



## **Post Adoption and Special Guardian Support Pathway**

At Cambridgeshire and Peterborough Adoption we provide a range of services aimed to offer the right level of support at the right time for our adoptive and SGO families.

We support children traumatised by their experiences to feel safer and more secure within their families with a focus on attachment and we have relationships are at the heart of what we do.

We offer support that will empower families to be able to support themselves with the right knowledge, skills, and tools.

### **Universal Services – Information, Signposting & Training**

There are various parts of our service that is open to all.

- Supporting Post Box contact
- Advise on managing contact
- Supporting birth families with accessing counselling
- Signposting to relevant and helpful groups and organisations
- Support groups for our families
- Information about adoption support
- Summer picnics for our adoptive and SGO families
- Wide range of information resources

### **Advice & Support**

We have a duty Social Worker who you can contact for advice and support. They take time to listen and understand your situation to help you to think about where support can be accessed - family & friends, peer support or community universal services including school, health, safeguarding or Early Help services.

Just contact our duty worker on 01480 379679 or email us at:

[AdoptionandSGO.SupportDuty@cambridgeshire.gov.uk](mailto:AdoptionandSGO.SupportDuty@cambridgeshire.gov.uk).

### **Assessment of Need & Support**

If having spoken to our duty worker further support is needed, we can arrange for social worker to be allocated to complete an assessment of need. There is simple referral form to complete so we can understand your perspective from the outset. We aim to allocate families

to a Social Worker as quickly as possible but there can be a wait of up to two months as busy times. Whilst waiting, our duty Social Workers are able to offer advice and support.

The assessment will be an opportunity to discuss with an allocated Social Worker the challenges being faced, to reflect on what may be going on and why, and together consider the presenting adoption and SGO support needs.

Following assessment, a plan of support will be drawn up and may include support from universal services as well as therapeutic support from the Adoption Support Fund. The social worker will guide you through the process of finding a provider and setting up the support. Once the therapeutic support is in place, you will not have an allocated social worker, however you are able to contact us at any time through the duty social worker.

If it is felt that your family need specific support from the team, we will continue to have a social worker for you and your family. Such support may include therapeutic parenting support, therapeutic Life Story Work, 1-1 support with a child and co-ordinating support with other professionals.

## **Contact**

We offer a Post Box Contact service for letter contact between adopted children and their birth family. The Post Box Team can be contacted on:

- Cambridgeshire Local Authority Post Box Service:
  - [PostBox@cambridgeshire.gov.uk](mailto:PostBox@cambridgeshire.gov.uk)
- Peterborough Local Authority Post Box Service:
  - [Peterborough.Postbox@cambridgeshire.gov.uk](mailto:Peterborough.Postbox@cambridgeshire.gov.uk)

We can provide advice and support around other types of contact– please contact our duty social worker and they can help you with the next steps.

## **Crisis Support**

Unfortunately, the Adoption & Special Guardianship Support Team are unable to offer immediate support to families in a crisis. We are able to offer support and guidance and will work alongside other professionals who are supporting you as a family however this can not be immediate.

You are able to access support from Children's Social Care and to access such support please contact them via phone:

- 0345 045 5203 (9-5pm Monday to Friday) – Cambridgeshire
- 01733 864170 or 01733 864180 (9-5pm Monday to Friday) – Peterborough
- 01733 234 724 (out of hours)

Alternatively you can contact them via email on [referralcentre.children@cambridgeshire.gov.uk](mailto:referralcentre.children@cambridgeshire.gov.uk)

You are also able to access urgent mental health need please immediately call your local CAMHS provider and request an urgent assessment. Further information can be found at

<https://www.cpft.nhs.uk/service-detail/service/child-and-adolescent-mental-health-services-camhs-63/>

Additionally, you can contact the contact the CPFT's First Response Service by calling NHS 111 (option2).

## **Suggested Resources**

While you are waiting, you may find the following services/information helpful:

- PAC-UK advice line - 020 7284 5879 or [emailadvice@pac-uk.org](mailto:emailadvice@pac-uk.org). They can offer help and advice regarding all matters relating to adoption whether you are an Adoptee, a Birth Parent, or an Adopter.
- You may also be interested in accessing support the National Association of Therapeutic Parents <https://www.naotp.com/>
- The Cambridgeshire and Peterborough Local Offer website may help direct you to sources of support all families are entitled to such as the Disability Team or Early Help <https://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/about-cambridgeshire-s-local-offer>
- For advice and support around therapeutic approaches we recommend first looking at the Beacon House website <https://beaconhouse.org.uk/resources/> and researching Brené Brown on YouTube specifically around shame and empathy.
- Adoption Uk - [Adoption UK Charity](#)