

Equal opportunities

PAC-UK is committed to providing a service based on racial equality and equal opportunities. It has an ethnically and culturally diverse staff. If you have a concern about the ethnicity or gender of your counsellor PAC-UK will do its best to accommodate your request.

PAC-UK operates service user evaluation and complaints procedures.

PAC-UK

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Torriano Avenue
London NW5 2RZ

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 twitter.com/PACUKadoption

 find us on Facebook

Registered charity: 264713
Company limited by
guarantee: 01068186

Registered with Ofsted under
the Care Standards Act
2000 as an Adoption Support
Agency.
Ofsted reg. no. SC066981



PAC-UK's other services

PAC-UK offers a wide range of support for all parties to adoption and other forms of permanent care, including:

- [Advice Line](#) staffed by qualified and experienced PAC-UK counsellors
- [Peer Advice Line](#) staffed by experienced adopters
- An [Adult Counselling and Intermediary Service](#)
- A [Child and Family Service](#) offering support, counselling and therapy
- An [Education Service](#) working with children, parents and schools
- A [First Family Service for Birth Parents and Birth Relatives](#) providing a range of advice, counselling and groups
- A [Peer Service](#) being delivered within our joint partnership with Adoption UK
- A range of FREE [Support Groups for Birth Parents and Adoptive Parents](#)
- A [Training Service](#) offering a comprehensive training programme

Suffolk County Council

Endeavour House
Russell Road
Ipswich, Suffolk
IP1 2BX



tel: 01473 265 700

email: CYP_AF_PSTeams@suffolk.gov.uk

web: www.suffolk.gov.uk

Adoption & Permanent Placement Support for Residents of Suffolk

PAC-UK in partnership with Suffolk County Council



About PAC-UK

PAC-UK is the country's largest independent Adoption Support Agency.

Our vision is that all those affected by adoption, Special Guardianship and other forms of permanent care are supported and enabled to live their lives to the full.

We have built our expertise over a 30 year period, starting out as Post-Adoption Centre in 1986. In recent years we have combined with other specialist providers – After Adoption Yorkshire (AAY) and Adoption UK – to produce a more robust organisation with a wider reach and a more comprehensive range of services.

Each year PAC-UK receives over 3,000 requests for help from people affected by adoption or other forms of permanent care, as well as the professionals who support them.



PAC-UK Staff

PAC-UK's counsellors are professionally qualified in counselling/psychotherapy, psychology and/or social work and have a wide range of experience and training in all aspects of adoption and permanent placement. Counselling staff are supported by external professional supervisors and administrative staff.

PAC-UK and Suffolk

PAC-UK is providing a free, monthly face-to-face support group for residents with a personal or professional involvement in adoption or permanent care.

Appointments for the surgery in Ipswich can be arranged by PAC-UK's Advice Line on 0207 284 5879.

Counselling surgery

Free, monthly face-to-face counselling in Ipswich. Advice, information and support are given in individual or couple sessions with PAC-UK counsellors.

Surgeries offer the following:

For **birth parents** and **birth relatives** of adopted / permanently placed children, including those who are now adults

- counselling after the adoption order or permanent placement
- support and advice on contact arrangements
- intermediary service

For **adoptive parents** and other **carers** of permanently placed children, including prospective adopters / permanent carers*

- pre- and post-placement counselling
- support and advice on contact arrangements with birth family members
- post-disruption counselling

For **adults** adopted or otherwise permanently placed as children

- counselling
- intermediary service

For **professionals** working in adoption and permanent care

- consultation with PAC-UK counsellors

Call **PAC-UK's Advice Line** or see our website for more information

ADVICE LINE

020 7284 5879

Mon, Tues & Fri
10.00am - 4.00pm

Wed & Thurs
2.00pm - 7.30pm

EDUCATION ADVICE LINE

020 7284 5879

Wed & Thurs
10am - 12 noon

(available to parents/carers and professionals; closed during half term and school holidays)



www.pac-uk.org