wzzrsgraham@netscape.net or call Anne on 02890775211

Event: **Bowling for Dads and Kids** Come along on this Sunday afternoon for a game of bowls a drink or a snack and have some social time with other dads and their children. Adoption UK will cover the cost of Bowling for Dads and Kids. Please meet at the entrance to the Bowling facility from 2.30pm for bowling at 3pm. The bowling should last approximately until 4.30 after which we can consider a drink or snack together somewhere near by. Please contact Wesley if you plan to attend.

LGBT

When: Monday 29th January 7 - 9pm.
Where: 'The Honest Vegan' Lisburn Road, Belfast
Contact: Sara tibbsara@hotmail.com

Plan: This meeting will be an opportunity to catch up and find out how everybody is getting on. We will also spend some time putting together a programme for the rest of the year. Please come with suggestions for speakers, activities, events or topics you would like us to cover. Here's hoping there's a summer BBQ in there somewhere! All LGBT adopters and adoption applicants are welcome.

Mums

When: Friday to Sunday 23rd - 25th February
Where: The Manor Country Hotel, Killadeas, Enniskillen BT94 1NY
Contact: elizabethlyttle@adoptionuk.org.uk or anne@adoptionuk.org.uk

Event: **Mums Weekend** 23-25 February at Manor House Hotel, Enniskillen. Not too late to join us for the weekend or perhaps a Saturday walk and a meal – a great chance to relax and enjoy the company of other adoptive mums. For more information, and costs contact anne@adoptionuk.org.uk or elizabethlyttle@adoptionuk.org.uk

Single Adopters

When: Thursday 25th January 7.30 - 9.30pm
Where: Dunsilly Hotel 20 Dunsilly Rd, Antrim BT4
Contact: anne@adoptionuk.org.uk or call 028 9077 5211

Plan: **A social meal with Antrim Group** Single adopters are joining the Antrim group for a meal at Dunsilly Hotel. Please contact Anne to reserve a place and/or make arrangements to meet up before hand.

Volunteer Support Group co-ordinators and helpers are always needed 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