



Family Futures



Family Futures CIC
440a Hornsey Rd,
London,
N19 4EB

020 7354 4161
contact@familyfutures.co.uk

What is Family Futures?

Family Futures CIC,
440a Hornsey Rd, London, N19 4EB

Adoption agency registration: SC462984
Independent Fostering Agency: 2595199
Company registration: 8423617

www.familyfutures.co.uk



Family Futures



**A guide for young
children who have been
adopted**

Family Futures helps children who have been adopted feel safe and happy in their adopted family.

Adoptive parents are parents who will always be your parents, even when you're grown up.

At Family Futures we know that it is hard and sometimes sad and scary living in a new family with adoptive parents. We know that children and young people often have lots of questions.

The staff at Family Futures are here to help you understand what it means to be adopted and to help you to share your questions and feelings with us and with your adoptive parents.

We will be here to help you so that you and your adoptive parents have someone outside of the family that you can talk to if you are worried.

We also know that now and in the future you may have lots of questions you want to ask us or your adoptive parents.

Where is my birth family now?

Are they ok? Can I see them?

Why did I leave them? Was it my fault?

Am I really going to stay here forever?

What really happened to me when I was younger? Am I mad? Am I bad? Am I stupid?

What sort of grown-up will I be?

Am I safe?

Do you want to do this?

We know that it is not easy and that it is hard to trust people; but we also know that young people, who have had difficult starts in life are survivors. They are strong and deep down want to sort their lives out.

The adults at Family Futures will:

- Keep you safe
- Will listen to any worries or fears you may have
- Help you talk to your parents
- Help you understand what's happened to you in the past
- Help you feel good about yourself
- Help you make good choices and have fun

Help you talk about difficult things
Sometimes we might have to tell other people about something you have told us so that we can make it better for you and really safe for you and others. We will try very hard not to upset you or other people.

Many children have told us it was helpful to talk to someone about how they feel. That's what we at Family Futures are here for.

How will we do this?

By talking to you and finding out what you think and want to say.

By talking to your adoptive parents and brothers or sisters.

By using drawing, painting, stories, music, drama and other art forms.
By getting information from your files.

Sometimes we make contact with your birth family, if you and your adoptive parents think this might be a good idea.

If you don't think Family Futures has helped to sort out your problem then there are some other people you can ask for help instead. They are:

Family Futures' Independent Person, Roger Weissman (he makes sure everyone gets a good service at Family Futures).

roger.weissman@outlook.com
07506 720618

Alternatively you can contact Ofsted (these people are there to protect you):

Ofsted
Piccadilly Gate
Store Street
Manchester M1 2WD
Email: enquiries@ofsted.gov.uk
Tel: 0300 123 1231

Or you can contact The Children's Commissioner for England
Email: help.team@childrenscommissioner.gov.uk
Freephone: 0800 528 0731

If you are unhappy or upset about something that has happened or been said at Family Futures then you can tell someone. You can tell:

- Your parents or someone else in your family
- Another adult like a teacher
- Your therapist at Family Futures – call 0207 354 4161

These people will try to sort out the problem for you.

Children's advocates – NYAS

If you want some help from someone because you think you are not being listened to, you are in need of some advice, you are not being treated fairly or you are not feeling safe you can ask NYAS to help you.

You can visit their website at:
<https://www.nyas.net/helpline>

You can call them for free on:
0808 808 1001

Or you can send an email to:
help@nyas.net