adoption TEES VALLEY

Birth Family Support

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If you would like to talk to someone, we can help.
Support for birth parents and relatives is provided by Adoption Tees Valley

One-to-one support

You can meet individually with a support worker who is fully independent from the Local Authority. They are here to give you time, space, and understanding during an extremely distressing and confusing experience that this may be.

Our workers have extensive experience supporting birth family members through adoption. They understand how traumatic it can be and recognise that you will always be important to your child.

We can help you understand the adoption process and where your child is within it, explaining what this means for both you and your child–now and in the future–in clear language.

They can also offer practical advice, guidance, and signpost you to other helpful services.

Support to contribute to your child's life story

Your child needs accurate and sensitive information about you as they grow up. We can help you understand why this is important and support you to gather meaningful information about your family history, your child's early life, and your future wishes for them.

Although we cannot change the circumstances that led to adoption, we can help you to explain those circumstances in an age appropriate, compassionate way.

Birth Family Support

Help with keeping in touch

We understand how important ongoing contact is for you with your child.

Your support worker can:

- Help you understand your Keeping in Touch arrangement
- Support you with your Virtual Memory Box (VMB)
- Provide guidance and support when sending updates to your child through VMB

Support Services

We have introduced sessions for birth family members to access support from our Keeping in Touch Team. During the sessions, we can help you access your Virtual Memory Box and support you in responding to any updates you have received. We can also signpost or refer you to other services if needed or simply provide a listening ear. These are run in Middlesbrough, Stockton, Darlington, Hartlepool and Redcar

Please email keepingintouch@adoptionteesvalley.org.uk if you would like further information.

Useful Organisations

Family Rights Group: Advice for families involved with children's services
https://www.frg.org.uk/

Citizens Advice: Information about your rights and legal help

https://www.citizensadvice.org.uk/

PAC-UK: Specialist support, counselling, training and therapy
https://www.pac-uk.org/

Family Lives: Support and advice for birth parents
https://www.familylives.org.uk/

Contact us

If you would like support, please get in touch:
Adoption Tees Valley – Birth Family Support
Telephone: 01642 526400
Email: info@adoptionteesvalley.org.uk
Website: https://www.adoptionteesvalley.org.uk/

Accessing information and records

While birth parents are not automatically entitled to adoption records, the adoption agency can decide to share non-identifying information that is held on file about your child. We can support you in exploring what information may be available.

Birth family members may wish to register with the Adoption Contact Register.

The Adoption Contact Register (held by the General Register Office, England & Wales) allows:

- Birth relatives to say they would like contact with an adopted person
- Adopted adults to say whether they welcome or do not want contact

More details can be found via https://www.gov.uk/adoption-records/the-adoption-contact-register

It is not a tracing service – a match only happens if both people have added themselves.

If your child was adopted before 30 December 2005, you have the right to apply for an intermediary service to notify your adopted relative that you would like contact.

Adoption Tees Valley does not provide intermediary services directly but can help you identify an appropriate agency, there is a cost to access this service.

Your views matter

We will ask for your feedback about the support you receive. Your comments help us improve the service.

If you have any complaints about this support service, please contact:

The Service Manager
Adoption Tees Valley
Oxbridge Avenue
Stockton on Tees
TS18 4LE
Tel: 01642 526400
Email: info@adoptionteesvalley.org.uk