

AdoptionUK

Impact Report 2025/26



"Adoption UK is a game changer in the whole journey of being an adoptive parent."

— Member Feedback 2025/26

www.adoptionuk.org

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A MESSAGE FROM OUR CEO

CEO FOREWORD

This year has given us many reasons to feel proud. Ofsted's outstanding rating in all areas was a wonderful recognition of the care, skill and commitment that runs through our work. Most importantly, it reflected what we see every day: the power of peer support, connection and clinical expertise to help children, young people and families feel understood, supported and hopeful about the future.



Across the UK, we have continued to speak up for adopted and care-experienced people and their families. Through the Adoption Barometer, the All-Party Parliamentary Group for Adoption and Permanence, and our work on historic forced adoption, we have kept pushing for the understanding and support that families need and deserve. Alongside this, we have been there in everyday moments too, through community groups, events, our Information and Support line, digital resources and specialist services.

We have continued to listen to what families tell us they need. This has shaped new support for parents and carers, therapy, learning sessions on topics such as neurodiversity and education, and one-to-one help. At the same time, we have had to make careful choices in response to financial pressures, reducing costs, investing in fundraising and strengthening our foundations for the future.

None of this would be possible without our staff, volunteers, members, partners and supporters. We have continued to invest in our people through improved training, recruitment and induction, and we are proud to have achieved Disability Confident Employer and Investing in Volunteer status.

There is still much more we want to do, but we move forward with confidence and care. In the year ahead we will build on our services and find new ways to stand alongside adopted people and their families. Thank you to everyone who has been part of this work.

Emily Frith
CEO, Adoption UK

Our Vision

A society in which every child and young person who is unable to grow up with their birth parents can thrive in childhood and has an equal chance of a bright future as an adult.

Our Mission

To secure the right support at the right time for children and young people who are unable to grow up with their birth parents, from childhood into adulthood.

Our Strategy

AUK's organisational strategy focuses on empowering adopted and care experienced people, adoptive families, and others parenting children who can't live with their birth parents.

Everyone deserves the chance to thrive

Adoption UK is the leading charity for adopted and care experienced people, adoptive families, and others parenting children who can't live with their birth parents. Set up in 1971, we'll be here for adopted and care experienced children, adults and their families for as long as they need us.



OUR FOUR PILLARS WHAT WE DO



INFORM

Empowering our community with trusted knowledge — through our UK-wide helpline, online resources, training, webinars and lending library.

CONNECT

Bringing our community together through membership, local groups, regional and national events, and children & young people services.

SUPPORT

Therapeutic and peer support designed around the unique emotional and psychological needs of adopted, care experienced and kinship care families.

INFLUENCE

Driving systemic change through unrivalled research, and ensuring policymakers hear and act on our community's voices.

"Thank you for bringing families with adopted children together in such an informal and engaging way. We can't thank you enough for this lifelong positive impact you've helped create."

— Member Feedback 2025/26

CASE STUDY

ABBIE'S STORY

A FAMILY IN NEED OF SUPPORT

When Abbie* and her husband adopted their son in 2016, they arrived at parenthood after an eight-year journey and years of struggling to access the right support. Like so many adoptive families, they were doing it largely alone.

REACHING ISOLATED FAMILIES

Adoption UK's community events gave Abbie something no traditional parenting group could: a space where she didn't feel out of place. With no local adoption groups, the five events she attended became her first real connection to people who understood.

SUPPORT THAT GROWS WITH THE CHILD

Now aged 10, her son experiences the lasting impact of early trauma, including feelings of rejection and signs of ADHD and learning delays. Over more than a decade, Adoption UK's support has helped the whole family understand these challenges and feel prepared to respond as his needs change.

FROM SUPPORTED TO SUPPORTER

Today, Abbie volunteers as a Community Co-ordinator for Adoption UK — still actively involved in the community and giving back, helping ensure no adoptive family experiences the isolation she once felt.



“Adoption UK has made such a difference to our family. We’ve made friends for life. Adopting a child isn’t always a happy ending and it doesn’t erase the trauma and rejection felt deep inside.”

- Abbie's Feedback

2025/26

OUR YEAR IN NUMBERS



27K+

MOMENTS OF
SUPPORT,
CONNECTION &
ADVICE ACROSS
THE UK.

From one-to-one support and therapeutic services to community events, training and advocacy, our work helped people find advice, connection and specialist support when they needed it most.

"I just don't know what we would do without Adoption UK. These events are so valuable to us. Thank you so much."

— Member Feedback 2025/26

5.4K+

directly supported
through our
membership

7.2K+

attendances at our
community events across
the UK

19K+

hours of
engagement and
support provided

"It was very
comforting to
know that I'm not
alone.

Membership
reduces isolation,
improves
resilience and
provides hope."

— Member feedback

"I always find the
meetups
welcoming and
inclusive... I
always leave
feeling I've had
fun and 'topped-
up' support-wise."

— Community
feedback

"Over the past
20 years the
support has
been
invaluable and
at times helped
hold our family
together."

— AUK Long Term
Member feedback

92%

of people who accessed AUK
services said they felt supported

INFORM

Knowledge when people need it most, through learning and development, our information and support line and specialist resources.

LEARNING & DEVELOPMENT

1325+

people were supported
by training

87%

found the training they
attended beneficial



“The training was invaluable and beneficial. We appreciate the continuous support. Additional information sent with signposting and relevant reading is brilliant.”

— Training attendee feedback



“I rang in a moment of panic and emergency, not knowing what to do or where to go. Your advisor was instrumental in advising me... As a result, I have got support and advice in a timely manner. Thank you.”

— Information & support line feedback

INFORMATION & SUPPORT LINE

1863

information & support
line sessions

88%

callers felt listened to
and understood

CONNECT

Welcoming spaces where adoptive families, adopted people and the care experienced community find community, confidence and belonging.

COMMUNITY EVENTS

7.2K attendances at our community events across the UK

88% felt happier

82% felt less isolated

80% had less anxiety

153 AUK VOLUNTEERS



"These events by Adoption UK save me every time. The supportive staff and an opportunity to meet similar families with complex care scenarios is so important for survival."

— Community Event Feedback

11% increase in community event attendance in 2025/26, helping more families find connection and belonging.



"Connected is a fantastic service for adopted children to get together, and feel like they belong. My daughter can be herself at Connected and doesn't have to mask like she does at school."

— Children & Young People Service Feedback

CHILDREN & YOUNG PEOPLE SERVICES

3819

hours of support for children and young people

300

young people supported

91%

young people benefitted from group activities

SUPPORT

PSYCHOLOGY & THERAPEUTIC SUPPORT HUB

A clinically led multidisciplinary team providing evidence-based, trauma-informed support for individuals and families affected by adoption, kinship care and long-term foster care.



4.6K+

HOURS OF THERAPEUTIC/PEER SUPPORT
PROVIDED TO FAMILIES ACROSS THE UK

The team draws on clinical expertise, lived experience and a deep understanding of trauma, attachment, neurodiversity, therapeutic parenting and family relationships.

630+

 families supported

96%

 felt supported

93%

 felt listened to and understood

73%

 of families showed improvement in their relationship

"I have really found the sessions to be great. They are reinforcing some of the good things my partner and I are already doing, but more importantly they are helping us to reframe our thinking, parenting, language and communication at home."

— PATH MDT Session Feedback

CASE STUDY

LUKE'S STORY

A CHILDHOOD WITHOUT SUPPORT

Luke* was adopted as a baby in 2004. His family did not receive any post-adoption support, so Luke had no-one to turn to who could help him deal with his feelings of grief, loss and fear of abandonment. This left him struggling throughout childhood to make and keep friends – challenges that followed him into adult life.

UNDERSTANDING HIS STORY, AT LAST

In 2023, as a young adult, Luke joined Connected, Adoption UK's service for adopted young people in Wales. For the first time in his life, he began to understand how being adopted had shaped him – a journey of self-discovery he says has changed his life in such a positive way.

THE BELONGING HE'D ALWAYS SEARCHED FOR

Through Connected, Luke found what school never gave him: close friends who are also adopted. Being able to open up to people who know exactly what he's going through has transformed the sense of belonging he had struggled to find at every stage of growing up.

SHAPING SUPPORT FOR THE NEXT GENERATION

Today, Luke sits on Connect Voices, Connected's youth council, telling adoption professionals what needs to change – and making the case that adoptees need support at every age: through childhood, and beyond 18 into adulthood.

"Connected has changed my life in such a positive way. Post-adoption support is vital — not just throughout childhood, but beyond 18 as well. I really wish I had it growing up."
Luke's Feedback

SUPPORT

PEER, EDUCATION & FASD SUPPORT

Support from people who understand, lived experience mentoring and specialist FASD services for families across the UK.



"Working with our Parent Partner has been such a relief... being able to speak to someone who understands has been a lifeline. Our daughter is much calmer, and I feel like I better understand where she's coming from."

- Education Peer Mentoring Sessions
feedback

PEER & EDUCATION SUPPORT

533

people received
peer mentoring

89%

had improved
understanding of their
child's education needs

FASD SUPPORT

339

received specialist
FASD support

97%

had a better understanding
through FASD support



"The training I received has been invaluable, both professionally and personally. It changed how I understand and support my young person, and helped me create environments where people with FASD feel seen and understood."

— Training Feedback (FASD)

INFLUENCE

Campaigning for change, how we shaped policy and strengthened support for adopted and care experienced people in 2025/26.

17

mentions in
parliamentary
proceedings

3.5K+

Adoption
Barometer 26
respondents

300+

young adoptees'
voices in the Adoptee
Voices inquiry

30

parliamentary
questions
submitted via MPs

Adoption support consultation

Our campaigning prompted a full government consultation. We held community seminars, focus groups and a parliamentary briefing, drawing on eight years of Barometer evidence.

Adoptee Voices APPG inquiry

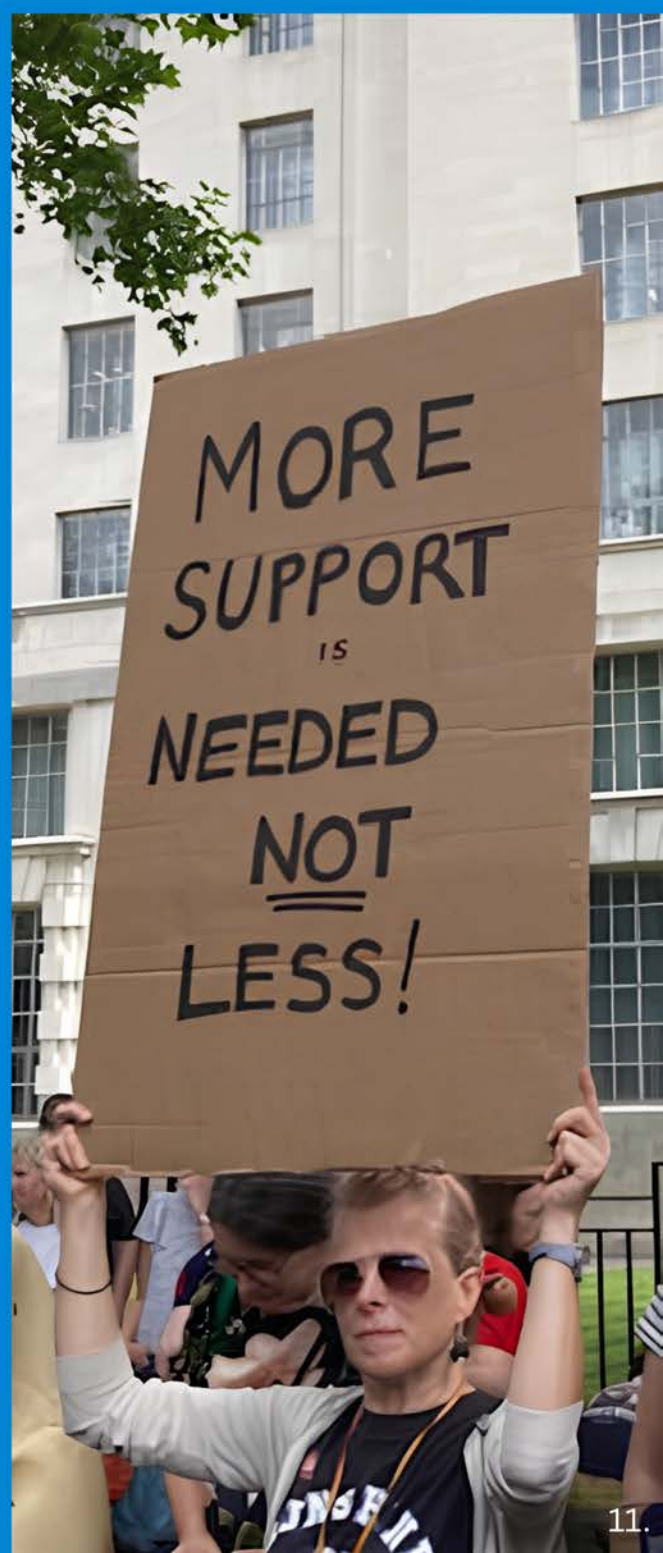
This first-of-its-kind inquiry, led by adopted young adults, heard from over 300 young adoptees. The Minister for Children and Families attended the launch and committed to improving support.

Children's Wellbeing & Schools Bill

We secured amendments in both Houses calling for a review of adoption support, represented home educating adoptive parents on the implementation group, and shaped refreshed (Dfe) Department for Education statutory guidance for Virtual Schools.

Wider influencing

We responded to three government consultations and gave evidence to the Education Select Committee on Historical Forced Adoption — cited four times in the report — supporting calls for a state apology and programme of redress. We also engaged governments in Scotland, Wales and Northern Ireland on adoption and kinship support.



3770

local Family
Members
over the year

997

regional peer
support group
sessions

342

participants
in community
group
sessions

29

community
family events
in England

"The monthly adoptive parent meetup group is a lifeline into other people who get it. We do not always all experience the same issues in our families, but there is a common thread and we're there to listen to and support each other, and to be listened to and supported."

— Adoptive parent, community meet up feedback



417

local Family
Members
over the year

723

people
received peer
support &
training

259

people
supported
through our
ISL line

34

community
group sessions
in Scotland

"This course came just when I absolutely needed it. It was a brilliant refresher of therapeutic parenting, what trauma does to our children's bodies and how to advocate for them in school. It was a brilliant chance to connect with other families and I felt so validated and understood."

— Adoptive Parent - Scotland Training Feedback



369

local Family
Members
over the year

180

young people
registered with
CONNECT

151

people supported
through our ISL line

99

people received
peer support &
training

49

community
group sessions
in Wales

“Connected helps us to build relationships with other adoptive families, in turn supporting parents and children's emotional wellbeing. It has built up the number of adoptive families we meet and we trade support, knowledge and information.”

— Adoptive Parent, Wales Connected Group Feedback

NORTHERN IRELAND



911

local Family
Members
over the year

707

participated in
community
family events

541

participants
in group
sessions.

48

regional peer
support group
sessions.

"The training was invaluable and beneficial. Additional information sent with signposting and relevant reading is brilliant as it helps me focus on my child's needs and share with the school. Above and beyond expectations alongside respecting me as a parent."

— Adoptive Parent - NI Training Feedback



HOW WE CAN SUPPORT YOU

INFORM

- Information and advice for the care experienced community.
- Education and FASD-informed support.
- Training, learning and specialist guidance.

CONNECT

- Community, connection and membership.
- Regional youth groups for children and young people.
- Events, AUK Talks, webinars and practical resources.

SUPPORT

- Psychology and therapeutic support through PATH.
- Peer support from people with lived experience.
- Kinship services and resources.

INFLUENCE

- Research that drives change.
- Campaigning for better support.
- Ensuring community voices are heard.

**SCAN THE QR CODE TO
FIND OUT MORE**



Find out more information visit - www.adoptionuk.org



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