

The benefits of support

Becky, Nina and Ian, talk about the different types of support that they have found helpful.

Becky I think we should stay in touch as, em, with ... sort of a counsellor. She can sort of sit down and talk through the situation what's going on and that. Like in my, in my, in my, in my case, I was transferred to a counsellor, eh, through social services and I could see I was sorta stuck in a tunnel like a train and that and I was coming to the, I was coming to, I could see a light at the end of the day. But I did have my slip backs and that, so the counsellor helped me big time. We just sat down and talked and she asked me how I felt and how everything was and that. So somebody would listen to my problems.

Nina The birth mother's support group was started and I went along Really, really good actually. It was ... it was quite ... satisfying to know ... that you weren't the only ... you knew you weren't the only one in the world but ... just ... it puts it right there in front of you when you're there in the middle of it all. It went well.

Ian: What it first started with a social worker offering me after-adoption support which because who were offering it, I denied. And then later on a complaints manager I'd a good relationship with offered it me and I took it up and he even came to the first one to one meeting with me. It were really good, all way through because it was the same person every time. So you built up a relationship, so he knew exactly what you were going through. Even though he was a social work, he was away from the actual business side of things, he was there just for you and if you ever had a problem and it weren't time for meeting, you could phone up, up the office and then he'd phone you back as soon as he could, which were perfect. There's nothing better than starting with one to one and then if you have to progress to a group. Some people prefer groups, some people prefer one to one. It's their choice. Different people need different support. So when we go to the meetings, it's up to the people there what they want to talk about. Sometimes we talk about letterbox contact, sometimes it's what support we could really do with and other times it's just ... we just have a laugh and a joke just to try and make light of what's happened and it works how we do it. Cos then the group actually turn round and say what goes on because where I come from, everybody in the group would not go to a group run by social services. They won't even offer ... accept support if it was offered by social services because of who they are and what they've done. An independent agency or group is perfect cos they know what they're going through but there's no links to social services. So it's brilliant for everything.