

Post Box Fact Sheet

Post Box explained



Post Box is a voluntary contract for indirect contact between adopters and birth relatives. This usually takes place once or twice a year in the form of a letter and depending on the agreements may include photographs and/or cards.

The Post Box contact provides confidential sharing of information about each other and is written by adult to adult, however this may change as the child gets older as they may wish to write their own letters.

The Post Box service is open to families until the adopted child reaches the age of 18.

How Post Box works

- Indirect contact arrangements are made by the child's social worker and these are then finalised when the Adoption Order is granted by the Courts.
- A Post Box agreement is signed by the adopters and all birth relatives who are to take part in Post Box.
- All letters are treated as confidential and are sent directly to the Post Box Coordinator for checking and distributing.
- Cambridgeshire & Peterborough Adoption Service has dedicated Post Box Coordinator's who will be able to give guidance and support throughout the initial set up of Post Box. We provide support in writing letters and other information about the Post Box service.

What is the purpose of Post Box?

- It can help the child form greater attachment to their adoptive parents by being able to talk about adoption and their past identity.
- Birth families benefit from Post Box as it may help them to know their child is okay, and feel more positive about the adopters knowing the child is in a safe secure family.
- Adoptive parents can benefit from Post Box as they are able to have information about their child's birth family, share news about any health issues and know about any siblings. It will show commitment to the child and that they have not dismissed their past.

What can be sent?

What you can send through Post Box is clearly stated in your Post Box agreement, this usually consists of a letter only, but in your agreement it may include photographs and/or cards. Anything sent that is not part of your agreement will be sent back. Post Box is not able to facilitate the exchange of gifts or money, these will be returned to the sender.

Help and Support

The Post Box Coordinator is contactable during office hours on **0300 123 1093**. The Coordinator is there to support adopters and birth relatives and can help with any queries you may have regarding Post Box.