

Sites with Information that may be helpful for life story work and discussing difficult stories.

BBC Site

http://www.bbc.co.uk/health/emotional_health/mental_health

This has detailed information about emotional health and mental health disturbances.

Royal College of Psychiatrists

www.rcpsych.ac.uk

Talks about mental health problems in every day language. It contains information about the effects of drug use and addiction.

Winstons Wish

www.winstonswish.org.uk

This is a charity for bereaved children. Information and downloads about communicating with children on loss and talking about death. Looks at bereavement through manslaughter/murder/suicide and offers advice on grief, funerals and dealing with serious illness.

About.com.Geneology

http://genealogy.about.com/od/adoption/a/family_tree.htm

Some of this site looks at how to tackle the adoption family tree, with various guides that we have included on this site. It also gives suggestions on how to tackle this topic in school.

Support Services

Intercultural Therapy Centre [London based]

www.nafsiyat.org.uk

This organisation provides psychotherapy and counselling services to members of cultural minority groups and staff reflect this too.

Parent Line

www.parentlineplus.org.uk

This is a good site for parents with general parenting advice.

BAAF

www.baaf.org.uk

This is the site of the British Association of

Adoption and Fostering with lists of their publications, seminars, training events and general information about adoption.

National Society for Prevention of Cruelty to Children

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

[c.org.uk](http://www.nspc.org.uk)

This has an excellent help and advice section on parenting tips and sign posts to other resources. Good Fact sheets with questions and answers on abuse and neglect. Also provides interesting research statistics on what issues children bring to the NSPCC advice line for children- Childline.

Kidscape

www.kidscape.org.uk

A site that seeks to prevent bullying and protect children. It provides information about bullying in all its forms and a section specifically for parents on what to do about bullying. There is information on cyber bullying and on line safety. The site explains how it works with schools and about its ZAP assertiveness training offered for groups of

children in schools who have experienced bullying.

BAAF related website

www.adoptionsearchreunion.org.uk

This site sensitively explores issues associated with researching an adoption, searching and meetings between adopted adults and birth relatives. It has sections for Adopted people, Adoptive parents and Birth Relatives.

Post Adoption Centre [South East England based]

www.postadoptioncentre.org.uk/

A service that provides independent advice, counselling and support to anyone affected by or dealing with the challenges and opportunities of adoption. There is information about their free advice line staffed by trained counsellors and therapists. Covers London and the South East

Adoption UK

www.adoptionuk.org

Adoption UK is an independent agency that supports adopters and prospective adopters

before during and after the adoption process. There is information about adoption support groups round the UK. There is a free helpline, community message boards, information about publications and training. There is also a free lending service for books, videos, tapes and therapeutic games-only payment for postage.

Family Futures [London based]

www.familyfutures.co.uk

This site has information on a new low cost specialist therapy service for adoptive parents and adopted people. There is also a useful section on information and advice for teachers and a training DVD and handbook on children with 'Executive Functioning Difficulties'.

Caspari Foundation [London based]

www.caspari.org.uk

An educational charity which seeks to help children who may have emotional and behavioural problems with their learning.

Useful sites for Life Story Work

Day of Birth

www.dayofbirth.co.uk

Good for simple facts for children on their date of birth eg how many hours/days/seconds old they are, birth stones, what animal in the Chinese year they are etc

Year of Birth

www.infoplease.com/year

Information about the year that a child or adult is born in. This site has lots of information on films, music, politics, sporting events etc in the year of birth of your child.

Meaning of a Name

www.behindthename.com

Information about the meaning of names from all over the world.

Bedfordshire Council

<http://www.bedfordshire.gov.uk/Resources/PDF/>

Some very good pointers for Social Workers about preparing life story books and reminder of principles that are helpful for anyone creating a book for a child who has been in a

fostering situation. 3 pages long in bullet points. This is part of Bedfordshire County Council's Children looked After Policy and Procedures.

Be My Parent

www.bemyparent.org.uk

A family finding service for children in care but a website with more information on life story work.

Speechmark

www.speechmark.net

An online resource [with great brochure that you can order] containing lots of practical resources for teachers health professionals and parents. Relevant areas to life story work covered are early years, speech and language, special needs, social and emotional skills and emotional and mental health.

Adoption Life Books

www.adoptionlifebooks.com

This site e mails you top tips on creating a life story book and doing life story work. It also invites you to buy articles and books by its author [an American] who is an adopted

parent and an adopted adult.

Research sites

Adoption Research Initiative

www.adoptionresearchinitiative.org.uk

The ARi is a group of major research projects which focuses on permanence planning, matching, support for adoptive placements and the costs of adoption. The ARi was commissioned by the former Department for Education and Skills. Its dissemination and implementation programme is being funded by the Department for Education.

Strengths and Difficulties Questionnaires

www.sdqinfo.org

Informs researchers about what the Strengths and Difficulties questionnaires are. Useful for anyone who has heard them mentioned in relation to their child.

Social Care On Line

www.scie-socialcareonline.org.uk

This website is run by the Social Care Institute of Excellence. Research and articles available on wide range of societal topics

often directly related to the backgrounds of children who have been in care and adopted children.