

## 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.

**PAC-UK**



TOGETHER WITH **AAY**  
**THE AGENCY FOR  
ADOPTION &  
PERMANENCY  
SUPPORT**

## Our address and contact details

### **PAC-UK**

5 Torriano Mews  
Torriano Avenue  
Kentish Town  
London NW5 2RZ

**Phone:** 020 7284 0555

**Advice:** 020 7284 5879

**Fax:** 020 7482 2367

**Email:** [advice@pac-uk.org](mailto:advice@pac-uk.org)

**Website:** [www.pac-uk.org](http://www.pac-uk.org)

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. Ofsted registration: SC066981



LOTTERY FUNDED



eQuality



**Is there a  
chance your  
child will be  
adopted?**

**Free advice and support for  
birth mothers, fathers &  
relatives**

**Advice: 020 7284 5879**



This is a free service for mothers, fathers and relatives who live in the boroughs of Barnet, Camden, Enfield, Hackney, Haringey or Islington and whose children may now, or in the future, live in an adoptive family.

## **What help will I get?**

You will have up to six meetings with a counsellor from PAC-UK.

The counsellor can offer you a chance to:

- Talk about your feelings and be listened to
- Ask questions about what is happening to your child
- Talk about how to keep in contact with your child in the future
- Talk about anything else that is worrying you
- Hear about other services that might be able to help you

## **How will I see a counsellor?**

- We can offer appointments at venues in Barnet, Enfield, Hackney and Kentish Town
- We can call you on your mobile or home phone for a telephone session
- We can speak to you via Skype

## **Where do I go for the meetings?**

The Advice Line will be able to tell you where and when the nearest meeting will be held. If you can't make it, we can ring you on your home or mobile phone or we can Skype you.

## Are the sessions confidential?

PAC UK is an independent charity and is not part of any council or local authority. The service you get will be confidential.

## How do I find out more?

You can contact us directly via our Advice Line or your social worker may already have asked us to give you a ring.

### **PAC-UK Advice Line**

**020 7284 5879**

### **Opening Times**

**Monday, Tuesday and Friday**

10am – 4pm

**Wednesday and Thursday**

2pm – 7.30pm

Or email us at: [advice@pac-uk.org](mailto:advice@pac-uk.org)