

The **Centre for Fostering** and **Adoption Support**

A unique support and therapy service
supporting adoption, permanency and fostering

A Guide to Our Services



About us

The Centre for Fostering & Adoption Support (CFAS) is a unique support and therapy service supporting adoption, foster care and permanency. The centre is delivered by five times Outstanding rated, children's charity and voluntary adoption agency, Adoption Matters.

The centre was established in 2014, initially supporting adopters, adopted adults and birth families, and expanded to meet the needs of permanency through kinship, foster care and special guardianship in 2019. In 2024, we further enhanced our offering to support our not for profit fostering service, Foster Care Matters.

We have worked with hundreds of local authorities, schools and other services to support children and families since 2014. Now, in 2025, CFAS supports over 50 local authorities across the country, offering support services in adoption, fostering, special guardianship, birth families and permanency through kinship.

Statistics

Our statistics for the period 1 April 2024 to 31 March 2025 are detailed below.



293

Therapy Service contracts delivered to families



169

Packages of support were delivered to families

344

People viewed our online training videos

144

Families accessed a consultation session with a Therapeutic Social Worker

155

People attended our webinars

82

Adopted Adults received an Access to Records service

Our Ethos

We know every child is different. There is no 'one size' of support that fits all.

This ensures our support services are uniquely adapted to each individual family's needs. It is recognised that working with children and young people who have experienced early trauma, requires specialist knowledge and expertise. Parenting and supporting such children can also present challenges and require significant emotional resilience. In order to support and facilitate change, we provide evidence-based interventions that best meet the needs of children and their families.



Our Team

We have a large multi-disciplinary team including highly trained therapeutic social workers, therapists, clinical psychologists, and occupational therapists. You can find out more information about the team here:

www.adoptionmatters.org/about-us/our-team/#cfas

We operate across our full coverage area, with our CFAS team and therapists working remotely throughout all regions, including the North West, North East, Yorkshire and the Humber, Stoke, Staffordshire, and Shropshire.

We can sometimes cover work outside of these areas, contact us for an informal discussion.

We cover the whole of the North of England, Stoke, Staffordshire & Shropshire.





Our Services

Webinars, Workshops & Training Programmes

We can deliver a wide range of topics either online via Zoom, in person or pre-recorded for both families and professionals. They include: Theraplay, Connecting through Play, Advanced Play, Brain to Brain and PACE, Therapeutic Life Story & Identity, Attachment and Education, Parenting Siblings, Sensory Processing, Shame and Self Worth, Nurtured Heart, Impact of Loss and Trauma, Primary Trauma, Blended Families, Transitions, Managing Relationships and Family Dynamics, Supporting Individual Needs, Behaviour is Communication, Parenting Teenagers, Caring for Yourself as well as your Children, Responding to Social Media, Child to Parent Violence, Self Harming, Sexualised Behaviours and Sexual Exploitation, Sleep, Eating and Diet, Toileting, Looking After Children with Different Ethnicities.



One to One Sessions with Families

Again, we can deliver via Zoom or in person, one to one sessions on topics including: Therapeutic Parenting and building firm attachments, Theraplay Filial Play Therapy, Story Steps (trauma informed Life Story approach), Child Psychotherapy, Dyadic Developmental Psychotherapy, Dealing with aggression and behavioural challenges, including Non-violent Resistance (NVR), Video Interactive Guidance (VIG), Eye Movement Desensitisation & Reprocessing Therapy (EMDR), Mindfulness.



Sensory Support Service

As above, delivered online or in person, topics including: Building Underdeveloped Sensorimotor Systems in children who have experienced disruption to their early development, Ayes Informed Sensory Focused Therapeutic Parenting, Sensory Modulation Packages, Sensory Attachment Intervention (SAI).





Our Services

Support for Children in Schools



We have worked with over 60 schools offering a range of services including: Attachment and Trauma training for schools, Reducing Anxiety Management Plans for individual children, and a range of therapeutic interventions to support children and their teachers or support workers such as VIG, Theraplay Sunshine Circles, Nurtured Heart, Sensory Processing Consultations.

Group Sessions

Therapeutic Parenting, Theraplay and Connecting Through Play.

Support Groups & Activities



Children's Play Group, Inner World Group (sensory Processing for Teenagers), The CFAS Children and Young People Choir, Music Matters, Adopter Buddy Group, Adoptee Adult Support Group, LGBTQ+ Family Group, Dads Groups, Adopted Teens.

Therapy Service



Our therapy service is managed by a Consultant Clinical Psychologist, providing a specialist and experienced clinical oversight of the therapeutic interventions delivered by the therapy service, as well as offering a consultation service for professionals. We can provide a wide range of therapists who all have specialist skills and experience of working with care experienced children and their families. We offer a range of interventions including: Dyadic Developmental Psychotherapy | Theraplay | Child Psychotherapy | Filial Play Therapy | Eye Movement Desensitization & Reprocessing Therapy (EMDR) | Dealing with aggression and behavioural challenge, including Non violent resistance (NVR) and Therapeutic Crisis Intervention (TCI) | Mindfulness.

The **Centre for Fostering** and **Adoption Support**

Feedback Matters

What professionals say about us

“

Useful, thought provoking, insightful and child-focused training as always.

Good service and can be sure of timely responses and proposals for work / contracts.

Go above and beyond, would highly recommend.



What families say about us

“

My husband and I were incredibly apprehensive about this course. However, we did not need to be at all. The content and delivery were thorough and we have practiced many elements that we learned and it has been very beneficial in the parenting of our children, Thank you.

Excellent staff who made for a great welcome and put 110% heart, emotion, knowledge and experience into their work.

Very human in the way they acknowledged the difficulties we are experiencing. I felt understood.

After some very friendly introductions and some vocal warm ups, we are transformed into Popstars within the hour. You can physically see the kids grow in confidence and self-esteem and parents let go and throw themselves into it.

This is a very special place. Social workers really ‘get it’ and are non-judgemental. They are proactive and don’t wait for the family to be in crisis.



What Ofsted says about us

“

Access to adoption support is impressive. The agency has a specialist adoption support service (CFAS), which is proactive in ensuring that the right support is available when it is needed. The service offers a range of support initiatives, from signposting to other, more appropriate, supporting agencies and attending webinars, to more intensive packages of sensory processing support, delivered by occupational therapists, and individualised therapeutic parenting support. The service has a range of skilled workers to ensure that children’s different needs can be met. Adopters are exceptionally positive about this support.

One adopter said, ‘[Name of therapist]’s expertise and professionalism has changed our lives and we will be forever grateful to them.

Adoption Matters Ofsted Report January 2023

www.adoptionmatters.org/cfas





The Centre for Fostering and Adoption Support

Our Costs

The cost of the therapeutic intervention will depend on each individual requirements and will vary according to the duration and type of intervention. A detailed costing can be provided on request, please contact us on Tel: **01925 982 243** or via email: **info@cfas.org.uk**

Further information can be found on our website below.

 www.adoptionmatters.org/cfas

 Centre for Fostering and Adoption Support, Unit 412b, Chadwick House, Birchwood Park, Warrington, WA3 6AE.

Adoption Matters & Foster Care Matters Head Office: 14 Liverpool Road, Chester, CH2 1AE.



A proud history of children's futures



Fostering charity where children matter



www.fostercarematters.org.uk

Foster Care Matters is part of the Adoption Matters family.

Ofsted Outstanding since 2008

Registered Charity No. 512892