



**Adoption
Support
Calendar of
Events 2016**

January 2016

Thursday 14 January	<p>Evening Support Group (West)</p> <p>Time: 7 – 9pm</p> <p>Venue: Maryport Children’s Centre, Ennerdale Avenue, Maryport, CA15 8HN</p>
Wednesday 27 January	<p>Evening Support Group (North)</p> <p>Time: 7 – 9pm</p> <p>Venue: Children’s Centre, The Regent, Old London Road, Penrith, CA11 8ET</p>

February – no evening events/training workshops

March 2016

Thursday 10 March	<p>Social Worker Consultations</p> <p>Venue: Botcherby Family Centre, Ennerdale Avenue Botcherby, Carlisle, CA1 1TS</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm.</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
Monday 14 March	<p>Conference with speaker: Holly Van Gulden ‘Living with the Angry Child’</p> <p>A joint venture between Caritas Care and Cumbria County Council.</p> <p><i>‘This conference will teach the psychology behind anger and how it tends to play out in children. Parents will learn specific techniques for decreasing their own anger and loosening the emotional stranglehold of an angry child’.</i></p> <p>Venue: The Villa, Brettargh Holt, Levens, Kendal, LA8 8EA</p> <p>Times: 10am – 4pm</p> <p>For further information and to book a place please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p> <p>Limited Places Available</p>

<p>Wednesday 16 March</p>	<p>Evening Support Group (South)</p> <p>Time: 7pm – 9pm</p> <p>Venue: Ulverston Children’s Centre, Lund Terrace, Ulverston, LA12 9BE</p> <p>Theme: Contact and telling</p> <p>Facilitators: Louise McConochie/Claire Colvan</p> <p>The first hour will be a themed discussion and the rest of the evening an opportunity to meet and chat with other parents.</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Thursday 17 March</p>	<p>Evening Support Group (West)</p> <p>Time: 7 – 9pm</p> <p>Venue: Maryport Children’s Centre, Ennerdale Avenue, Maryport, CA15 8HN</p> <p>Theme: Parenting Teenagers and social media</p> <p>Facilitators: Caroline Brews/Juan Riera</p> <p>The first hour will be a themed discussion and the rest of the evening an opportunity to meet and chat with other parents.</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Monday 21 March</p>	<p>Evening Support Group (North)</p> <p>Time: 7 – 9pm</p> <p>Venue: North: Upperby CDC, Uldale Road, Carlisle, CA2 4JT</p> <p>Theme: Nurturing Through Play</p> <p>Facilitators: Anne Woods/Lucy Douglass</p> <p>The first hour will be a themed discussion and the rest of the evening an opportunity to meet and chat with other parents.</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 3331216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>April 2016</p>	
<p>Tuesday 12 April</p>	<p>Non Violent Resistance Workshop</p> <p><i>‘A one day NVR workshop parents and carers who struggle with aggressive, harmful, self- destructive and often violent behaviour in the children they care for.’</i></p> <p>Times and venue: to be confirmed</p> <p>For more information and to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>

<p>Thursday 14 April</p>	<p>Social Worker Consultations</p> <p>Venue: Room 6, South Lakeland House, Lowther Street, Kendal, LA9 4UF</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Thursday 28 April</p>	<p>Evening Support Group (South)</p> <p>Time: 7pm – 9pm</p> <p>Venue: Ulverston Children’s Centre, Lund Terrace, Ulverston, LA12 9BE</p> <p>Theme: Education</p> <p>Facilitators: Jean Sadler/Louise McConochie</p> <p>The first hour will be a themed discussion and the rest of the evening an opportunity to meet and chat with other parents.</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email</p>
<p>Thursday 28 April and Friday 29 April</p>	<p>‘Strengthening Attachments’</p> <p><i>‘A two day workshop with the aim of providing a supportive opportunity for adoptive parents to explore and strengthen their identity and functioning as a family.’</i></p> <p>Time: 10 to 3pm</p> <p>Venue: Carlisle West Community Fire Station, Brookside, Carlisle, CA2 7QW</p> <p>Facilitators: Bob Smith/Juan Riera</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
May 2016	
<p>Friday 6 May</p>	<p>‘Inside I’m Hurting’ Training</p> <p><i>Supporting Children in the school environment who have experienced significant relational traumas and losses.</i></p> <p>This day of training is suitable for professionals and parents who are interested in understanding how to settle a troubled pupil to learn within the education context. It is intended to inspire those who attend, enabling them to realize that they can all contribute and make a difference.. The day will also encourage alternative practices in schools by using an attachment framework to understand behaviour as communication.</p> <p>Time: 9.30 – 4pm</p> <p>Venue: To be confirmed</p> <p>Facilitator: Claire Langhorne - Attachment Lead Teacher and Trainer with Yellow Kite (www.yellowkite.co.uk)</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>

<p>Thursday 12 May</p>	<p>Social Worker Consultations</p> <p>Venue: Room 3. 3, New Oxford Street, Workington, CA14 2LW</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Thursday 19 May</p>	<p>Evening Support Group (West)</p> <p>Time: 7 – 9pm</p> <p>Venue: Sure Start Children’s Centre, 2 The Dairy, South Street, Cockermouth, CA13 9RT</p> <p>Theme: Contact and Telling</p> <p>Facilitators: Caroline Brews/Juan Riera</p> <p>The first hour will be a themed discussion and the rest of the evening an opportunity to meet and chat with other parents.</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Friday 20 May</p>	<p>‘Openness in Adoption’</p> <p><i>A one day workshop considering how, when and what to tell your child. The workshop also considers contact with birth family and the impact of social media.</i></p> <p>A one day workshop.</p> <p>Time: 09.30 – 16.30 Venue: tbc Facilitators: Bob Smith</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Wednesday 25 May</p>	<p>Evening Support Group (North)</p> <p>Time: 7 – 9pm</p> <p>Venue: North: Children’s Centre, The Regent, Old London Road, Penrith, CA11 8ET</p> <p>Theme: Parenting teenagers and social media</p> <p>Facilitators: Lucy Douglass/ Estelle Ashbridge</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>June 2016</p>	
<p>Thursday 2 June</p>	<p>Attachment Workshop</p> <p>A one day workshop that aims to provide a wider awareness and understanding of particular difficulties experienced within adoptive families, relating to attachment based problems/struggles.</p> <p>For some of you this may be new information whilst for others this may be an opportunity to reflect on what you already know.</p> <p>Time: 10am – 3pm</p> <p>Venue: Penrith Community Fire Station, Carleton Avenue, Penrith, CA10 2FA.</p> <p>Facilitators: Jennifer Atkinson/Alison Burgess</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>

<p>Saturday 11 June</p>	<p>Save the Date! Adoption Fun Day</p> <p>Venue: Beacon side Primary School, Hutton Hill, Penrith, CA11 8EN.</p> <p>Time: 11 – 3pm</p> <p>Theme for the day: Heroes and Heroines</p> <p>Further details to follow....</p>
<p>Wednesday 15 June</p>	<p>Social Worker Consultations</p> <p>Venue: Botcherby Family Centre, Ennerdale Avenue, Carlisle, CA1 1TS</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
<p>Thursday 30 June</p>	<p>Evening Support Group (South)</p> <p>Time: 7pm – 9pm</p> <p>Venue: Ulverston Children’s Centre, Lund Terrace, Ulverston, LA12 9BE</p> <p>Theme: Nurturing through play</p> <p>Facilitators: Jean Sadler/Louise McConochie</p> <p>Please let us know if you are going to attend by contacting adoption support duty on 03033331216 or email adoptionssupportteam@cumbria.gov.uk</p>
<p>July 2016</p>	
<p>Friday 1 July</p>	<p>‘What about Me’ Training</p> <p><i>What attachment support might look like during the school day</i></p> <p>This day is intended for professionals and parents who have completed Day 1 (Inside I’m Hurting) and is a much more interactive day. The day provides an overview of attachment support within school and offers strategies and principles to help understand and support children in the school environment.</p> <p>Times: 9.30 – 4pm Venue: To be confirmed</p> <p>Facilitator: Claire Langhorne - Attachment Lead Teacher and Trainer with Yellow Kite (www.yellowkite.co.uk). Limited places available to register an interest please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
<p>Friday 8 July</p>	<p>Related by Adoption</p> <p>A one day workshop aimed at the relatives and close friends of adoptive parents. It enables people to learn more about adopted children and there-by help them to offer more informed support to adoptive parents and children.</p> <p>Time: 10 – 3pm</p> <p>Venue: Penrith</p> <p>Facilitators: Heather Leach/Louise McConochie</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>

<p>Thursday 14 July</p>	<p>Social Worker Consultations</p> <p>Venue: Room 6, South Lakeland House, Lowther Street, Kendal, LA9 2LW</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm.</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Monday 25 July</p>	<p>Evening Support Group (North)</p> <p>Time: 7 – 9pm</p> <p>Venue: North: Upperby CDC, Uldale Road, Carlisle, CA2 4JT</p> <p>Theme: Education</p> <p>Facilitators: Lucy Douglass/ Mariana Bouch</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>August 2016</p>	
<p>Thursday 11 August</p>	<p>Social Worker Consultations</p> <p>Venue: Room 3.3, New Oxford Street, Workington, CA14 2LW</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm.</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Friday 19 August</p>	<p>Save the Date!</p> <p>Summer Picnic - details to follow...</p>
<p>September 2016</p>	
<p>Thursday 8 September</p>	<p>Social Worker Consultations</p> <p>Venue: Botcherby Family Centre, Ennerdale Avenue, Carlisle, CA1 1TS</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm.</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Thursday 15 September</p>	<p>Evening Support Group (West)</p> <p>Time: 7 – 9pm</p> <p>Venue: Sure Start Children’s Centre, 2 The Dairy, South Street, Cockermouth, CA13 9RT</p> <p>Theme: Nurturing through play</p> <p>Facilitators: Juan Riera/Caroline Brews</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>

<p>Thursday 22 September</p>	<p>Non Violent Resistance Workshop</p> <p><i>'A one day NVR workshop parents and carers who struggle with aggressive, harmful, self-destructive and often violent behaviour in the children they care for.'</i></p> <p>Further details to follow</p> <p>For more information and to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
<p>Wednesday 28 September</p>	<p>Evening Support Group (North)</p> <p>Time: 7 – 9pm</p> <p>Venue: Children's Centre. The Regent, Old London Road, Penrith, CA11 8ET</p> <p>Theme: Contact and Telling</p> <p>Facilitators: Mariana Bouch/Anne Woods</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
October 2016	
<p>Thursday 13 October</p>	<p>Evening Support Group (South)</p> <p>Time: 7pm – 9pm</p> <p>Venue: Ulverston Children's Centre, Lund Terrace, Ulverston, LA12 9BE</p> <p>Theme: Parenting teenagers and social media</p> <p>Facilitators: Claire Colvan/Jean Sadler</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
<p>Thursday 13 October</p>	<p>Social Worker Consultations</p> <p>Venue: Room 6, South Lakeland House, Lowther Street, Kendal, LA9 2LW</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm</p> <p>To book on a consultation please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>
<p>Thursday 20 October and Friday 21 October</p>	<p>Parenting Teenagers 2 day Workshop</p> <p>The teenage years can be challenging for both parents and teenagers. Adopted teenagers may bring additional challenges.</p> <p>The course gives an opportunity to learn about the physical and emotional changes that take place during the teenage years. This is the time young people are developing their sense of identity and are more open to outside influences such as their peer group and the media and may rebel against parent's controls. The course aims to help you consider how you achieve the balance of loving control and gradually letting go. Young people may want to have more detail about their life story at this time and may feel a sense of loss and the course can help you consider how to manage this. Come along and prepare yourselves so you are ready to help your teenager.</p> <p>Time: 10-3pm Venue: tbc</p> <p>For more information and to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionssupportteam@cumbria.gov.uk</p>

November 2016

<p>Tuesday 1 November</p>	<p>Parenting with PACE</p> <p>A one day workshop introducing the principles of PACE (Playfulness, Acceptance, Curiosity and Empathy), an approach to parenting children who have experienced trauma.</p> <p>Times and venue: to be confirmed.</p> <p>For more information and to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Thursday 10 November</p>	<p>Social Worker Consultations</p> <p>Venue: Room 3.3, New Oxford Street, Workington, CA14 2LW</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm.</p> <p>To book on a consultation please contact adoption support duty: telephone 030 3333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Thursday 17 November</p>	<p>Evening Support Group (West)</p> <p>Time: 7 – 9pm</p> <p>Venue: West: Sure Start Children’s Centre, 2 The Dairy, South Street, Cockermouth, CA13 9RT</p> <p>Theme: Contact</p> <p>Facilitators: Caroline Brews/Juan Riera</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Friday 18 November</p>	<p>‘Openness in Adoption’</p> <p><i>A one day workshop considering how, when and what to tell your child. The workshop also considers contact with birth family and the impact of social media.</i></p> <p>A one day workshop.</p> <p>Time: 09.30 – 16.30</p> <p>Venue: Penrith Fire Station , Carlton Avenue, Penrith, CA10 2FA</p> <p>Facilitators: Estelle Ashbridge and Bob Smith</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
<p>Friday 25 November</p>	<p>Related by Adoption</p> <p>A one day workshop aimed at the relatives and close friends of adoptive parents. It enables people to learn more about adopted children and there-by help them to offer more informed support to adoptive parents and children.</p> <p>Time: 10 – 3pm Venue: tbc</p> <p>Facilitators: Heather Leach/Louise McConochie</p> <p>For further information or to book a place on the workshop please contact adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>

<p>Monday 28 November</p>	<p>Evening Support Group (North)</p> <p>Time: 7 – 9pm</p> <p>Venue: Upperby CDC, Uldale Road, Carlisle, CA2 4JT</p> <p>Theme: tbc</p> <p>Facilitators: Anne Woods/Estelle Ashbridge</p> <p>Please let us know if you are going to attend by contacting adoption support duty: telephone 0303 333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>
December 2016	
<p>Saturday 3 December</p>	<p>Save the Date!</p> <p>Christmas Party (under 9's)</p>
<p>Saturday 4 December</p>	<p>Save the Date!</p> <p>Christmas Party (over 9's)</p>
<p>Wednesday 7 December</p>	<p>Social Worker Consultations</p> <p>Venue: Botcherby Family Centre, Ennerdale Avenue Botcherby, Carlisle</p> <p>An opportunity to seek advice/support on any adoption issue with a member of the post adoption team. Appointments are available at 10am, 11.30am and 2pm.</p> <p>To book on a consultation please contact adoption support duty: telephone 030 3333 1216 or email adoptionsupportteam@cumbria.gov.uk</p>

