

# YOUNG PEOPLE'S GUIDE TO ADOPTION SUPPORT SERVICES IN NORTH LINCOLNSHIRE



Contact the Adoption Service on:

**01724 297024**

**[www.northlincs.gov.uk/adoption](http://www.northlincs.gov.uk/adoption)**



## Who is this guide for?

**This guide is for children and young people who have been adopted. It begins to help answer some of the questions you might have about your adoption. Your adoptive family is yours for life. As you grow up you might have more questions.**

**This guide tries to help you ask these questions and tells you more about adoption.**



## Talking about adoption

When you were adopted you might have been given lots of information and were able to talk to your social worker about what was happening. This should have answered some of the questions you had at the time.

As you get older you might feel there are still things that you are not sure about and you might want to know more. Or you might think of new things you have never asked before. Here are some of the questions that adopted people often ask.



## Why was I adopted?

If you were adopted when you were very young there might have been things you didn't understand. Sometimes people do not want to know at first, but are interested later on. Sometimes people do not have all the information they need to understand why they were adopted. If you ask your parents they might be able to help you find out more or we could help you to talk to them about it.



Most children have a Life Storybook. This is a book about your life before you were adopted. Sometimes your parents will keep adding to it, so that it has all your life in it. If you don't think you have one, ask your parents. They may be keeping it for you or may be able to help you make one. They may ask for help with this from a social worker who can sometimes get some information that may be missing.

## Who should I tell about being adopted?

Some people want to tell everyone they meet that they are adopted. Others don't want to tell anyone. You can choose who you tell and how much you tell them. You need to remember once you have told them, you can't take it back again.

If you don't know whether to tell anyone or who you want to tell, or if you're not sure what to say then talk to your parents. If you and your family think it would be helpful you can ask for an adoption social worker to be part of that discussion.



## Can I meet other adopted children and young people?

**YES.** You and your family can come to events like the Fun Day and other enjoyable activities throughout the year. We also have groups that children and young people can join to get together. If you want to join a group talk to the adoption service 01724 297024 who can arrange this.

## How many other young people are adopted?

**LOTS!** About 5,000 people are adopted every year in England and Wales. There are adopted people living in many parts of North Lincolnshire.



# Keeping in touch with your birth family

## Why do some adopted children get letters and even meet their birth parents or other relatives and some don't?

When you are adopted it was decided how much and in what way you should have contact with your birth family. This decision was made by people who had to think about what was best for you. They did this by looking at information from social workers, your birth family, other people and, if you were old enough, listening to you. Because each situation is different, it means that some children see members of their birth family regularly, some can have letters and cards sent and some don't have any contact at all.

## What happens if I do not see or hear from my birth family when I would like to?

The first thing to do is talk to your parents. An adoption social worker may also be able to help. They can try to find out more, and help you understand why your birth family is not able to send letters or meet with you. Sometimes adopted children worry about their birth family and just want to find out if they are okay. It may also be that some things have changed and that some kind of contact may now be a good idea. As always any decision will involve you, your parents and other people who work out what is best for you.

## What if I am having contact and I don't want to?

Sometimes as people grow up, they want to change how often they get letter from or see their birth family. This might include not wanting contact to continue.

There can be different reasons for this and some children can find it confusing and hard to talk to their parents. If it feels difficult you can talk to an adoption social worker who can help work out what's best.



## Helping you and your family

The Government wants all children to be healthy, safe, able to feel good about themselves, enjoy and do well in life. In North Lincolnshire everyone who works with children and young people agrees that all of these things are very important. But sometimes children and families need help before all these things can happen.

As you are growing up in your family there may be times when you have strong feelings about things. Often when we have strong feelings like anger, sadness, confusion or excitement, we don't know where they come from and can affect the way we are. It can be hard to explain how we feel using words. Sometimes these feelings can affect parents too. If you don't understand how you feel then it is difficult for your parents to understand how you feel and how to help you. Your parents may ask for support from people such as social workers or others who work with children who can meet you and your family. They will talk to you and your parents to understand your feelings, and give you the help you all need to get on better together.

## Your views are important to us

You can tell us if you think we have done something well or if you have any ideas about how our service could be better.

We try very hard to listen to you but sometimes people get things wrong. If you think that we have done something wrong or made a mistake please let us know as we will try to put it right if we can. You can do this by firstly talking to or emailing your worker or the Adoption Service Manager. If you prefer you can say whatever you like, good or bad, by contacting the Complaints Officer. You will find her name and number at the end of this guide. You can also use one of our complaints leaflets.



## Useful contacts...

If you have any worries or questions, it is usually best to talk to your parents first. But here are some other contacts that you might find useful now and in the future.

- For more information about adoption and support you can contact **North Lincolnshire Council** by ringing **01724 297024** and ask to speak to an adoption social worker. You can also write to:  
**The Adoption Service, Church Square House,  
Church Square, Scunthorpe, North Lincolnshire DN15 6XQ**
- If you have something you want to say or want something sorting you can phone **01724 296426** or **0800 019 1214**.  
Or you can write to the Complaints Officer at:  
**Children's Services, Hewson House, Station Road,  
Brigg, DN20 8XJ**
- The Government asks certain people to inspect adoption services to check that they are doing what they should do. You can contact them if you want to say anything about the service you receive in North Lincolnshire. Their contact details are:  
**Ofsted National Business Unit, Piccadilly Gate,  
Store Street, Manchester M1 2WD**  
or phone **0300 123 1231** or email **enquiries@ofsted.gov.uk**
- You can also contact the Children's Commissioner at:  
**www.childrenscommissioner.gov.uk** or on **020 7783 8330**



# Contact the Adoption Team: 01724 297024

[www.northlincs.gov.uk/adoption](http://www.northlincs.gov.uk/adoption)

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