



NEWSLETTER

For the OLLIE Adoption Community



UNSEEN STRUGGLES - A THOUGHT LEADERSHIP EVENT

We want to say a huge thank you to everybody who attended our Thought Leadership Event - 'Unseen Struggles: The Urgent Need for Counselling Access for Adult Adoptees'. It was an insightful, thought-provoking and moving event, where we heard from a range of perspectives across the Adoption Community including adoptees, adoptive parents, and professionals working in the adoption field. We want to thank all of our panellists for sharing their experiences so openly, and helping us all to learn more about the trauma of relinquishment and the desperate need for more support, including through access to talking therapies, for those who have experienced relinquishment in any capacity.

Get in touch with us today to receive your free copy of our resource pack from this event - containing further information about speakers, as well as signposting to organisations, books, support groups and much more.

Email emily@theolliefoundation.org to receive your copy.

UNSEEN STRUGGLES: THE URGENT NEED FOR COUNSELLING FOR ADULT ADOPTEES



The Adult Adoptee Movement

With special thanks to Dawn and Vik who joined us for the event as representatives of the AAM. During the evening, they shared information about the Joint Committee on Human Rights (JCHR) inquiry into The right to family life: adoption of children of unmarried women 1949-1976, and the AAM's formal response.

Learn more about AAM via their website [here](#).
Read the full JCHR inquiry [here](#).
Read the AAM's formal response and recommendations [here](#).
Follow the AAM on Twitter at [@AdultAdopteeMov](#)

HAVE YOUR SAY - OPEN CONSULTATIONS AND STUDIES.

Changes to restrictions of adoption-related counselling.

Positive changes proposed on restrictions to adoption-related counselling

News from BACP

11 January 2023

We've long called for a re-think on these regulations and hope it will help increase access to therapy



This article from the BACP discusses proposed changes to the restrictions to adoption-related counselling in the UK. These changes come from a consultation published by the Department for Education asking for views on potential changes to regulation to adoption support services. One of these proposals is to end the need for Ofsted registration for those who provide therapy to adoptees, birth parents, and adoptive parents over the age of 18 in England.

This consultation is asking for the views and experiences of anybody in the adoption community. To have your say, [visit this link](#).

Please note that the consultation closes on the 20th March 2023.

A New Group by The OLLIE Foundation

At OLLIE we are looking to facilitate a new group, meeting on a regular basis, where all parts of the adoption community including adoptees, birth families, adoptive parents, and professionals working in the adoption field can come together. Whilst the intention of this initiative is not to provide a support group, our goal is to provide a safe space where we can acknowledge each other's wounds and stories and can create insights to hand on to others, always working towards our greatest goal - to reduce the incidence of suicide.

To learn more about our plans, please email contactus@theolliefoundation.org

Family Routes-Giving a voice to adoptive and special guardianship families



Family Routes is a brand-new study about the lives of teenagers and young adults in adoptive and Special Guardianship families. The aim of the study is to learn more about how the experiences of adoptive and special guardianship families change as young people grow up and become adults, and what support could be helpful.

Ecorys UK is running this study in partnership with the Rees Centre at the University of Oxford and Ipsos. It is funded by the Department for Education.

The first stage of the study focused on West Yorkshire, asking people across the adoption and special guardianship community living in Leeds, Bradford, Calderdale, Kirklees, and Wakefield to register and take part. **Please note this stage of the study is now closed.**

However, the research will be opening up later this year, with people across England invited to register and have their say.

Keen to find out more and participate?

If you are an adoptive parent or Special Guardian of a young person aged 12-25, who came to live with you from care, or if you're aged 12-25 and left care on an Adoption or Special Guardianship Order, and you'd like to share your experiences, follow the links below:

- To read more about the study, [please click here](#).
- To register your interest in taking part when the surveys become available across England, please email family.routes@ecorys.com or call **07976 948102**





OLLIE's Suicide Prevention and Wellbeing Training

2.5
hours

The Science of Goal Setting

Are you tired of setting goals and not achieving them? Do you want to learn a tried and tested method of goal setting that will help you to set and achieve those aspirational goals? If the answer is yes, join us for one of our online **The Science of Goal Setting** guided workshops.

In this session delegates will learn a successful goal setting process based on the world renowned business methodology, The Theory of Constraints (TOC) and consider how psychology and neuroscience can be harnessed to implement effective goal planning.

This session takes SMART to a whole new level, teaching delegates how to uncover the obstacles that could trip them up so they can mitigate or remove them and plan more effectively to reach their goal.

2.5
hours

Talk Safe, Plan Safe - Suicide Prevention Training

This 2.5 hour session will explore what can get in the way of people asking for help and what may prevent others from offering help. Delegates will explore a range of risk factors and will be challenged to explore their understanding of mental health, mental illness and suicide. This session will show you ways to maintain your own boundaries whilst effectively supporting someone in crisis. You will learn how to create a safe-plan with a student or colleague you are concerned about, with clear guidance on appropriate/ inappropriate language to use so you can keep someone safe 'for now'. This session aims to leave you confident to support others experiencing an emotional crisis where suicidal ideation may be present.

Talk Safe, Plan Safe is now available as 2 separate 90 minute sessions

Talk Safe - Covers the basics of what prevents someone asking for help and what can get in the way of our confidence to offer help. This session explores who may be at a higher risk of suicidal behaviours and why.

Plan Safe - Features guided practice on how to create a safe-plan with someone you are concerned about so they can plan how they will stay from overwhelming thoughts, tonight, over the weekend, across the holidays etc.



Our training can be delivered online or in-person



We run regular open online sessions for the public and can also deliver these sessions in-house



Sessions can be adjusted in duration and content to suit the needs of your community.

90
mins

Keeping Safe and Carrying On

Do you struggle with anxiety? Have you noticed that somebody in your life is becoming increasingly overwhelmed and you're not sure how best to help them?

This talk will guide you through how our brains process emotions such as fear, anger and worry, and how that process starts a chain reaction of physical responses that can keep someone trapped with their worries. Like any system, when we understand how it works we are better able to stay in control. In this training, you will learn about your amazing survival system. equipping you with a range of tips and strategies to calm the system and support yourself and others in controlling overwhelming thoughts.

New!

2 Half
Days

Suicide First Aid Through Understanding Suicide Interventions

SFA is the UK's only national qualification in suicide prevention. It is accredited by the City & Guilds of London, is internationally recognised, and externally moderated and quality assured. This course teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting.

There is no prior training or experience required to attend this course, and it is suitable for anybody aged 16+ who seeks greater understanding and confidence to intervene with people at risk of suicide. By the end of the course delegates will have a greater understanding of suicide behaviour, suicide interventions, and the importance of reflection when working with those at risk of suicide.

This course is made up of 2 half day sessions of 3.5 hours per day- 7 hours in total. You will need to attend both sessions in order to receive your certificate of completion. We have 3 courses coming up this year on:

- 20th and 21st April 9am-12:30pm each day.
- 17th and 18th July 9am-12:30pm each day.
- 9th and 10th October 4-7:30pm each day.

All times shown are for London UK.

These sessions will be delivered by founder of Mindcanyon and award winning mental health, workplace wellbeing, and suicide first aid trainer, Steve Carr.

The usual price for a ticket to this course is £155 per person. However, we are pleased to be able to offer a subsidised price and only request a donation of £50 per ticket. Fully funded tickets are also available to students, those without access to a training budget, and anybody for whom finance is a barrier.

Find out more [and book your ticket here.](#)

Grow and Gather Group

Grow and Gather is a programme of community meets taking place on the first Saturday of every month at OLLIE's community garden in St Albans, Hertfordshire.



Possible activities during the sessions may include:

- Coffee and cake, simply an opportunity to connect with others with a warm drink
- Plot maintenance – painting raised beds, potting shed, fixing equipment
- Sowing bulbs /seeds
- General tidying of the plot, weeding, grass, and mulch maintenance
- An opportunity to hear about the support the OLLIE can offer

However you wish to enjoy the garden, we would love for you to join us in any capacity that you can. Whilst this is an adult focused group, children are welcome with parental supervision and responsibility at all times. Our next session takes place on 1st April from 9:30-10:30am. Email vicky@theolliefoundation.org to find out more.

Spring Wellbeing Events



Every Spring/Summer we run a programme of holistic wellbeing and crafting events at our community garden. Our full spring wellbeing programme will be available soon, but in the meantime, why not sign up to our two confirmed workshops:

- [Click here to book onto our Outdoor Zentangle session on Sat 3rd June 10:30-11:30am](#)
- [Click here to book onto our Lavender Wands workshop on Saturday 1st July 10:30-11:30am](#)

90
mins

Zentangle



Zentangle is a mindful drawing session providing up to 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art. Led by a certified Zentangle teacher, participants consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful. This session is suitable for all ages. It can be delivered in-house and we run open online sessions twice a month. Tickets for Zentangle cost £5, however we provide fully funded tickets to those who work for the NHS, patients in hospital for any reason, those suffering with Long Covid or any other health condition, and anybody for whom finance is a barrier. To book your ticket head to our Eventbrite page [here](#).

Keep In Touch...



Visit our website [here](#).



Email contactus@theolliefoundation.org



Visit our YouTube Channel [here](#).



Visit our Eventbrite page [here](#).



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Follow us on Facebook [here](#).



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Connect with us on LinkedIn [here](#).

2
days



ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop which teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. The training is held in-person and is facilitated by two certified ASIST trainers.

We will be running a number of ASIST courses throughout 2023 and will be able to confirm dates and venue soon. Each day of the training runs from 9am-5pm and delegates must attend both days in full to pass the course.

Tickets for ASIST are usually priced at £200 per person, however we are so pleased to be able to provide **fully funded tickets** to those without access to a training budget. There is a cap of two fully funded tickets available per organisation per course..

If you would like to be notified once the dates and venue for our upcoming courses are confirmed, please email emily@theolliefoundation.org and we will add you to our registered delegates list.

Dates For Your Diary

All times shown are for London, UK

- **Monday 13th March 6-8pm** - Our next open The Science of Goal Setting Session. [Click here to book your tickets.](#)
- **Wednesday 15th March 10am-12:30pm** - Our next open Talk Safe, Plan Safe - Suicide Prevention Training. [Click here to book your tickets.](#)
- **Wednesday 15th March 1:30-2:30pm** - A special beginners Zentangle class, to mark Long Covid Awareness Day. [Click here to book tickets.](#)
- **Friday 17th March 4:30-6pm** - Our next open Zentangle class. This is a full 90 minute workshop. [Click here to book tickets.](#)
- **Wednesday 22nd March 7:30-9pm** - Our next open Talk Safe Suicide Awareness Talk. [Click here to book tickets.](#)
- **Wednesday 29th March 7:30-9pm** - Our next open Plan Safe Guided Workshop. [Click here to book tickets.](#)
- **Thursday 13th April 6-7:30pm** - Our next open Keeping Safe and Carrying On session. [Click here to book tickets.](#)
- **Thursday 20th and Friday 21st April 9am-12:30pm each day** - Our next open Suicide First Aid Training with Steve Carr. [Click here to book tickets.](#)

ONE LIFE LOST IS ENOUGH