

# Clara's story

A guide to adoption  
for older children



Hi, my name's Clara  
and I am ten years old.  
Two years ago I was  
adopted. This is a scary thing  
and I had lots of worries  
and questions such as...

"What if my new  
adoptive parents  
don't like me?"

What if I don't  
like them?

What do I  
tell people?

Will I still be able to  
see my birth family  
and foster carers?

What about  
my friends?

What school  
will I go to?



My foster carer told me to write down all of my worries and questions for my social worker. She said I might not get answers to all of your questions straight away but you should get more information as time goes along.

My social worker took six months to find my adoptive family as she had to visit a few before she found the right ones for me. Families come in all shapes and sizes and there are lots of different types of adoptive family and children. Making sure that the right ones are matched together to make a new family is really important and takes time.



Before I met my adoptive family I was shown photos of them and my social worker told me all about them. My social worker said that they knew all about me, my likes and dislikes, the things that I was good at and the things that I needed help with.

I spent lots of time with my adoptive family before I moved in with them and my social worker checked up on how things were going and how I was feeling about everything. My foster carer was also very involved in helping me get to know my adoptive family and kept a close eye to make sure that I was OK.

After I moved in with my adoptive family my foster carer came to see me a few times and my social worker carried on visiting to make sure that I was settling in and to answer my questions.




At first things felt strange and different but my adoptive family made sure that I carried on doing the things that I enjoyed and that I had the food that I liked. I was able to take all of my toys and clothes with me to my new home and I got some new stuff too (including my Little Mix duvet!)


When I started my new school I was nervous but the teachers were really nice and didn't mind when I made mistakes or got upset. I got a bit of extra help with my schoolwork and I have made some new friends. They asked me lots of questions and my adoptive family helped me how to figure out what was okay to say to them.

I have joined a new guides group and kick boxing club as I liked doing these things when I lived with my foster carers. At first I was worried about going but my adoptive family stayed with me for a bit until I felt happy for them to leave.





You may not want to call your adoptive family mummy or daddy for a while and this is OK. I had a chat with my adoptive family and they said it was fine to call them by their first names, but after a while this didn't feel right, especially when I was at school.



My surname didn't officially change until my social worker went to court and asked the judge to grant an adoption order. Now I have the same surname as my adoptive family, this took a while to get used to and I had to make sure that I learnt how to write it properly.



My adoptive family and birth parents write letters to each other every year so that we can keep in contact and share news. You may be able to see some members of your family, such as brothers and sisters, as well as writing letters.

You will have a life story book with information and photos of your birth family and foster family. Mine is in my wardrobe and every now and then I have a look at it. Also, your adoptive family will have a letter for you from your social worker which explains why you were adopted. They should share this with you when you are older.



My social worker no longer visits but I still have worries and questions about being adopted. If my adoptive family don't know the answers then there are other people that I can talk to, such as our post adoption social worker and my therapist.

Write down the name of your social worker and their phone number here

Write down the name of your Independent Reviewing Officer and contact details here

Write down the name of your adoption social worker and their contact details here





Add other important people and their contact details here

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Also, please see below for other people and organisations that you can contact if you want to speak to someone.

The Interim Chief Executive of Slough Children's Services Trust is:  
Andrew Bunyan  
[www.scstrust.co.uk](http://www.scstrust.co.uk)

To make a complaint  
[www.scstrust.co.uk/who-we-are/complaints-and-compliments/](http://www.scstrust.co.uk/who-we-are/complaints-and-compliments/)

Other people and organisations that you can call if you want to make a complaint or need some extra support include:

Ofsted  
Piccadilly Gate, Store Street, Manchester M1 2WD  
Web: [www.gov.uk/government/organisations/ofsted](http://www.gov.uk/government/organisations/ofsted)  
Tel: 0300 123 1231  
Email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

Become Charity  
15-18 White Lion Street, London, N1 9PG  
Web: [www.becomecharity.org.uk](http://www.becomecharity.org.uk)  
Tel: 02072513117  
Email: [advice@becomecharity.org.uk](mailto:advice@becomecharity.org.uk)

National Youth Advocacy Service (NYAS)

Web: [www.nyas.net](http://www.nyas.net)

Tel: 0800 808 1001

Email: [help@nyas.net](mailto:help@nyas.net)

The Children's Commissioner for England

Sanctuary Buildings, 20 Great Smith Street, London  
SW1P 3BT

Tel: 0207 783 8330

Web: [www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

Helpline for children in care

Tel: 0800 528 0731

Children's Rights Alliance England

Tel: 08088 020 008

Childline

Tel: 0800 1111

Web: [www.childline.org.uk](http://www.childline.org.uk)

Slough Children's Services Trust is an independent not-for-profit company providing social care and support services to children, young people and families and became operational on 1 October 2015.

The Trust's services can be described as support and social services for children and includes the following sectors:

- Activity in support of universal services which can signpost and provide early help to children, young people and families experiencing difficulties
- Supporting youth offenders via the Youth Offending Team (YOT)
- Referrals and assessments
- Early targeted support work
- Child Protection
- Supporting Slough's Safeguarding Children's Board
- Care proceedings
- Care placements
- Corporate parenting arrangement
- Fostering and adoption
- Residential Services
- Other permanency arrangements
- Supporting care leavers

The Trust also works with local partners to do the best possible for children, young people and families who need support in their daily lives. They also work with local partners in health, police and other services in Slough. Find out more and visit: [www.scstrust.co.uk](http://www.scstrust.co.uk)