



## A letter to you from Andy (birth father)

**Hello.** If you are a birth/first mother or father reading this, firstly, I must say I am sorry for what you are going through and I understand how you are feeling – believe me you are not alone.

Let me introduce myself. I'm Andy, a birth dad. My daughter was adopted in 2012 when she was three years old. Since that day, my life at times has been very stressful, particularly after the final decision was made by the courts to proceed with the adoption.

There was no support provided to me during or after the proceedings, I was left to support myself. I didn't know anyone else who had experienced what I was going through. I felt voiceless. I often wanted to cry when with other people and when alone. I would later realise that it was ok and normal to feel this way and that I was not alone in feeling like this.

It took me a long time to find the right support – seven years in fact. In 2019 I started to access support from [PAC-UK](#). I only had one session before the Covid-19 pandemic hit, but that one session relieved a lot of stress and was the turning point for me. I continued to access support from PAC-UK virtually and in 2020 became a member of their private First Family Service group on [Facebook](#), where I could interact with other birth parents up and down the country.

These interactions gave me the confidence I needed to join a monthly PAC-UK in-person support group that I now attend regularly and really enjoy being part of. I feel comfortable sharing my experience in a safe and (most importantly) non-judgmental space, that allows you to talk about anything that is on your mind; whether it's about adoption experiences or what you have had for breakfast that day!

If you feel that an online or face-to-face group isn't for you (or you are not ready) there is always someone at the other end of the phone from PAC-UK. I hope this helps and gives you reassurance that you are not alone, help is available no matter how hard things may feel, we all support each other.

Take care,

Andy



## A letter to you from Kristy (birth mother)

**Hi.** Firstly, I want to start by saying sorry. I am sorry you are having to read this letter. I am a birth/first mother and I understand what you are going through.

My name is Kristy and I lost my children to the care system back in 2006. Not much has changed since then, so I do understand what a daunting time it has been and still is for you. I want you to know it's ok. It's ok to be sad, it's ok to cry and it's normal to be angry!

After my children were placed for adoption, I had very little support for many years and suffered in silence. I don't want you to go through what I did and I am so happy that you are in contact with [PAC-UK](#) because these guys changed my life.

When the Covid-19 pandemic happened, I relapsed on my mental health, my eldest child would shortly be turning 18 and a reunion was all I could think about. I searched high and low for some guidance until I found PAC-UK. From the start they listened to me – for the first time in over 15 years I felt like someone understood me and my traumas without judgement.

I was offered counselling with an amazing PAC-UK support worker and later started to attend PAC-UK First Family support groups, where for the first time I met people just like me. I love going to these monthly groups – it really helps me on my journey to be surrounded by other people with similar experiences to mine and has made a huge positive difference to my life.

PAC-UK also run a private First Family Service group on [Facebook](#). It's a very safe place where you can engage as much or as little as you feel comfortable – it's a great place to discuss your worries, share experiences or just have a good old rant! If attending group is not for you that's fine too, there is always somebody at the end of the phone at PAC-UK who you can talk to.

I really hope my letter gives you reassurance that you are not alone and that help is available. No matter how hard things feel, you can always reach out.

Take care,

Kristy