Adoption Cumbria



Every child deserves to belong

Adoption Cumbria

Support Offer

0303 333 1216

adoptioncumbria.org.uk

Cumberland Council

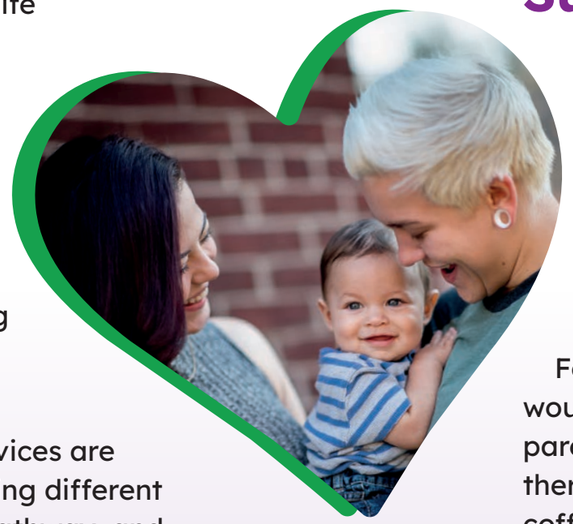
Westmorland & Furness Council

Working for **Cumberland Council** and **Westmorland & Furness Council**

Welcome to...
Adoption Cumbria!

Whether you are a newly approved adoptive parent; have adopted your child some time ago; or are currently considering adoption in Cumbria, we hope you will find this information brochure informative about what services are available to support you, and what you can expect from Adoption Cumbria.

Here in Adoption Cumbria we believe that supporting adopted children and their families from the start of their family life together is vital to helping adopters navigate the early stages of parenting through adoption, and helping children settle in. We care very much about the children and families, and all of the team who have been involved with you are committed to supporting your family life together. We are building our community of adoption here in Cumbria, and want to welcome you to be part of that community, benefiting from support, friendships and more specialist services as and when needed.



We have decided to create a pathway to show what services are available, because we think family life is like a path, taking different turns and changes as it progresses. We are calling the pathway, and services on offer, the “core support offer” reflecting the language of the wider adoption sector at this time.

We hope that you will engage with Adoption Cumbria, and most importantly with other adoptive families, and the team, to help you and your child, whatever your needs, along your family pathway.

Emily Christmas
Service Manager
Adoption Cumbria Regional Adoption Agency



At Adoption Cumbria, working together with adoptive parents is one of our **Core Principles**

CAPS: In it together – Lifelong Support for a Lifelong Journey

CAPS (Cumbria Adoption Peer Support) is an organisation run by adoptive parents for adoptive parents. Our aim is to complement the support offered by Adoption Cumbria by building a community of adoptive parents to walk alongside each other through the ups and downs, the laughter and the lows.



To this end we would love to get to know you!

For those just starting their adoption journey, we would love you to link up with a buddy: an adoptive parent a little further along in their journey who will be there at the end of the phone, or for a meet up over coffee as you navigate the early days of approval and matching. Your buddy will be able to tell you more about CAPS and highlight further opportunities to connect with other adopters as you move forward in your adoption journey such as support groups run by adopters for adopters and family meet ups.

As this brochure illustrates, adoptive parents sometimes need access to specialised help and interventions. But often what we need first and foremost are simply friends who get it. That’s where CAPS comes in and we can’t wait for you to join us.

Jo Boddam-Whetham
Chair of CAPS Cumbria Adoption Peer Support
In it together: Lifelong Support for a Lifelong Journey

Useful Contacts for Families

You can speak to someone via our dedicated duty service whenever you feel you need help with adoption specific issues. Available from 9am to 5pm. You can contact us by phone on **0303 333216** or email **adoptionsupport team@cumberland.gov.uk**.

We are not an emergency service as we work with our families over a period of time in a planned way. However, we want to explore how we can support you. We can also direct you to the appropriate services once we understand your family's needs. Some of these external services are listed at the end of the leaflet.

For Safeguarding issues, you can contact:

Cumberland Children's Advice and Support Service on **0333 2401727**.

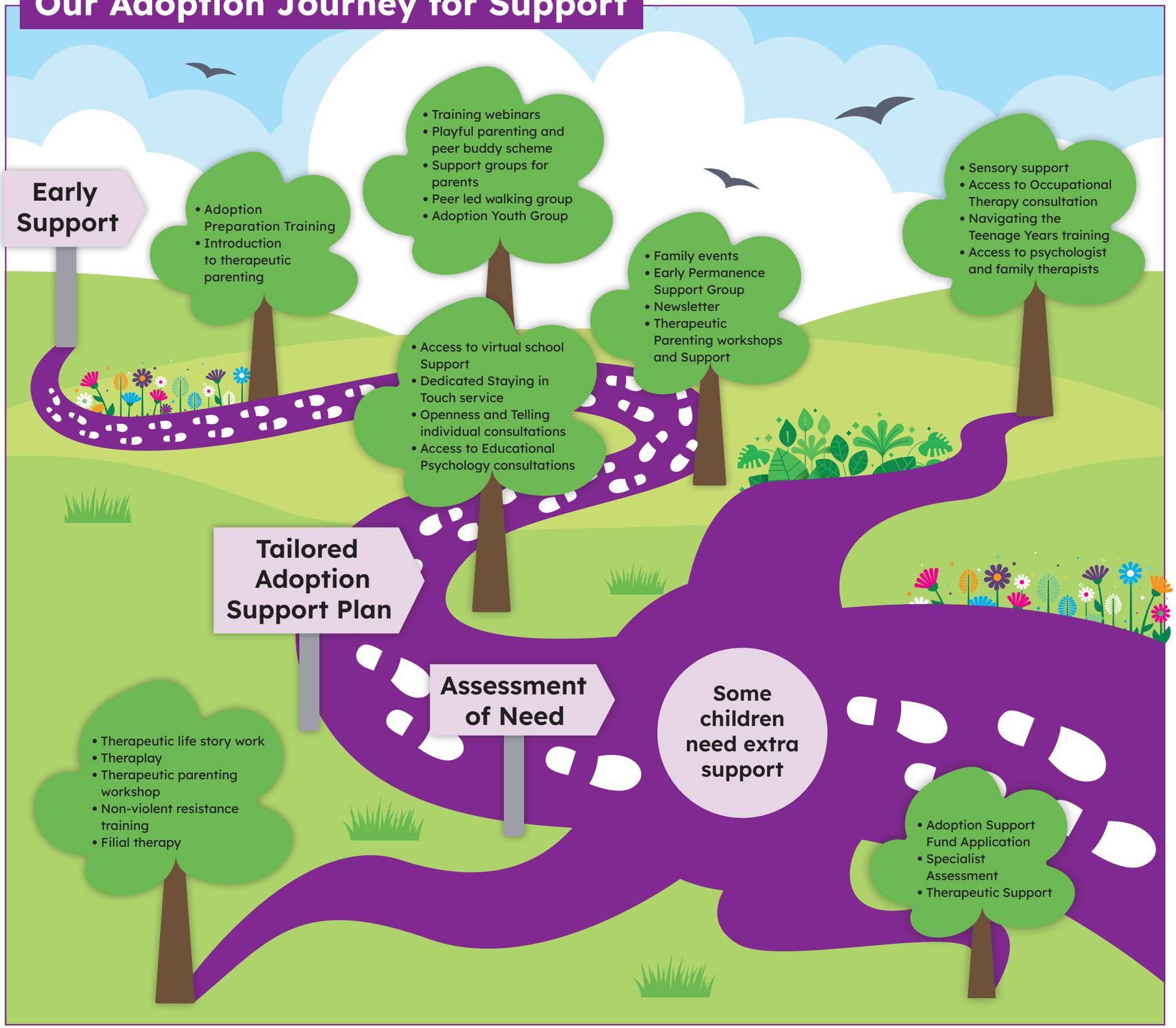
or

Westmorland and Furness Multi-agency Children's Hub on **0300 3732724.**

For emergencies out of office hours, you can contact the Emergency Duty Team. Cumberland area on **0333 2401727** and for Westmorland and Furness area on **0300 3732724.**

The **CAMHS crisis** number for Cumberland is **0300 1239015** and for Westmorland and Furness is **0800 9530110**.

Our Adoption Journey for Support



Useful information

Assessment of Need

Every adoptive family is entitled to an assessment of their adoption support needs.

The local authority that was involved in your child's adoption is responsible for assessing adoption support needs for three years after the Adoption Order. After three years it becomes the responsibility of the local authority where you live (if different). The responsible Local Authority will assess the needs of your family and child/ren and will consider what services could be of help. Adoption Cumbria follows the national guidance for transferring support between Regional Adoption Agencies.

Adoption and Special Guardianship Support Fund (ASGSF)

Following an assessment by one of our team, an application may be made to the Adoption and Special Guardianship Support Fund (ASGSF) to secure funding for a specialist therapeutic service.

Applications can only be made after the completion of an assessment of adoption specific needs. We are required by law to monitor and review all Adoption Support Fund funded services. For more information please visit:

gov.uk/guidance/adoption-and-special-guardianship-support-fund-asgsf





Enhanced Specialist Assessments

These assessments are commissioned to explore strengths and difficulties within families and are only used to formulate specific therapeutic support plans. Specialist Assessments are not available just for Occupational Therapy, Educational support or medical assessment purposes, such as Foetal Alcohol Spectrum Disorder or attention deficit hyperactivity disorder as these do not meet the scope of the Adoption and Special Guardianship Support Fund.

Filial Therapy

Filial Therapy combines family and play therapy techniques. It is structured to enhance the parent-child relationship.

Theraplay

Theraplay is a child and family therapy for building and enhancing attachment, self-esteem and trust in others through the medium of play.

Therapeutic Life Story Work (TLSW)

Therapeutic Life Story Work offers children the opportunity together with their parent(s) to explore, question and understand past events in their lives. It's important to ensure children know their history and can grow up developing their identity and a sense of self.

Non-Violent Resistance Training

Non-Violent Resistance (NVR) is an approach that helps adoptive parents manage challenging behaviour calmly and confidently. It focuses on strengthening relationships, staying connected to the child, and setting clear boundaries without punishment or confrontation. It is commonly used to support children who have experienced trauma or loss.

BUSS Model

B	Behaviour
U	Underdeveloped
S	Sensory
S	Systems

This model supports parents to understand how a child's sensory needs (e.g. noise, touch, movement, smells) can affect their behaviour, emotions and ability to cope. Identifying sensory triggers can help reduce stress and support regulation.

Therapeutic Parenting Support

Adoption Cumbria holds regular therapeutic parenting workshops over the year facilitated jointly by an adoption social worker and clinical psychologist. These sessions consider how therapeutic parenting can help your child's social and emotional development through a soothing/ nurturing relationship. They can also provide an opportunity to meet other adoptive parents.

Family Therapy

Family therapy is a supportive way of helping families work through challenges together. It provides a safe space for family members to talk, improve communication, strengthen relationships, and better understand each other's thoughts and feelings. The aim is to help families find positive ways forward and build stronger, healthier connections.





Staying in Touch Service

Adoption Cumbria has a dedicated Staying in Touch Service which supports the post adoption relationships and connections for children with their birth families. The service also supports indirect staying in touch arrangements until a young person reaches twenty-one.

We recognise that children's staying in touch needs can change over the years and our service is available to review arrangements. You can contact the staying in touch service on **0303 333216** or email us **adoptioncontact@cumbria.gov.uk**.

Access to Records and Intermediary Services

Adoption Cumbria supports adopted adults living in the areas of Cumberland and Westmorland and Furness to access their adoption records. We have specialist adoption social workers who will offer a sensitive and empathic approach throughout the process.

Adoption Cumbria can also offer support for adopted adults who may wish to reconnect or contact their birth family.

If you were adopted in Cumbria but no longer live in the region you will need to seek support from your local Regional Adoption Agency

For birth relatives who wish to make contact with an adopted family member through an intermediary service we can signpost you to agencies that provide this as currently Adoption Cumbria does not offer this service.

Family Connect, hosted by PAC UK with funding from Adoption England, helps adults who have been adopted and birth families who would like support and advice regarding adoption and they are able to offer intermediary services for those adopted prior to 1976.

For adopted people this is the link with information: **familyconnect.org.uk**.

Family Connect, also provide advice and support for birth families affected by adoption and intermediary services for pre-1976 adoption and this is the relevant web page: **familyconnect.org.uk/familyconnect-advice-line/**.

They also have an advice line with details here: **familyconnect.org.uk/familyconnect-advice-line/**.

In addition, the **Family Rights Group** allows people to search for adoption support services in their using their postcode or local authority. It includes details of services offering advice, counselling, contact support, support groups and other forms of help. Please visit **frg.org.uk**.



Birth Family support

1 | Information and Advice
We provide information, guidance, and support to birth families regarding adoption, helping them to understand the process and its implications.

2 | Support During Care Proceedings
We offer support to birth families during care proceedings where adoption is the agreed plan for a child. This includes helping families understand the adoption process, post-adoption staying-in-touch arrangements, and what adoption may mean for them and their child.

3 | Contributing to a Child's Life Story
We support birth families to provide information that may enhance their child's Life Story Book. We can help birth relatives explore their thoughts and feelings about sharing this information and, where appropriate, signpost them to additional support services.

4 | Post-Adoption Staying in Touch Arrangements
We provide advice and support regarding post-adoption staying-in-touch arrangements, including assistance with writing letters through the Staying in Touch Service.

5 | Support for Meetings with Adoptive Families
We offer support to birth families who are participating in meetings with adoptive parents, helping to ensure that these are positive, meaningful experiences that promote and support the child's long-term sense of identity and connection to their birth family.

6 | Intermediary Services for Birth relatives
Adoption Cumbria does not currently provide a Service for birth relatives wishing to make contact with an adopted person but can provide advice, information and signposting to agencies that do support birth relatives who wish to contact an adopted person aged 18 or over.



Financial Support

We do not want finances to be a barrier to adopting, or to children being adopted. Some children may be eligible for financial allowances, to enable an adoptive family to adopt them, if that is the right family to meet their needs. Children who are a little older, or have a disability, or who need to grow up with brothers and sisters may be considered for an allowance, to help prospective adopters consider caring for them. If you are considering adopting, and financial support is a consideration, please discuss with your social worker, who will take this into consideration when discussing children with you.

Useful Links

Kooth | kooth.com
Online mental health and wellbeing community for young people.

Qwell | qwell.io
Free, safe and anonymous mental wellbeing support for adults across the UK.

National Association of Therapeutic Parenting (NATP) | naotp.com
To provide support, education, and resources for Therapeutic Parents and supporting professionals relating to therapeutic parenting, effective interventions, compassion fatigue and the effects of early life trauma.

Adoption UK | adoptionuk.org
Adoption UK is the leading charity providing support, community and advocacy for all those whose lives involve adoption.

PAC-UK | pac-uk.org
Offering therapy, advice, support, counselling and training for all affected by adoption.

CoramBAAF | corambaaf.org.uk
Supports agencies and professionals who work with children and young people in adoption and fostering.

New Family Social | newfamilysocial.org.uk
(LGBTQ+ adoptive and foster families).

Adoption England | adoptionengland.co.uk
Adoption England strives to support and strengthen adoption practice and services across the country.

Adoption Cumbria

Translation Services

If you require this document in another format (e.g. CD, Braille or large type) or in another language, please telephone: **01228 606060.**

للوصول إلى هذه المعلومات بلغتك، يرجى الاتصال **01228 606060**

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে **01228 606060** নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，
请致电 **01228 606060**

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu 01228 606060

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer 01228 606060

Se quiser aceder a esta informação na sua língua, telefone para o 01228 606060

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen 01228 606060 numaralı telefonu arayınız

0303 333 1216
adoptioncumbria.org.uk