

## Support for adopted adults

The Achieving for Children (AfC) Adoption Team offers a confidential information, advice and counselling service to adopted adults who are interested in finding out more about their birth history. If you are over 18, you can apply for a copy of your original birth certificate and you can also apply for access to any other adoption records that may be available.

If you live in the Kingston or Richmond boroughs, you can contact us and we can help you apply for a copy of your birth certificate from the general register office, even if you don't know your original birth name. We may also be able to locate your adoption records, even if you are not sure where you were adopted.

If you are interested in making contact with your birth family, we can offer an intermediary service.

If, on the other hand, you feel strongly that you do not wish to have any contact with a member of your birth family, and would not want them to contact you in the future, you can prevent this by registering a veto. To find out more about this see our fact sheet 'Registering a veto'.

If you live outside the Kingston or Richmond boroughs, but know that we were involved in your adoption we can still help you, but it may be easier for you to contact your local adoption support service. They will contact us on your behalf and we will send any information we hold relating to your adoption to them to be shared with you.

The AfC Adoption Team also offers adopted adults groups, in conjunction with the South West London Adoption Consortium. These groups are held regularly and offer adopted adults the chance to meet in a relaxed and friendly environment. They provide an opportunity to explore feelings and to share thoughts and experiences of adoption, searching and reunions with others in a similar situation.

To find out more about any of these services please contact the duty officer on 020 8547 4620, or see our fact sheet 'Access to adoption records'.

### Related websites

- [The General Register Office \(GRO\)](#)
- [The Post Adoption Centre](#)
- [After Adoption](#)
- [Adoption UK](#)