

## If you have more questions, ring us

on:

01432 383240

**Or email us on:**

adoption@herefordshire.gov.uk

A social worker will be available on

Monday, Wednesday and Friday

9.00 am to 1.00pm

**Or email Adoption Support on:**

infor@adoptionssupport.co.uk

Tel 0121 666 6014

Website: [www.adoptionssupport.co.uk](http://www.adoptionssupport.co.uk)

**Or write to Adoption Support at:**

Suite A

6th Floor

Albany House

Hurst Street

Birmingham

B5 4BD

*If you need help to understand a document, or would like it in another format or language, please call 01432 260500 or email: [info@herefordshire.gov.uk](mailto:info@herefordshire.gov.uk)*

## Some useful contacts

NORCAP—Supporting adults affected by adoption  
112 Church Road  
Wheatley  
Oxfordshire  
OX33 1LU  
Tel; 01865 875000  
Email: [enquiries@norcap.org](mailto:enquiries@norcap.org)  
Website: [www.norcap.org.uk](http://www.norcap.org.uk)

The Adoption Contact Register  
The General Register Office  
Smedley Hydro  
Trafalgar Road  
Southport  
PR8 2HH  
Tel; 0151 471 4830  
Email: [adoption@ons.gsi.gov.uk](mailto:adoption@ons.gsi.gov.uk)  
Website: [www.gro.gov.uk](http://www.gro.gov.uk)

The Registrar General  
(Address and contact details as above)

## Finding out about birth relatives

### Information for adopted adults

*Advice and information at your fingertips*

The Adoption Team work across Herefordshire, providing advice, information and support to adopters, people who are adopted and birth relatives

If you are an adopted adult living or adopted in Herefordshire and you are thinking of finding out more about your birth family, changes in the law (in the Adoption and Children Act 2002) have extended the help that is available to you. The Adoption Team can provide information, advice and support.

Adoption has life-long implications for all the people involved. Finding out about and perhaps tracing birth relatives can be an emotional rollercoaster. Adoption workers can help at every stage, both with the practicalities and with understanding the feelings which will arise.

### **Where do I start?**

If you were adopted before November 1975 there are several places you can go for information about your adoption:

- The Registrar General can supply the information you need to get a copy of your original birth certificate. If your adoption was before 12th November 1975 you will have to have counselling first. If your adoption was after 1975 we recommend that you see a social worker to discuss things but it is optional.

- You can apply to the adoption agency which holds your adoption records. If you don't know who this is we can help you find out.
- You can apply to the local authority in the area where you were adopted, who may have information.
- The court which made the adoption order may have information.

### **What if I want to actually look for my birth family?**

You can ask 'Adoption Support' to help with your search, or we can direct you to them. Searching can be a long and difficult process - it can take days or years - and there is no way of knowing what your birth relative's reaction will be. We will support and advise you throughout the process.

### **What else can I do?**

You can put your details on the Adoption Contact Register and/or on the contact register held by NORCAP. The registers help put people in touch with each other if both parties want this. We can tell you how to get onto the registers.

### **What if I don't want to be traced?**

If you want to limit or prevent contact from birth relatives, we can advise you how to do this, through the Register and/or with a veto.

### **What next?**

'Adoption Support' can help you trace your relative and will charge a fee.

They can provide advice, support and counselling for you and your birth relative, whatever the outcome. They will not identify you to your birth relative, or tell anyone about your search, without your agreement. There is information about 'Adoption Support' in their leaflet.

### **Useful websites:**

[www.adoptionsearchreunion.org.uk](http://www.adoptionsearchreunion.org.uk)

[www.baaf.org.uk](http://www.baaf.org.uk)

[www.afteradoption.org.uk](http://www.afteradoption.org.uk)

### **Other information**

Adopted adults and birth relatives tracing and contact - Department of Children, Schools and Families 2008  
[www.directgov.uk](http://www.directgov.uk)

Adoption Reunion Handbook by Liz Trinder, Julia Feast and David Howe.  
Publishers John Wiley & Sons 2004