

FREE MENTAL HEALTH & WELLBEING SUPPORT IN WALES

Cruse Bereavement Support

0808 808 1677

www.cruse.org.uk

[crusobereavementsupport](https://www.facebook.com/crusobereavementsupport)

[CruseSupport](https://twitter.com/CruseSupport)

ONLINE OR
VIA PHONE

ONE-TO-ONE
PERSONALISED
SUPPORT

I NEED HELP DEALING WITH GRIEF

ONLINE, FACE-TO-FACE
DROP-IN CENTRES OR
VIA PHONE

WIDE RANGE OF
MENTAL HEALTH
CONDITIONS

MIND

www.mind.org.uk

[mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

[MindCharity](https://www.instagram.com/MindCharity)

0300 123 3393*

*not freephone

Adferiad

North: 01492 863 000*

South: 01792 816 600*

www.adferiad.org

[Adferiad](https://twitter.com/Adferiad)

[adferiad](https://www.facebook.com/adferiad)

*not freephone

MENTAL HEALTH
SUBSTANCE MISUSE

WHERE CAN I FIND INFORMATION
ON AVAILABLE SUPPORT?

I'D LIKE AN ONLINE RESOURCE TO HELP
WITH MENTAL HEALTH AND WELLBEING

SilverCloud

nhs.wales.silvercloudhealth.com/signup

For adults 16+

**MENTAL
HEALTH**

IS JUST AS IMPORTANT AS

**PHYSICAL
HEALTH**

GamCare

Leading Support Teams Here

0808 8020 133

www.gamcare.org.uk

For gambling support

I NEED SUPPORT WITH DRUGS,
ALCOHOL OR GAMBLING

DAN 24/7 Text DAN to 81066

www.dan247.org.uk

For drug and alcohol support

YOUNGMINDS

For parents and young people

www.youngminds.org.uk

Parents Helpline: 0808 802 5544

Monday-Friday 9:30am-4pm

I'M LOOKING FOR SUPPORT
FOR YOUNG PEOPLE



Maternal Mental
Health Alliance [mmhalliance](https://www.instagram.com/mmhalliance)
www.maternalmentalhealthalliance.org

WHAT ABOUT MATERNAL
MENTAL HEALTH?



0808 801 0433

[beatedsupport](https://www.instagram.com/beatedsupport)

[beated](https://twitter.com/beated)

[beateatingdisorders](https://www.facebook.com/beateatingdisorders)

www.beateatingdisorders.org.uk

I NEED HELP AND ADVICE ABOUT
AN EATING DISORDER



Dewis Cymru

Free advice and referrals available

www.dewis.wales

[DewisWales](https://www.facebook.com/DewisWales)

Hub of Hope

Service provided by Chasing the Stigma

www.hubofhope.co.uk



WHERE CAN I FIND INFORMATION
ON LOCAL SERVICES?

I'D PREFER TO USE
BOOKS TO TRY SELF-HELP
AND WELLBEING AT HOME

**READING
WELL**

www.reading-well.org.uk

For all ages

RECOMMENDED BY
HEALTH EXPERTS

VISIT YOUR
LOCAL LIBRARY

Switchboard
LGBT+ helpline

0800 0119 100

www.switchboardlgbt

10am - 10pm
every day

hollo@switchboard.lgbt

[switchboardlgbt](https://www.instagram.com/switchboardlgbt)

[switchboardLGBT](https://www.facebook.com/switchboardLGBT)

EMAIL, ONLINE
OR VIA PHONE

I'M LOOKING FOR LGBTQ+ SUPPORT

CLICK FOR PDF

FREE URGENT MENTAL HEALTH SUPPORT IN WALES

shout
85258

Text SHOUT
to 85258

SAMARITANS

116 123

www.samaritans.org/wales

✉ jo@samaritans.org



0800 132 737

Text help to 81066

www.callhelpline.org.uk

Community Advice &
Listening Line

DIAL **999** IN
LIFE-THREATENING
EMERGENCIES

**I'M NOT
COPING
AND I NEED
URGENT
HELP**

Staying Safe 4 Mental Health
from suicidal thoughts Partnering with People

www.stayingsafe.net

Create your own "Safety Plan"
for when you feel overwhelmed

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

www.thecalzone.net

5pm-midnight
every day

DIAL **111** AND
CHOOSE **OPTION 2**

ChildLine
0800 1111

For children aged under 19

www.childline.org.uk

PAPYRUS
PREVENTION OF YOUNG SUICIDE

0800 068 41 41

For people aged 35 and under Text 07860 039967

9am-midnight every day

www.papyrus-uk.org

✉ pat@papyrus-uk.org

YOUNGmINDS

For children & young people

Text YM to 85258



Teulu Cymru: support for families in Wales

Teulu Cymru Childcare and support for families

The Welsh Government launched Teulu Cymru, a new brand which brings its main childcare and parenting campaigns under one roof.

Teulu Cymru or “Family of Wales,” is here for parents, carers and families of children aged 0-18, pointing them in the right direction for different Welsh Government sources of practical and financial support.

From parenting tips and expert development advice, to help with childcare costs - Teulu makes it a little easier to access this support in one place.

[Teulu Cymru | GOV.WALES](https://www.gov.wales/teulu-cymru)

www.instagram.com/teulu.cymru
www.facebook.com/teulucymruwales

Croeso i'r Teulu!

Childcare and local family services



Find your local Family Information Service

Information about services providing support to parents and carers in your area.



Childcare Offer for Wales

Help with childcare costs for eligible parents of 3 to 4 year olds in Wales.



Flying Start for children under 4 years old

Early years support in targeted areas.

Parenting tips and advice



Parenting

From little ones to teens, tried and tested tips for every step of the journey.



Learning to talk

A range of tools and advice to get your little one talking.



Physical punishment and the law

A guide to the law in Wales and how we're protecting children and their rights.



Cymraeg : Welsh language

Supporting your child to learn Welsh, or learn through the medium of Welsh.



Family wellbeing

Support to look after the wellbeing of everyone in the family.

NEW PODCAST

The Importance of Sleep



Available Now!



More information:

Sleep - Cwm Taf Morgannwg University
Health Board ([nhs.wales](https://www.nhs.wales))



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



growing together
Connected
tyfu gyda'n gilydd

**Are you
adopted?**
Age 7-10, 11-18
& 18-25 years?

**Do you know
there is youth
club just for
adopted
people?**

**Do you enjoy
art, film making,
trips out,
blogging, getting
your voice
heard?**

**Connected
could be
for you**

Want to get involved?
Message us

 twitter.com/connected_cyps

 [instagram.com/connected.cyps](https://www.instagram.com/connected.cyps)

 [facebook.com/connected.cyps](https://www.facebook.com/connected.cyps)

Connected - Part of CONNECT

The National Service for Adopted Children and Young People

Why do we have groups just for adopted people?

“Doing activities together with opportunities to talk, because they understand what you are going through”

growing together

Connected

tyfu gyda'n gilydd

“My friends at school don't get what it is like to be adopted and I can't talk to them about it. When I have tried before, they didn't understand what I was talking about. I like being with other adopted kids because I don't feel like I am the only one”

“It is good because I don't have to explain things to them and they don't say stupid things like 'what happened to your real mum then?'”

adoptionuk

ar gyfer pob teulu sy'n mabwysiadu
for every adoptive family



Gwasanaeth
Mabwysiadu | National
Cenedlaethol | Adoption
Service



Mabwysiadu
Canolbarth a Gorllewin Cymru
Adoption
Mid & West Wales



Gwasanaeth
Mabwysiadu | South Wales
Adoption
Service



South East Wales Adoption Service
Achieving More Together

Gwasanaeth Mabwysiadu Deddwyrain Cymru
Cyflawni Mwy Gyda'n Gilydd I



Wales, Valleys
and Cardiff
Adoption | **Mabwysiadu**
ym y Fro, y Cymoedd
& Chae'rhydri



Western Bay
ADOPTION SERVICE
GWASANAETH MABWYSIADU
Bae'r Gorllewin



Early Help Bridgend

Information for Families

Children, Young people and their families sometimes need a little extra help and support to have happy, healthy and successful lives.

The Early Help Team can pull the right people together to help you and your family.

We put the family at the centre of the support from start to finish of any involvement with the Service.



What is Early Help all about?

It's about talking about strengths as well as areas that could be improved.

It's about getting you the right help at the right time.

It's about bringing together a team of the right people who can help your family.

It's about listening to you and giving you choices.

What will my Early Help worker do?

- Once receiving a referral the worker will arrange to meet with you to complete a whole family assessment to look at changes you would like to make to improve family life and to answer any questions you may have.
- You will agree an action plan which sets out how you will achieve positive changes and who will be responsible for each action. We may also contact other organisations who have supported your family in the past or could help in the future.
- The worker may refer to other agencies and professionals if additional help is needed to make sure you are getting the right support.



How can we help?

Some areas we are able to support you with are :

- Parenting
- Support for Young Carers
- Managing challenging behaviour (0-25yrs)
- Support in school
- Issues around school attendance
- Domestic violence
- Benefits / debt management
- Emotional health
- Mental health (Anxiety & stress)
- Disabilities
- Employment

If you think the Early Help team can support you, please ask any professional you are already working with to submit an Early Help referral. You may also speak to your child's school to do this for you or alternatively contact the Early Help screening team to self refer on 01656 815420.



My Worker is:



Partnership Projects

Developing new service models in
CAMHS, social care and education

What is NVR?

NVR stands for Non Violent Resistance

Increasingly, professionals in child mental health found that traditional therapies were ineffective for dealing with serious behaviour problems in children and young people, such as aggression and violence, running away, truanting, stealing, drug-taking, criminal involvement and putting themselves at serious risk in dangerous environments outside the family home. Helpless, humiliated, scared of their child or angry at them, parents seeking support from professionals can feel even more despondent because of their child's refusal to cooperate in therapy.

Professor Haim Omer at the University of Tel Aviv started developing a new approach to these behaviours, helping parents to increase their "parental presence". This approach uses methods within the family, which originated in the nonviolent political struggles that had been led by Mahatma Gandhi and Martin Luther King. None of these methods rely on the participation or cooperation of the child or young person - parents and their supporters take one-sided action. Like these activists, parents are coached in de-escalating and reducing conflict, but whilst taking back space in the family home and refusing to give in to unreasonable demands – At the same time, parents reach out and reconcile with their child using very specific methods.

Having felt isolated, parents now learn to engage and cooperate with other adults. These may be drawn from the extended family, friends or the community. In this way, they "grow" a community of support around them, which helps to resist the problematic and self-destructive behaviour of their child. From a position of strength, parents can begin showing their care for the young person, and address his or her unmet psychological needs.

'Working collaboratively
with people is more
effective than 'treatment'

PartnershipProjects

General enquiries:

referrals@partnershipprojectsuk.com

www.partnershipprojectsuk.com

PartnershipProjects

Where can NVR be helpful?

Working collaboratively with NVR can be helpful wherever we find behaviour that has a controlling effect on others. Professionals are now coaching and therapeutically supporting parents and adoptive parents, teachers, foster carers and other adults who are engaged in the care or education of young people for a wide range of serious behavioural difficulties such as physical violence, verbal abuse, destruction of property, drug- and alcohol misuse, criminal activity and violent self-harm. NVR has also been successfully used in work with parents of gang members.

NVR-based work around young people with developmental trauma not only helps bring about behavioural improvement, but also reduces the risk of family or placement breakdown. Child-focussed NVR helps these children and young people develop more engaged and integrated mental states.

NVR is increasingly being used in response to children, young people and young adults with anxiety-related difficulties, who do not cooperate in therapy and may become socially withdrawn, using e.g. the 'SPACE' model.

An emerging field is work with families of adults who show "adult entitled dependency", A.E.D. These are adults who do not fulfil their potential, underperform, and do not engage in work, education or making contributions to the running of their parents' household they are living in. Many of these younger adults become extremely socially withdrawn. A growing, yet widely still unrecognised phenomenon, 'AED' can be linked to anxious avoidance of everyday challenges, more serious anxiety disorders, or enduring mental health problems such as psychosis. The tensions arising in families as a result of AED behaviour patterns tend to feed into highly charged angry and blaming communication, which in turn exacerbates psychotic symptoms. Dependent behaviour of younger adults, regardless of their mental health, undermines the development of life-stage appropriate autonomy.

Is NVR evidence-based?

Yes, it is. Working with nonviolence has changed the lives of many families, often inspiring them to change their outlook on relationships in general. Several controlled studies are now showing the efficacy of NVR, in terms of behavioural improvement of the child or young person, improvement of parental emotional well-being and mental health, and more constructive family interaction. (see the references at the end of this article).

How is NVR delivered?

It is used in Systemic Family Therapy and in Parent Coaching. Practitioners support families in using nonviolent methods on a one-to-one basis, or in groups. PartnershipProjects generally offers one-to-one Systemic Family Therapy and Parent Coaching based on NVR. Currently we have services in London, Hampshire, East Sussex, Kent and the Midlands.

We generally offer treatment for three months, and then review the progress that has taken place. This work is likely to entail seeing parents on a weekly basis at our offices, meeting the siblings of the child with aggressive or self-destructive behaviour in the family home, as well as carrying out support network meetings with parents and other adults around the family. It may also be helpful to work with parents and teachers together.

For more information, visit our website: www.partnershipprojectsuk.com

Some of the diagnostic areas NVR is used in are:

- Conduct Disorder and Oppositional Defiant Disorder.
- ADHD
- ASD
- Phobias, OCD, Social Anxiety and other anxiety disorders – in combination with the SPACE model, and in working with adult entitled dependency
- Developmental Trauma, Attachment Disorders, and aggression associated with PTSD – using child-focused NVR methods
- Eating Disorders
- Psychosis – where there is adult entitled dependency.

References

- Jakob, P. (2014). *Non-violent resistance and ADHD. ADHD in Practice* 6/2, pp 7-11
- Jakob, P. (2011). *Re-connecting parents and young people with serious behaviour problems - child-focused practice and reconciliation work in non violent resistance therapy.* New Authority Network International, available at: www.newauthority.net
- Jakob, P., Wilson, J. and Newman, M (2014). *Non-violence and a focus on the child: a UK perspective.* *Context* 132, pp. 37-41.
- Jakob, P. & Shapiro, M. (2014). *Overcoming aggression, harm and the dependence trap: Non Violent Resistance in families with a child on the autism spectrum.* In G. Jones & E. Hurley: *Good autism practice. Autism, happiness and wellbeing.* Glasgow: BILD
- Lebowitz, E.R. & Omer, H. (2013). *Treating childhood and adolescent anxiety. A guide for caregivers.* Hoboken: Wiley
- Omer, H. (2004). *Nonviolent resistance: A new approach to violent and self-destructive children.* Cambridge: Cambridge University Press.
- Omer, H. (2011/1) *The new authority: family, school, community.* Cambridge University Press.

References for evidence base

- Gleniusz, B. (2014). *Examining the evidence for the non-violent resistance approach as an effective treatment for adolescents with conduct disorder.* *Context* 132, pp 42-44.
- Jonkman, C.S, Van der Soet, K, Van Gink, N, Godard, N, Van der Stegen, B. & Lindauer, R.J.L. : *The effects of nonviolent resistance in a child and adolescent psychiatric ward setting.* Unpublished manuscript.
- Lavi-Levavi, I. (2010). *Improvement in systemic intra- familial variables by "Non- Violent Resistance" treatment for parents of children and adolescents with behavioral problems,* PhD dissertation, Tel- Aviv University, Tel Aviv.
- Newman, M, Fagan, C & Webb, R (2013). *The efficacy fo non-violent resistance groups in treating aggressive and controlling behaviour in children and young people: a preliminary analysis of pilot NVR groups in Kent.* *Child and Adolescent Mental Health* 19/2, pp 138-141
- Ollefs, B., Von Schlippe, A., Omer, H., and Kriz, J. (2009) *Adolescents showing externalising problem behaviour. Effects of parent coaching (German).* *Familiendynamik*, 3: 256-265.
- Van Holen, F. (2014). *Looked after children; In print.*
- Weinblatt, U. & Omer, H. (2008). *Non-violent resistance: A treatment for parents of children with acute behavior problems.* *Journal of Marital and Family Therapy* 34, pp.75-92.

Parent Talk Cymru



Parent Support

There's a lot of pressure on parents at the moment. Parent Talk Wales is a free and confidential service for parents of 0-19 year olds in Wales. You can get support with anything that's worrying you about parenting or your child.

We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

This service is also available in Welsh

Visit: parent-talk.org.uk/wales

We're here:

12:30-19:30 Monday
10:30-16:30 Tuesday
9.30-16:30 Wednesday
12:30-19:30 Thursday
09:30-16:00 Friday





rhywun ar dy ochr di
someone on your side



rhadffôn/freephone
080 8802 3456



testun/text
84001



gwe/im/web
www.meic.cymru



Kooth's Wellbeing Summer Checklist

Why not try one of these support options for each week of the summer holiday period. **Visit [kooth.com](https://www.kooth.com) to get started.**

Try a wellbeing activity in Kooth's mini activity hub.

Join a discussion board with our supportive community of young people. Visit [kooth.com](https://www.kooth.com) to get started.

Listen to a Kooth podcast - You can find us on Spotify and Apple Podcasts.

Have a chat with a member of our team. Our team of counsellors and wellbeing practitioners are online between **12pm and 10pm on weekdays and 6pm - 10pm on weekends.**

Read an article on Kooth written by a young person or a member of our team.

Try journalling to understand and track how you've been feeling. You can do this by logging into [kooth.com](https://www.kooth.com) and getting started on the homepage.





You are not alone this summer

Find support on kooth.com





Chat opening hours (Christmas and New Year period)

Saturday 24th December

Christmas Eve
4pm-8pm

Sunday 25th December

Christmas Day
4pm-8pm

Monday 26th December

Boxing Day
4pm-8pm

Tuesday 27th December

Bank Holiday
4pm-8pm

Saturday 31st December

New Years Eve
4pm-8pm

Sunday 1st January

New Years Day
4pm-8pm

Monday 2nd January

Bank Holiday
4pm-8pm

kooth.com

kooth

Free online counselling support for young people!
Discover everything Kooth has to offer

FREE COUNSELLING

JOURNAL

SELF-HELP TOOLS

KOOTH MAGAZINE

DISCUSSION BOARDS

HELP ARTICLES

Sign up for free at **Kooth.com**

Who you can call this Mental Health Awareness Week



SAMARITANS

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

If you're in Wales:



If you're under 25:

THE MIX

0300 123 3393

Open 9am-6pm weekdays

116 123

Always open

0800 58 58 58

Open 5pm - midnight

0800 132 737

Always open

0808 808 4994

Open 4pm - 11pm

SUPPORTING A CHILD THROUGH GRIEF

A GUIDE FOR PARENTS, CARERS AND PROFESSIONALS

WHAT TO EXPECT

Most grieving pupils do not need a bereavement expert, they need someone who cares. Schools, just by carrying on with their usual day-to-day activities, can do a huge amount to support a grieving pupil. By gently introducing death and grief into the classroom the fear is removed, and young people will develop coping skills should someone they know die now or in the future.

IMPORTANCE OF SELF-CARE

Acknowledging the death of a loved one, can be an emotive subject. Be mindful to take care of yourself, adopting positive healthy habits. Gently remind the pupil to ensure that they also adopt healthy habits.

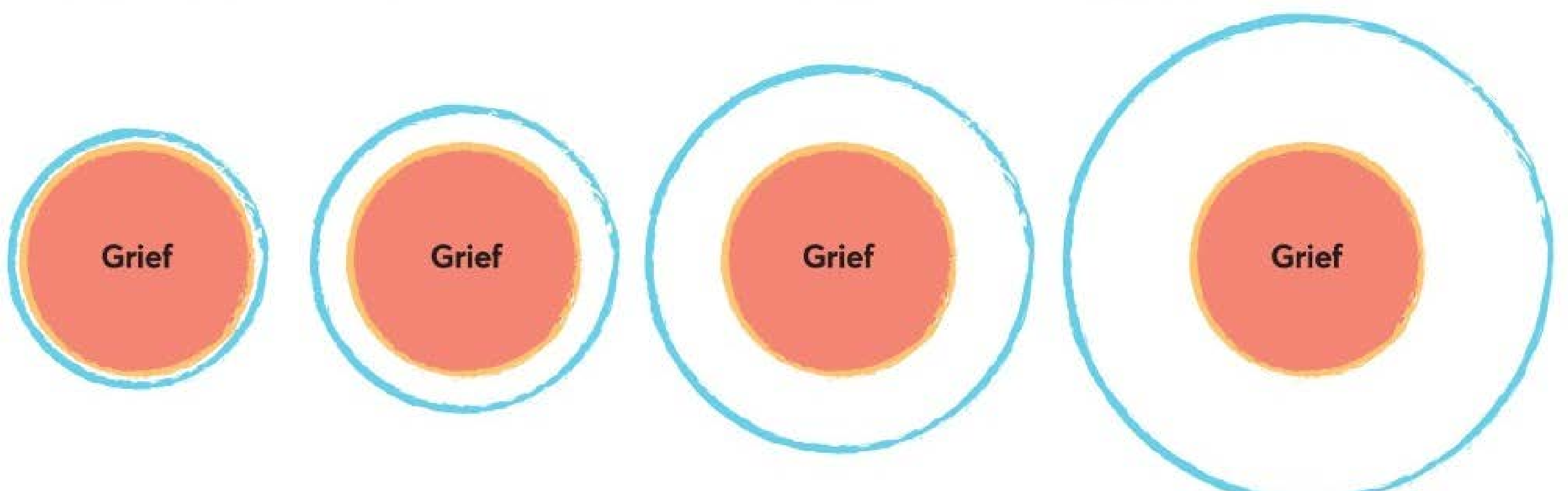


AT FIRST THE PERSON MIGHT:

- Feel everything is unreal
- Feel more alert than usual
- Worry about how life will be from now on
- Feel calm
- Need to cry or shout
- Not sleep well
- Feel jumpy
- Believe they keep seeing the person who has died
- Not be able to believe the person has died
- Lose appetite or eat more than usual
- Feel anxious

LATER THEY MIGHT:

- Continually think about their loved one
- Not want to be socially active
- Feel a sense of loss
- Resent other people who are getting on with their lives
- Feel low in mood
- Feel angry
- Feel tired
- Feel relieved
- Feel guilty
- Feel panicky



"OUR GRIEF STAYS THE SAME, BUT IN TIME WE GROW AROUND THE GRIEF, LEAVING SPACE FOR OTHER THOUGHTS, EMOTIONS AND EXPERIENCES" Winston's Wish



HOW WE CAN SUPPORT A CHILD THROUGH LOSS



HELPFUL TIPS



MEMORY BOX

Encourage the pupil to fill a box with treasured items that remind them of the person who has died. The child could customise this to make it personal to them, i.e. with photos, objects, scents and pictures.

- When they ask a question, you could start by asking:

“What do you think?” Then you can build your answer on their understanding of what’s happened.

- Try to avoid telling the child not to worry or be sad. It’s normal that they should get attached to people. And, like adults, they might find it hard to control their feelings. You might find that the child doesn’t seem to be sad. Sometimes they need time to absorb what’s happened.

- Don’t try to hide your pain, either – it’s alright to cry in front of the child. It can help to let them know why you’re crying. You might want to say to them that people cry for many reasons, and sometimes they cry to express their pain or sadness when someone close to them dies. Let them know that it’s also OK not to cry, if that’s how they feel.
- Be sure to give the child plenty of reassurance. Let them know they’re loved and that there are still people who will be there for them. A cuddle can make a big difference and make them feel cared for.



- Having the death acknowledged
- Being given age-appropriate information about what has happened and what is going to happen
- Having the chance to express their feelings and thoughts about the death
- Being helped to remember
- Taking part in opportunities to say goodbye and commemorate the person who has died
- Knowing they are not to blame
- Meeting other children and young people who have been bereaved.



RESOURCES TO HELP EXPLAIN



**THE INVISIBLE SUITCASE:
UNDERSTANDING GRIEF**



YOUTUBE

REMEMBERING SOMEONE SPECIAL WHO HAS DIED



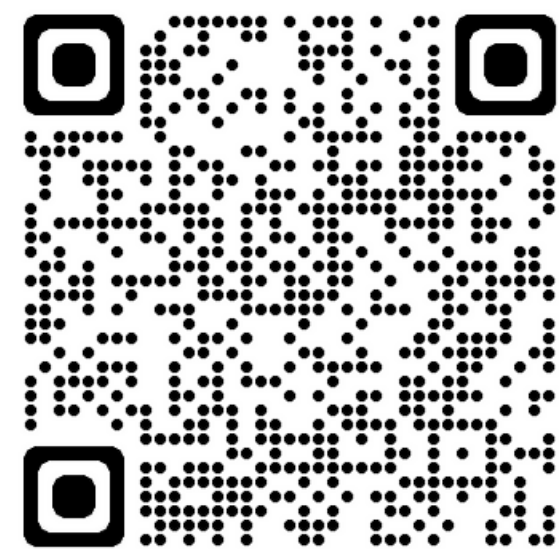
YOUTUBE

**THE SMALL CREATURE:
AN ANIMATED STORY
TO HELP CHILDREN**



YOUTUBE

**HOW TO APPROACH
BEREAVED CHILDREN
AND YOUNG PEOPLE**



FLEXIBLE PASTORAL SUPPORT HELPS THE CHILD/YP FEEL IN CONTROL.

SCHOOLS HELP TO PROVIDE CONTINUITY AND STRUCTURE IN A TIME WHERE EVERYTHING ELSE IS CHANGING



WHERE TO ACCESS GUIDANCE AND ADVICE



CHILD BEREAVEMENT NETWORK



Talking about death and loss

Downloadable lesson plans ranging from age 5-12

For support around a death in the school community - whether a parent, pupil or staff member - contact your local child bereavement service who may be able to help. You can also find helpful information about supporting bereaved pupils from

Child Bereavement UK - Tel 0800 02 88840 Monday to Friday 9-5

Grief Encounter - Tel 0808 802 0111 Monday to Friday 9-9

Winston's Wish Strategy for schools - Tel 08088 020 021 Monday to Friday 9-5



CHILD BEREAVEMENT UK•

Call our Helpline 0800 02 888 40 (9am-5pm, Monday to Friday)

• Email

support@childbereavementuk.org

• Visit our website

childbereavementuk.org

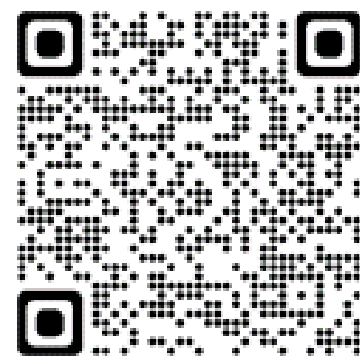
• Live Chat via our website (9am-5pm, Monday to Friday)

If you would like to find out more about Child Bereavement UK's training or get more information for staff, please email our training team:

training@childbereavementuk.org

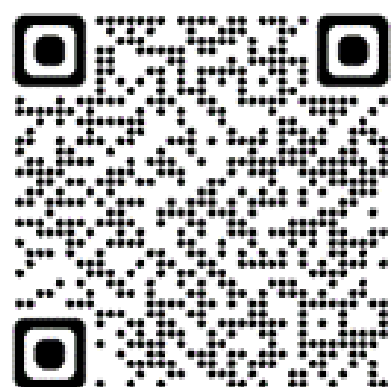


A GUIDE FOR SCHOOLS training@childbereavementuk.org



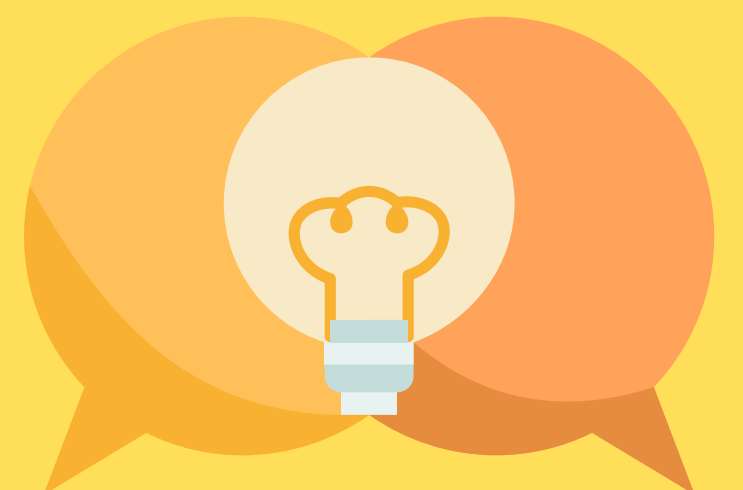
WINSTON'S WISH
A charity that supports children, young people and young adults cope with grief

2WISH
support anyone affected by the sudden and unexpected death of a child or young person aged 25 and under



CRUSE BEREAVEMENT

Bereavement support, information and campaigning
0808 808 1677



REFERENCES

- <https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/schools/growing-grief-awareness/why-grief-matters>
- <https://www.childbereavementuk.org/managing-bereavement-a-guide-for-primary-schools>
- <https://www.winstonswish.org/do-children-understand-death/>
- <https://www.2wish.org.uk>





Connected is the name of Adoption UK's Children and Young People Service in Wales. We run bespoke monthly sessions for adopted children age 7- 10 and young people age 11 – 25 years old.

Our monthly groups aim to improve children and young peoples' self-confidence, build self-esteem and reduce the sense of isolation which some adopted children experience while also developing life skills. We achieve this by offering a range of activities such as art, drama, circus skills, healthy eating/cooking and music sessions to name but a few.

As well as fun and creative activities, the young people age 11- 25 years old are also offered the opportunity to help produce material for their peers; to speak to professionals and prospective adopters about their experiences as adopted people and to have their voices and opinions heard by wider society.

Some youth clubs and activity groups may cause anxiety and stress for some adopted people due to them involving large numbers for example of staff and venues continually changing. There can also be excessive noise levels and/or pressure on them to perform. Connected is different as we ensure our groups focus on creating a sense of safety. We do this by keeping staff and venues as constant as we can; staff are trained to understand and support the needs of adopted children in the group environment, so they feel safe and supported to build relationships with staff and their peers.

We work in close collaboration with The National Adoption Service in Wales and the Regional adoption services to support young people and to facilitate young people to influence and develop future services.

Our monthly sessions are currently offered in Carmarthen, Swansea and Cardiff. However, we are developing groups in other areas including Brecon, Ceredigion, Pembrokeshire and South East Wales and we hope over time groups will become available across Wales to meet demand.

If you are interested in joining our existing groups, would like to express interest in a group starting in your area, or would like more information please complete the Enquiry Form on our website www.adoptionuk.org/cyps-cymru and send to wales@adoptionuk.org.uk



Connected is the name of Adoption UK's Children and Young People Service in Wales. Currently we run bespoke monthly sessions for adopted children age 7-10 and young people age 11 – 25 years old.

Our monthly groups aim to improve children and young peoples' self-confidence, build self-esteem and reduce the sense of isolation which some adopted children experience while also developing life skills. We achieve this by offering a range of activities such as art, drama, circus skills, healthy eating/cooking and music sessions to name but a few. Our focus is on the adopted child feeling safe so they can build relationships with their peers.

These monthly sessions are currently offered in Carmarthen, Swansea and Cardiff however we are developing groups in other areas (Brecon, Ceredigion, Pembrokeshire and South East Wales). We hope over time, groups will become available across Wales to meet demand.

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Helpful Videos on Self-Care



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