



PAC-UK



What is PAC-UK?

PAC-UK provides advice, information, counselling and therapy.

PAC-UK helps hundreds of people each year. Some of them are birth parents or other birth relatives, some are adoptive parents and some are adopted adults.

PAC-UK is a charity and is not part of Social Services or any government organisation.

Our address and contact details

PAC-UK

5 Torriano Mews
Torriano Avenue
Kentish Town
London NW5 2RZ

Phone: 020 7284 0555

Advice: 020 7284 5879

Fax: 020 7482 2367

Email: advice@pac-uk.org

Web: www.pac-uk.org

Family Action is registered as a Charity in England and Wales no: 264713.

Registered as a Charity in the Isle of Man no: 1206.

Registered Company Limited by Guarantee in England and Wales no: 01068186.

PAC-UK Ofsted reg. no: SC066981.





PAC-UK



Advice, Information and Support for Birth Parents resident in Suffolk

**A free, independent and confidential
service for birth mothers and birth fathers**

Advice: 020 7284 5879

Email: advice@pac-uk.org

Website: www.pac-uk.org



Who is the service for?

Birth mothers and birth fathers resident in Suffolk where adoption may be the plan for your child or children.

What does the service provide?

Up to four sessions of advice, information and support, prior to an adoption order being made.

The sessions are provided by a qualified and experienced PAC-UK counsellor, who will offer support and advice in understanding the adoption process.

What can be discussed?

- the adoption plan
- the issue of parental consent to adoption
- future arrangements for contact
- any other issues about adoption that are causing you concern
- signposting to other services

The service is confidential, however all PAC-UK counsellors have a duty to protect and safeguard the welfare of children and this will be explained to you at the first contact with you.



Where do sessions take place?

Sessions are held monthly during the daytime at a choice of three venues within Suffolk. Alternatively, telephone or Skype sessions can be arranged. Where all these options are impractical, other possibilities may be explored.

How much do sessions cost?

Sessions are free of charge.

How can I access the service?

If you are a birth mother or birth father resident in Suffolk your social worker, with your permission, will already have referred you to the service, after which PAC-UK will contact you to arrange an appointment.



Alternatively, you can refer yourself to the service by contacting PAC-UK's Advice Line on 020 7284 5879 (Mon, Tues and Fri 10am to 4pm, Weds and Thurs 2pm to 7.30pm) or by emailing advice@pac-uk.org.

What other services does PAC-UK provide for birth parents/other birth family members in Suffolk?

Post-adoption counselling

PAC-UK offers up to six counselling sessions for birth parents and other birth family members (such as aunts, uncles, adult siblings, grandparents). Counselling sessions take place monthly at the same venues as the advice and information sessions or can also be conducted by telephone or Skype.

Advice Line and email advice

You can call PAC-UK's Advice Line for advice, information and support on any adoption matter, and to make appointments for the services described in this leaflet. The Advice Line number and times are listed above. You can also email enquiries to advice@pac-uk.org.