



Calendar of Events North West

| April | | | |
|---------------------------------|------------|------------|---------------|
| Rock and River | 03-04-2018 | Mawdesley | 11.45 - 15.00 |
| Brain to Brain Connection: PACE | 13-04-2018 | Hale | 10.30 - 15.00 |
| Nurtured Heart | 16-04-2018 | Warrington | 10.00 - 15.00 |
| Mosaic Therapy | 18-04-2018 | Warrington | 10.00 - 12.00 |
| Friends of CfAS | 20-04-2018 | Warrington | 14.00 - 16.00 |
| Self-Esteem and Shame | 25-04-2018 | Warrington | 10.00 - 13.30 |
| Buddy Meeting | 25-04-2018 | Warrington | 10.00 - 12.00 |
| Choir | 27-04-2018 | Warrington | 17.30 - 19.30 |
| Child to Parent Violence | 30-04-2018 | Warrington | 10.30 - 13.30 |
| May | | | |
| Nestlings | 02-05-2018 | Crewe | 11.00 - 12.30 |
| You and Your Support Network | 12-05-2018 | Blackburn | 10.30 - 12.30 |
| Nurtured Heart Practice Group | 14-05-2018 | Chester | 10.00 - 12.00 |
| Therapeutic Parenting | 21-05-2018 | Warrington | 10.30 - 15.30 |
| Nurtured Heart | 31-05-2018 | Chester | 10.00 - 15.00 |
| June | | | |
| Lifestory Under 8 | 04-06-2018 | Warrington | 10.00 - 13.00 |
| Attachment and Education | 13-06-2018 | Hale | 10.00 - 12.30 |
| Theraplay Day 1 | 13-06-2018 | Warrington | 9.45 - 14.45 |
| Theraplay Day 2 | 14-06-2018 | Warrington | 9.45 - 14.45 |
| Resilience and Self Care | 19-06-2018 | Preston | 10.30 - 15.00 |
| Theraplay Day 3 | 20-06-2018 | Warrington | 9.45 - 14.45 |
| Choir | 22-06-2018 | Warrington | 17.30 - 19.30 |
| July | | | |
| Nurtured Heart Practice Group | 06-07-2018 | Warrington | 10.00 - 12.00 |
| Nestlings | 06-07-2018 | Warrington | 10.30 - 12.00 |



Calendar of Events Yorkshire

April

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| Support Group for School Age Children | 05-04-2018 | Aireville Park | 10.30 - 12.30 |
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May

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| Support Group for School Age Children | Half Term TBC | Bradford | TBC |
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June

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| Lifestory Under 8 | 07-06-2018 | Leeds | 10.00 - 13.00 |
| Nurtured Heart | 13-06-2018 | Leeds | 10.00 - 15.00 |

July

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| You and Your Support Network | 14-07-2018 | Hebden Bridge | 10.30 - 12.30 |
| Picnic | 31-07-2018 | Yorkshire Sculpture Park | 11.00 - 14.00 |

Support Group for School Age Children

For more information please text **Debbie Smith** on **07788261710** or email her at **Debbie.Smith@adoptionmatters.org** Debbie will then contact you to confirm arrangements and introduce you to the other adopters. The Support Group for School Age Children is an informal group that meet in the school holidays. In the main it is a gathering of adopters with their school aged children, but anyone is welcome. We meet in public parks, the children play and the parents usually get some opportunities to chat and share experiences.

Picnic

We are asking people to bring their own picnic and we will do our best to arrange some fun games, last year we had a egg and spoon race, bubbles and bat and ball games! If you would like to attend this event, please email **Clive.Gumbrell@adoptionmatters.org** to express your interest. Our team in Yorkshire will then contact you via email nearer the time with detailed instructions on times; where to meet and what to bring.



Calendar of Events Cumbria

April

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| Easter Egg Hunt | 09-04-2018 | Ulverston |
| Easter Event | 12-04-2018 | Carlisle |

May

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| Support Group | 17-05-2018 | Carlisle | 19.00 - 21.00 |
| Support Group | 17-05-2018 | Cockermouth | 19.00 - 21.00 |

June

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| Adoption Fun Day | 09-06-2018 | Penrith | |
| Foetal Alcohol Syndrome and Neglect | 15-06-2018 | Windermere | 10.30 - 13:30 |
| Support Group | 21-06-2018 | Ulverston | 19.00 - 21.00 |

July

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| Nurtured Heart | 02-07-2018 | Windermere | 10.00 - 15.00 |
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August

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| Family Picnic | 08-08-2018 | Carlisle |
| Family Picnic | 22-08-2018 | Ulverston |

For information on the **Support Groups** in Ulverston, Carlisle and Cockermouth, please contact Helen: helenarmstrong@caritascare.org.uk or Caroline: carolinehoyle@caritascare.org.uk

Adoptive families living in Cumbria are also able to access support events and training provided by Cumbria County Council. If you do not already receive their newsletter, please contact **Cumbria County Council** at adoptionsupportteam@cumbria.gov.uk or call **03033 331 216** for more information.

To book a consultation please see the contact details on the next page.