

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

Introduction to Mindfulness Adoption brings many blessings, but the stress of parenting traumatised children can leave us burned out, anxious, and blind to the joys of family life. Developing mindfulness can help us to stay regulated and positive so that we respond rationally rather than react 'mindlessly' to life's many challenges. Mindful parenting lets us attune more effectively with our children, taming potentially overwhelming emotions and resulting in happier, better regulated children and parents. Come along and join Caroline Stewart, accredited CBT therapist, trained in mindfulness at Oxford Mindfulness Centre.

Belfast

When: Tuesday 20th November 7-9pm
Where: Agape Centre, 236-266 Lisburn Rd, Belfast BT9 6GF
Contact: tracey@adoptionuk.org.uk or call 028 9077 5211

Mental Health - Caring for the Carers This meeting is aimed at supporting parents/carers of children and young adults who exhibit diagnosed or undiagnosed mental health issues. Richard Devlin who works for 'MindWise New Vision' a mental health charity, as carer and family support manager will join us. He is keen to hear from adopters but will also talk about specific carer support mechanisms including how to get a carers assessment and access possible financial support. He will also cover how to get help from mental health services in a crisis, an ongoing situation or in planning for independent or supported living. If you feel these things affect you now or may do in the future please come along. All welcome.

Coleraine

When: Thursday 29 November 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

'Resilience' Documentary. Biology of Stress & Science of Hope. This documentary film is a study of how adverse childhood experiences (ACEs) can be linked to destructive behaviour and medical diseases. The message is clear we are parenting the most vulnerable group of children in our society. As parents and children together we achieve so much as we struggle against our children's increased vulnerability to childhood illnesses, reduced life expectancy and mental ill health. Cheryl Gillespie-Smyth will present 'Resilience' and lead a discussion on this much talked about Film. All members, family and friends are welcome.

Dungannon

When: Monday 19 November 7.15-9.15pm
Where: Ranfurly House, 26 Market Square, Dungannon BT70 1AB
Contact: Sandra sandrarodgers510@gmail.com or call 028 9077 5211

Trouble Shooting School How can we help our children at school and at home with learning? Ruth Clarke, advisory teacher and adoptive parent will host a question/answer and discussion group for parents. Ruth is an advisory teacher and has knowledge of the Statementing Process, Dyslexia and requirements for extra support for children at school. Please come with questions, queries and points for discussion.

D/LDerry

When: Wednesday 14 November 7-9pm
Where: Holywell Trust, 10-14 Bishop Street, D/LDerry BT48 6PW
Contact: tracey@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.

Newry & Antrim

When: Monthly
Contact: Elizabeth Lyttle elizabethlyttle@adoptionuk.org.uk

Support for those parenting extremely challenging children Elizabeth 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 12 February 2019
Where: Tesco (Community Room) Knocknagoney Road, Belfast, BT4 2PW
Contact: Wesley wzzrsgraham@aim.com or call 028 9077 5211

TESSA Therapies at our next Support Group in **February** we will be hearing from one of our therapists in Tessa. It could be someone specialising in Art, Music, Equine or a whole range of possibilities! Have a look at Tessa website to get some ideas. If you want to hear about a particular therapy you are interested in please contact Wesley.

Omagh & Enniskillen

When: Thursday 15 November from 7.15-9.15pm
Where: Community Room, Omagh Fire Station, Killybrack Road BT79 7DG
Contact: Mandy mandy.mcq@gmail.com or text 07525 006324

Aromatherapy and your Family Avril Taylor has been using massage for thirty one years, specialising in working with children with special needs, including behavioural and emotional, for the past 10 years. Avril will share how to use the essential oils combined with massage to relieve stress, reduce anxiety and help create a positive environment in the home. She will focus on the benefits and uses of six essential oils and simple hand and foot massage that anyone can replicate at home.

South Down

When: Thursday 22 November 7.30-9.30pm
Where: Hillsborough Village Centre, 7 Ballynahinch Road, BT26 6AR
Contact: Judith jdinton3@yahoo.com or call 028 9077 5211

Equine Assisted Psychotherapy is an alternative way of providing therapy by using horses. It is growing in popularity especially for children who find talking therapy difficult. It has been clinically documented that just being around horses changes our brainwave patterns, can help us calm down and become more centred and focused. Tania Watson is a Qualified Counsellor in Trauma & Addictions, a Qualified Equine Facilitator and has 40 years experience with horses. She is a wife, a mother of three children and a foster carer of nine years. Tanya currently provides Equine Psychotherapy as part of the TESSA project and will be sharing a bit about her work and the benefits of this therapy.

Concurrent Care Antrim/Belfast

When: Sunday 25 November 2.00-4.30pm
Where: Tesco (Community Room) Knocknagoney Road, Belfast, BT4 2PW
Contact: Joanne & Davy Davidson moosejet@gmail.com or call the office 028 9077 5211

Family Get Together with Arts & Play A relaxed family social meet up with creative things to amuse our little ones! 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 an 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 4 November 2.30-4.30pm
Where: Omagh Fire Station, Killybrack Road BT79 7DG
Contact: Karyn karyn.birney@hotmail.co.uk or call 028 9077 5211

What will the future of Concurrent Care look like? Cathy Meenan, Principal Social Worker for Court and the lead for the Western Trust is coming along to give us an update on Concurrent Care and the legal side of the process. She will talk about any changes that are to be implemented and how this will affect those of us still in the process.

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Dads & 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 028 9077 5211

Bowling for Dads and Kids Come along for a game of bowls and have some social time with other dads and their children. Adoption UK will cover the cost of bowling. 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: 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

Mums' Weekend

When: 22-24 February 2019

Calling all mums in need of a break – come and join us on our annual weekend 'escape' to one of Northern Ireland's lovely spa hotels for good food, excellent company, a little pampering and some precious time to relax. For further information email elizabethlyttle@adoptionuk.org.uk

Single Adopters

When: Saturday 1st December 2018 at 1pm
Where: Waterfront Hall
Contact: tracey@adoptionuk.org.uk

Come along and join us at the matinee pantomime Beauty & the Beast - contact Tracey to book your tickets.

Teens & Parents

When: Sunday 6 January 2019
Where: Belfast Giants – SSE Arena, Belfast
Contact: elizabethlyttle@adoptionuk.org.uk or call 028 9077 5211

Teens & Parents group is open to parents and children from age 11 years upwards. If you are interested in joining us or finding out more about this event then please contact Elizabeth.

**Volunteer Support Group co-ordinators and helpers are always needed in NI
but in particular for D/LDerry**

If you are interested in finding out more please email tracey@adoptionuk.org.uk or call the office on 028 9077 5211