



Registered charity: 294998

Company limited by guarantee: 2040322

PAC-UK is registered with Ofsted under the Care Standards Act 2000 as an Adoption Support Agency (reg. no. SC066981)

Equal opportunities

PAC-UK is committed to providing a service based on racial equality and equal opportunities. It has an ethnically and culturally diverse staff.

If you have a concern about the ethnicity or gender of your counsellor PAC-UK will do its best to accommodate your request.

PAC-UK operates service user evaluation and complaints procedures.

PAC-UK

Leeds Office
Hollyshaw House
2 Hollyshaw Lane
Leeds, LS15 7BD

Office 0113 264 6837
Advice 0113 230 2100
Email advice@pac-uk.org
Web www.pac-uk.org

First Family 07946 295 322
Email firstfamily@pac-uk.org

 www.pac-uk.org/firstfamily

 twitter.com/PACUKadoption

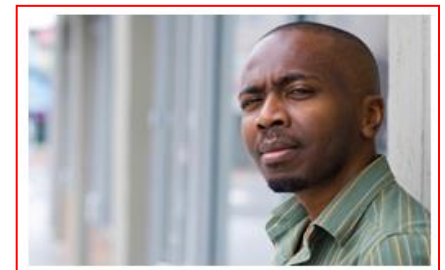
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First Family Service

Is your child no longer with you or is there a chance this may happen?

Free advice and support for birth mothers, fathers & relatives



What is PAC-UK?

PAC-UK provides specialist therapy, advice, support, counselling and training for all affected by adoption and permanency.

PAC-UK helps thousands 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.

- ✓ *We know how traumatic losing a child can be.*
- ✓ *We know that you will always be family to your child.*
- ✓ *We aim to help you keep a child in the future if you want to.*

First Family Service Action Line

PAC-UK's First Family Service has its own Action Line that you can call and leave a message requesting a call back on **07946 295 322**.

Alternatively, text **07946 295 322** or email firstfamily@pac-uk.org and we will respond to your request at the earliest possible opportunity.

You can also call the PAC-UK Advice Line between the hours listed opposite.

PAC-UK's First Family Service can:

- ✓ *Listen to your story and how you are feeling about your child's adoption.*
- ✓ *Explain the often confusing process of adoption and what that means for you and your child –now and in the future.*
- ✓ *Help write a letterbox letter. Most people find the first one particularly difficult.*
- ✓ *Help you to write a letter for your child for when they are older explaining what happened and how you feel about it.*
- ✓ *Let you know how other parents like yourself feel. We run friendly support groups in some areas.*
- ✓ *Look at the reasons your child was removed and what you can do to keep a future child if you want to.*
- ✓ *Meet with you in a convenient place and discuss what is most helpful to you. What you say is confidential.*

Email firstfamily@pac-uk.org or visit the First Family page on the PAC-UK website for more information

www.pac-uk.org/firstfamily

First Family Line
07946 295 322

Email

firstfamily@pac-uk.org

Advice Line
0113 230 2100

Mon, Tues, Thurs & Fri
10.00am - 1.00pm

Wed
4.00pm - 7.00pm

PAC-UK offices and Advice Lines are not staffed on public holidays

PAC-UK Staff

PAC-UK's counsellors are professionally qualified in counselling/psychotherapy, psychology and/or social work and have a wide range of experience and training in all aspects of Birth Family support.

Counselling staff are supported by external professional supervisors and administrative staff.

