

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 31st May 7.30-9.30pm
Where: Holiday Inn, Antrim BT41 4LL
Contact: Barbara irvinebarbara212@gmail.com or call 028 9077 5211

Emotion Coaching Regulating Emotions! How can we help our children manage the intensity of their emotions and their feelings like sadness, anger, helplessness, fear and anxiety? The expression of strong emotions can lead to inappropriate and challenging behaviours like aggression, defiance or constant crying. In turn this can result in strong responses from 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. Please let us know if you plan to attend.

Belfast

When: Wednesday 13th June 7.15-9.30pm
Where: Agape Centre, 238 Lisburn Road, Belfast BT9 6GF
Contact: anne@adoptionuk.org.uk or call 028 9077 5211

Narrative Work in the Home Adopted children's life stories are often difficult for us as parents to hear. How can we help our children make sense of their past and work towards integrating it into the present? Elizabeth Lyttle will lead a session for parents about children's difficult stories looking at how best we can equip ourselves to help our children.

Coleraine

When: Saturday 2nd June 2-4pm
Where: Flowerfields Diversity Pk (within Arts Centre)185 Coleraine Rd Portstewart BT55 7HU
Contact: EB ebmullan@yahoo.co.uk or call our office 028 9077 5211

Flowerfields Picnic and Play. Hope you can join us for a family afternoon out at Flowerfield Diversity Park in Portstewart. There is a large grassy area for us to picnic and there is a nearby play area with play equipment suitable for users with a disability or sensory needs. There is plenty of parking and toilet facilities. This is a great opportunity for our children to meet and play and parents to catch-up. Please let EB know if you plan to attend and in case of bad weather.

Dungannon

When: Wednesday 30th May 7.15-9.15pm
Where: Ranfurly House, 26 Market Square, Dungannon BT70 1AB
Contact: Anne anne@adoptionuk.org.uk or call 028 9077 5211

Don't Forget to Play! Patricia Mulholland is Play Development worker for Sure Start and she will be exploring play with us tonight. Patricia will give a talk about the value of play but will also offer practical ideas and suggestions including recipes for Messy play materials. This session will involve some hands on learning for parents. Patricia will also offer information about local Sure Start services. Please contact Anne or call the office on 028 907 75211 to register an interest.

D/LDerry

When: Saturday 2nd June 2.30-5pm
Where: Brunswick Moviebowl, Brunswick Lane, Pennyburn Ind. Est, D/LDerry BT48 0LU
Contact: marie.mckeownauk@gmail.com or anne@adoptionuk.org.uk
or call 028 9077 5211

Family Fun Bowling and Bananas Play

Adoption UK invite you to a family activity event at the Brunswick Centre. There will be bowling for adults and older children and 'Bananas' play area for the younger children. Afterwards we plan to have a drink or a snack together at the cafe. The cost of Bowling and Bananas for families will be covered by Adoption UK. Please let us know if you plan to attend so we can book ahead. We will meet at the entrance from 2.30pm to get tickets and start Bowling/Bananas from 3pm. Please contact Anne or Marie or call the office on 028 9077 5211.

South Down

When: Thursday 17th May 7.30-9.30pm
Where: Hillsborough Village Centre, 7 Ballynahinch Road, BT26 6AR
Contact: Judith jdlinton3@yahoo.com or call 028 9077 5211

Life Before and After Adoption We take on a lot of training and research when we set out on the adoption journey. We are encouraged to be realistic and manage our expectations. Tonight two parents, one a concurrent carer/adopter and one an adopter of older children will talk about their journey. They will consider expectations before and after. Come along, share your own experiences and/or learn from others.

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: September 2018
Where: North Down Area
Contact: Wesley wzzrsgraham@aim.com or call 028 9077 5211

Our next Event for this Group will be in September. Please feel free to contact the volunteer coordinator or the office if you wish to make contact with other adopters in your area. Or if there is something you would like this local group to focus on please get in touch.

Omagh & Enniskillen

When: Thursday 17th May 7.30-9.30pm
Where: The Bridge Centre, Queen Elizabeth Road, Enniskillen BT74
Contact: Mandy mandy.mcq@gmail.com or text 07525 006324

Adoption and Concurrency Maybe you've wondered if it is possible to adopt a very young baby. You may have heard the terms "Home on Time" and "Concurrent Care" but don't know what either entails or the practicalities and risks of engaging in this process. Come along and hear Clare Scallon, Social Worker, explain what's involved and the opportunities that exist in the Trust. Clare will be accompanied by a Carer who will be able to share "First Hand" experiences and insight into concurrent care. Please contact via email or text before Wednesday 2nd May if you are planning to attend.

Concurrent Care Belfast

When: Sunday 24th June 2.30pm-4.30pm
Where: Tannaghmore Gardens, Lurgan
Contact: Joanne & Davy Davidson moosejet@gmail.com or call the office 028 9077 5211

Family Picnic Bring all the Family! Please bring older brothers and sisters in your house, cousins, aunts, uncles, aunts or grandparents etc. and come along to a relaxed family picnic at Tannaghmore Gardens, Lurgan. We have access to a large room in case of bad weather but hopefully the sun will shine. After eating together we can explore the play park and small animal farm. Pack your own picnic and blanket (tea and coffee will be provided) and don't forget some veg to feed the animals. This will be an informal event and a good opportunity for other family members to come along and share with the rest of the group.

Concurrent Care Omagh

When: Sunday 20th May 2.30-4.30pm
Where: Omagh Fire Station, Killybrack Road BT79 7DG
Contact: Karyn karyn.birney@hotmail.co.uk or call 028 9077 5211

: If you're 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 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 Karyn and Brian or the office if you plan to attend. The Omagh Group are also planning to attend the Belfast Picnic event outlined above.

LGBT

When: Various Events planned over May to August
Where: Beach BBQ and Pride Event
Contact: Sara tibssara@hotmail.com or call 028 9077 5211

Family Beach BBQ If you are interested in getting involved in this group and want to find out more about the planned events please contact the volunteer coordinator Dawn dawn.richardson74@hotmail.com or Sara above, or call our office on 028 9077 5211

Single Adopters

When: Thursday 14th June 7.30-9.30pm
Where: Dunsilly Hotel, 20 Dunsilly Rd, Antrim BT41 2JH
Contact: anne@adoptionuk.org.uk or call 028 9077 5211

Single parent adopters are growing in numbers but there still aren't that many! It's good to meet and offer support to each other. If you are considering adopting by yourself, you are in the process or you are an experienced adopter, please join us for an informal get together. We will sit/meet in the lobby. Please let us know if you plan to attend. If you are attending ask for Anne at reception if you can't spot us. Refreshments will be provided.

Dads

When: Tuesday 5th of June 7.30-9.30pm
Where: Hillsborough Forest and 'The Plough' Pub
Contact: Wesley wzzrsgraham@aim.com or call 02890 775211

Dads walk and visit to 'The Plough'. We will meet at Hillsborough Forest in Hillsborough Village and walk a circuit of the Lake. Afterwards we will take a drink together at 'The Plough' Pub. If you are interested we can book to eat together as well. Please contact Wesley to express an interest. wzzrsgraham@aim.com or call our office on 028 9077 5211.

Teens & Parents

When: Sunday 1st July Meeting at 2.00pm
Where: 'Jungle NI' 60 Desertmartin Road, Moneymore, Magherafelt BT47RB
Contact: elizabethlyttle@adoptionuk.org.uk or call 028 9077 5211

The Jungle NI Teens This is a fab activity centre near Magherafelt. We plan a get together at the venue where as part of a package you can try out a number of adventure activities such as Zorbing Paintball, High Wires, Tree Top Adventure Courses, Clay Pigeon shooting, Forest Segways, Llama Trekking and more! Please contact Elizabeth elizabethlyttle@adoptionuk.org.uk or call our office on 028 9077 5211

Volunteer Support Group co-ordinators and helpers are always needed in NI but in particular for Dungannon, 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