

# A children's guide to adoption support



**ADOPT  
LONDON  
EAST**

When you join your new family we hope that everything will go well for all of you. We also know that being an adopted child may not always be easy, and there might be things that you don't understand or would like help with.

These are some of things that you might want help with:

**Information about your birth family.**

**Help understanding why you were adopted.**

**Help to keep in touch with important family and friends.**

**Help managing your feelings when you might feel angry, sad or confused.**

**Getting help at school if you are finding it difficult.**

**Help keeping safe.**





If you ask your parents about any of these things, they might be able to help you themselves, or they may know where to go to find out more.


If you would like to talk to someone else about any of your feelings, thoughts or worries, you or your parents can contact the Adopt London East adoption support team by calling them on **01708 434844** or email them at **[AdoptLondonEast@haverling.gov.uk](mailto:AdoptLondonEast@haverling.gov.uk)**

The adoption support team has experienced and supportive social workers who know a lot about adoption. They work closely with adopted children, young people and their families, to provide help and advice when needed. They can help get all the worries and concerns out into the open to help find a solution.

They also arrange fun things for you and your family to do, including meeting up with other adopted children and their families.

# Useful contact details


Here are the contact details of some of the people who can listen and help you.



**Talk Adoption** give advice on anything about adoption. Call: **0800 808 1234** or email: **Action@talkadoption.org.uk**

**Childline** provide a free helpline for all children. Call **0800 1111** **www.childline.org.uk**


**The Office of the Children's Commissioner.** This office will listen to what you want to say. They understand your rights as a child and they work to help others to understand this as well and to help children who find it hard to make their views known. You can call them on: **0800 528 0731** or email **help.team@childrenscommissioner.gov.uk**



An independent advocate is someone who will help you to express your views or speak up for you. For help finding an independent advocate you can contact the **Children's Active Involvement Service** call: **020 7527 8694**.

**The National Youth Advocacy** is a charity that provide advocacy and legal help to children. Call: **0800 616 101**

**www.kooth.com** is a free online counselling service where you can talk about anything that is worrying you.



**Ofsted** checks all the organisations that work in adoption to make sure they are doing a good job. You can call them to talk about anything that you are not happy about. Call: **0300 123 1231** or email **enquiries@ofsted.gov.uk**, or you can write to them: **Ofsted Piccadilly Gate, Store Street, Manchester, M1 2WD**.



## Comments, complaints and compliments

Even though it can be hard to speak up when you are not happy, we hope you will find a way to tell us what is going wrong. If you want to share your views or feedback on the service, or if you want to complain please contact **AdoptLondonEast@haringey.gov.uk** or call **01708 434547**

If you need this leaflet in an alternative format or a different language please contact us.

Drawings courtesy of Haringey Design Team.