

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

Craniosacral & Rythmic Movement Susan King (Mc Erlean) a Chartered Physiotherapist using Craniosacral and Rhythmic Movement will be speaking and demonstrating some of her work. Susan is an adoptive parent and a member of Antrim Group. Craniosacral is a gentle, 'hands on' therapy that uses very light touch to mobilise the cranio sacral system to release tensions deep in the body. This can lead to deep relaxation improved digestion, sleep and body rhythms. As we often quote 'the body keeps the score'.

Belfast

When: November
Where: Belfast
Contact: anne@adoptionuk.org.uk or call 028 9077 5211

The Next Belfast Support Event will be in November.

Coleraine

When: Tuesday 16 October 7.30-9.30pm
Where: Sandel Centre, 6 Knocklynn Rd, Coleraine BT52 1WT
Contact: EB ebmullan@yahoo.co.uk or call our office 028 9077 5211

Rhythmic Movement (RMT) In this meeting we will hear from Gaynor Ralls who after experiencing the effectiveness of RMT for her son became a qualified RMT practitioner. She will give an outline about why reflex integration (RMT) should be considered as part of a multidisciplinary approach to help individuals to overcome trauma, and the impact this has on the developing brain. She will demonstrate to parents a few things that they can do with their children, at home, to begin working on rewiring their brains, naturally, through movement. She is looking forward to meeting everyone.

Dungannon

When: Monday 17 September 7.15-9.15pm
Where: Ranfurly House, 26 Market Square, Dungannon BT70 1AB
Contact: Sandra sandrarodgers510@gmail.com or call 028 9077 5211

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. Better understanding of a child's history should lead to better support 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 lead by Sheila Lavery.

D/LDerry

When: Wednesday 14 November 7-9pm
Where: Holywell Trust, 10-14 Bishop Street, D/LDerry BT48 6PW
Contact: anne@adoptionuk.org.uk or call the office on 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.

South Down

When: Thursday 20 September 7.30-9.30pm
Where: Hillsborough Village Centre, 7 Ballynahinch Road, BT26 6AR
Contact: Judith jdinton3@yahoo.com or call 028 9077 5211

Post Adoption Depression (PAD) Lynda Graham is an adoptive parent with a social work background who now works as a counsellor in private practice. She has researched the subject of PAD and has shared her interest and expertise with many adoptive parents and social workers. Post Adoption Depression can affect us all at any stage of an adoption and being prepared is a key strategy in managing it. Join us for a presentation and discussion led by Lynda.

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: Tuesday 25 September **6.30-9.00pm**
Where: Killinchy Primary School, Main Street, Killinchy, Newtownards BT23 6PN
Contact: Wesley wzzrsgraham@aim.com or call 028 9077 5211

Lets Learn Together This open information session is based on the Adoption UK Booklet 'Lets Learn Together'. Due to early childhood experiences adopted children are falling behind in their learning. They are more likely to be excluded from school and more likely to have social, emotional and mental health difficulties. What can we do about it? This session explores these ideas and offers clear advice for parent's family members, teachers and school staff about how we can help children learn. All welcome.

Omagh & Enniskillen

When: Wednesday 3 October **6.30-9.00pm**
Where: Enniskillen Integrated Primary School, 12 Derrygore Terrace, Enniskillen BT74 4FW
Contact: Mandy mandy.mcq@gmail.com or text 07525 006324

Lets Learn Together This open information session is based on the Adoption UK Booklet 'Lets Learn Together'. Due to early childhood trauma adopted children are falling behind in their learning. They are more likely to be excluded from school and more likely to have social, emotional and mental health difficulties. What can we do about it? This session explores these ideas and offers clear advice for parent's family members, teachers and school staff about how we can help children learn. All welcome.

Concurrent Care Antrim/Belfast

When: Sunday 30 September 2.00-4.30pm
Where: Clotworthy House & Gardens, Randalstown Rd, Antrim BT41 4LH
Contact: Joanne & Davy Davidson moosejet@gmail.com or call the office 028 9077 5211

Speech and Language & Child Development Speech and Language play a major part in our children's development. Come and hear Dr Maria McGuckian from 'Speech and Language Therapy' services (N Trust) speak about how speech is used to assess a child's development and how you can help your child develop and improve their speech and language.

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 provides opportunity to share knowledge and get peer support for families at every stage of the process. Carers/parents are welcome to bring younger, preschool children but the group is not suitable for older children. There are some play facilities and refreshments are offered. Please contact Davy if you plan to attend.

Concurrent Care Omagh

When: Sunday 9 September 2.30-4.30pm
Where: Omagh Fire Station, Killybrack Road BT79 7DG
Contact: Karyn karyn.birney@hotmail.co.uk or call 028 9077 5211

: At this meeting we will hear from an experienced Carer who has returned children to their birth parents and now has a sibling group which she hopes to adopt.

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 provides opportunity to share knowledge and get peer support for families at every stage of the process. Carers/parents are welcome to bring younger, preschool children but the group is not suitable for older children. There are some play facilities and refreshments are offered. Please contact Karyn and Brian or the office if you plan to attend.

LGBT

When: Friday to Sunday November 2018
Where: Residential Event
Contact: Sara tibbsara@hotmail.com or dawn.richardson74@hotmail.com or call 028 9077 5211

LGBT Support Events. This support group organises a range of meetings and events. If you are interested in joining this group or finding out about what is planned for the future including the upcoming family residential weekend please contact our coordinators Sara or Dawn or call the office on 028 9077 5211

Single Adopters

When: Saturday 13 October 10.30-11.30am
Where: **W5 Coffee Shop**, W5 2 Queens Quay, Belfast BT3 9QQ.

Let's Meet Up before our W5 National Adoption Week Family Event. This is an opportunity for Single parents and children to meet to get together. We will meet at the W5 Coffee shop at 10.30am for a chat and some refreshments before joining the main event. Please let Anne know if you plan to join us anne@adoptionuk.org.uk

Dads n Kids

When: Saturday 24 November meeting from 2.30pm
Where Odyssey Pavilion, 2 Queens Quay Belfast BT3 9QQ
Contact Wesley wzzrsgraham@aim.com or call 02890 775211

Bowling for Dads and Kids Come along on this Saturday 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.

Teens & Parents

When: Saturday 7 October
Where: TBC
Contact: elizabethlyttle@adoptionuk.org.uk or call 028 9077 5211

Drumming Experience with Darren from 'Beyond Skin'. This will be a great opportunity to try out drumming with a fantastic arts drumming group who seek to break down barriers through drumming.

The Parents and Teens group is open to parents and children from age 11 years upwards. If you wish to take part in events let us know and we will include you in our mailing list for the group. Elizabeth will be in contact with everyone in September to plan our next event.

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