



family futures consortium

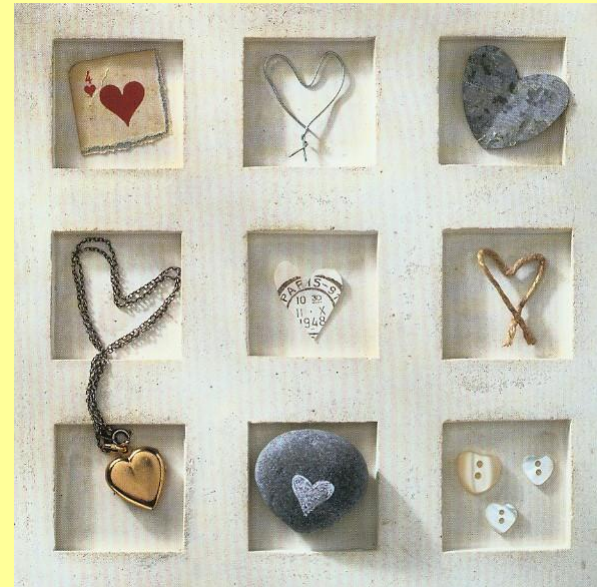
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**SPACE FOR LOCAL
AUTHORITY CONTACT
DETAILS HERE**



Family Futures

HEART TO HEART



**An advice and
mentoring service for
adoptive parents and
foster carers**

Heart to Heart: An adoptive parent advice and support service.

Family Futures recognises the importance and need for sympathetic advice and support for adoptive parents and long-term foster carers to help them cope with the challenges of adoption. We are delighted that your Local Authority has agreed to subscribe to this service as part of their post adoption support service.

Heart to Heart offers telephone and face to face counselling on the following topics:

Getting it right from the start: introductions, transitions and settling children into your home

New ways to parent: advice on how to adopt a developmental re-parenting approach with children who need therapeutic parenting

Managing contact: helping parents and carers manage direct and indirect contact with birth relatives and siblings

Can't do not won't do: tackling learning difficulties and school based problems

Talking about the issues: helping parents and carers talk to their children about the past

Living with Kevin and Perry: the teenage years

Safe guarding yourself: coping with aggression and violence in the home.

These and other issues can be addressed by our adoptive parent advice and support service which is provided by a team of parent mentors, a teacher and child therapists all of whom have experience in helping parents manage the challenges of adoption today.

How it works:

The advice line will be available on Tuesday and Thursday mornings between 10.00 and 13.00 and on a Wednesday evening between 17.30 and 20.00.

Your call will be answered by one of the Family Futures team who will identify themselves to you, listen carefully to your issues and discuss ways forward for you and your family. If it is felt that this would be helpful the adviser will arrange to call you back within two weeks, at a mutually convenient time, to offer continued support with your issues. The adviser will continue to be available to you for up to three months after your initial call. We hope this will offer you a 'listening ear' and continued support as you put the agreed suggestions into practice.

We can arrange to face-to-face appointment for you at Family Futures Attachment Centre if you and the adviser feel that this would help. This appointment would last for 1 – 1 ½ hours; we would follow-up the session with a written summary of the discussion highlighting any suggestions for you to put into practice.

As well as regular agreed telephone calls you will be able to contact your adviser to discuss any emergencies that have arisen.

If you are unable to access the advice line during the suggested times we can arrange a return call at a more convenient time. To arrange this please call the office and speak to either Sally Hillman or Christine Gordon.

The vital information:

The advice line telephone number is:
020 7354 4161

We look forward to hearing from you.