

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:
Where:
Contact:

Thursday 17th January 2019 at 7.30pm.
Dunsilly Hotel, 20 Dunsilly Road, Antrim BT41 2JH
Barbara irvinebarbara212@gmail.com or call 9077 5211

Event

A meal out together at 'The Dunsilly Hotel'. This post Christmas get together is a much enjoyed event each year. 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:
Contact:

March / April Event to be arranged.
karyn@adoptionuk.org.uk

Previous events have focused on Narrative Work in the home and Mental Health with guest speakers from 'MindWise', 'Aware' and a Consultant Child and Adolescent Psychiatrist who provided information and advice about their services. New topics have been identified from evaluations and details will be confirmed regarding March / April event.

Coleraine

When:
Where:
Contact:

Thursday 28th February 2019 7:30pm – 9:30pm
Sandel Centre, 6 Knocklynn Rd, Coleraine BT52 1WT
EB ebmullan@yahoo.co.uk or call 9077 5211

Event:

Rhythmic Movement Workshop for Parents/Carers

After a very successful introduction to Rhythmic Movement Therapy (RMT) with Gaynor Ralls in November and many requests for more training on this programme from Sweden, we are delighted to have Roberta Jarvis, who has recently trained in RMT, coming to join us.

She has been using it with her 3 children for about 2 years and will share her experiences of it and teach us some simple techniques that can be used with our children. Rhythmic Movement Therapy helps integrate primitive reflexes and many of the exercises use gentle, innate infant movements, play and massage.

You don't have to have attended the previous session so come along and learn about this therapy programme.

Dungannon

When:
Where:
Contact:

Saturday 9th February 2019 10:30am - 12:30pm
Ranfurly House Art Studio, 26 Market Square, Dungannon, BT70 1AB
Sandra sandrardggers510@gmail.com or call 9077 5211

Event:

Drop-in Family Coffee morning - There will be non directive play areas set up for young children similar to those demonstrated at a previous support group by Patricia from Surestart. Join us for a coffee/tea (fruit options and water/juice also available) and a chat and let your young ones play with big bowls of pasta or breakfast cereal and home made play dough and you won't need to worry about the mess. There will also be a few table top games for older children. Look forward to seeing you there.

D/L'Derry	When: Contact:	<p>March / April 2019 Karyn@adoptionuk.org.uk or call 9077 5211</p> <p>Previous events have focused on Narrative Work in the home and Emotion Coaching. New topics have been identified from evaluations and details will be confirmed regarding March / April event.</p>
South Down	When: Where: Contact:	<p>Thursday 24th January 2019 7.30pm - 9.30pm Hillsborough Village Centre, 7 Ballynahinch Road, BT26 6AR Judith jdinton3@yahoo.com or call 9077 5211</p>
	Event:	<p>Concurrent Care - Considering Concurrent Care as a route to adoption? At this meeting we will hear from an experienced carer of a very young baby. She will share her experiences of Concurrent Care and talk about the practicalities and challenges Concurrent Carers face in this process.</p>
Newry & Antrim	When: Contact:	<p>Monthly 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	When: Where: Contact:	<p>Wednesday 27th February 2019 7:30pm - 9:30pm Tesco Community Room Knocknagoney Road, Belfast, BT4 2PW Wesley wzzrsgraham@aim.com or call 9077 5211</p>
	Event:	<p>Therapies. Therapies can help children make sense of their experiences and develop strategies for managing their feelings and behaviours. Attachment based therapies are often recommended for adopted children but other creative, non-verbal approaches can also help children address confusing feelings. We'll be hearing from a therapist about what they do, how it works and what impact they can have.</p>
Omagh & Enniskillen	When: Where: Contact:	<p>Thursday 21st February 2019 7:30pm - 9:30pm The Bridge Centre, 16 East Bridge Street, Enniskillen, BT74 7BT Mandy mandy.mcq@gmail.com or text 07525 006324</p>
	Event:	<p>Skill up your Support Network.... for family and friends - 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 Tessa staff. Please let us know if you plan to attend.</p>
Concurrent Care Antrim/Belfast	When: Where: Contact:	<p>Sunday 3rd February 2.00 - 4.30pm Clotworthy House & Gardens, Randalstown Rd, Antrim, BT41 4LH Joanne & Davy Davidson moosejet@gmail.com or call 9077 5211</p>
	Event:	<p>Guardian Ad Litem - Every child in the fostering/adoption process is appointed a Guardian Ad Litem. A Guardian has been asked to come along to speak at our next meeting to give an outline of how the courts and legal processes work. She will also cover the different stages in freeing and take questions about this from members.</p> <p>Anyone thinking about Concurrent Care as a route to adoption is invited to 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.</p>

Concurrent Care Omagh

When: Sunday 27th January 2019 2.30pm - 4.30pm
Where: Omagh Fire Station, Killybrack Road, BT79 7DG
Contact: karyn@adoptionuk.org.uk or call 9077 5211

Event: **Contact with Birth Family** - Contact with birth family is a huge part of Concurrent Care and parents/carers can face many issues and challenges. At this meeting we will hear from experienced carers who shall share their experiences of Concurrent Care with the focus on "Contact".

Anyone thinking about Concurrent Care as a route to adoption is invited to 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 Karyn if you plan to attend

LGBT

When: Wednesday 30th January 2019 7pm – 9pm
Where: Adoption UK Office, at Groundwork, 63-75 Duncairn Gardens, Belfast, BT15 2GB
Contact: Sara tibbssara@hotmail.com or dawn.richardson74@hotmail.com or call 9077 5211

Support Group - 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. All LGBT adopters and adoption applicants are welcome

Single Adopters

When: Saturday 23rd March 2019
Where: Gruffalo Park, Colin Glen, 163 Stewartstown Rd, Dunmurry, Belfast, BT17 0HW
Contact: karyn@adoptionuk.org.uk or call 90 775211

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. Please let us know if you plan to attend. Refreshments will be provided.

Let us know your thoughts on a Single Adopters Whatsapp group. Single adopters are spread out across Northern Ireland and this often makes meeting up a challenge. Would a Whatsapp group especially suited to single adopters suit you better? Let Karyn know at Karyn@adoptionuk.org.uk if this is something you would be interested in and would like to know more about.

Dads Group

When: Saturday 2nd March 2019
Where: HMS Caroline – Titanic Quarter Belfast
Contact: Wesley wzzrsgraham@aim.com or call 9077 5211

Event: **Dads trip to HMS Caroline** - An opportunity to meet other dads of adopted children, for an informal group visit to HMS Caroline. Come aboard this recently restored ship showing what life was like for her crew during World War I, with the living quarters and engine rooms recreated to reflect 1914 plus interactive exhibits and hands on experiences on deck. This event will be followed by light refreshments. Come join us!
<https://www.nmrn.org.uk/exhibitions-projects/hms-caroline/hms-caroline-experience>

Teens & Parents

When: TBC
Where: TBC
Contact: elizabethlyttle@adoptionuk.org.uk or call 9077 5211

Teens & Parents 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 to plan our next event. If you are interested in joining us or finding out more please contact us.

Thank you to all the support group volunteers for all your work throughout 2018 in providing help and support to Adoption UK members. Best wishes for 2019. If you are interested in finding out more or have suggestions for future events please contact Karyn karyn@adoptionuk.org.uk or call the office on 9077 5211.