

Contact us via:

Email: [birthhistory@barnardos.ie](mailto:birthhistory@barnardos.ie)

Our centres:

## DUBLIN

4 Christchurch Square, Dublin 8 D08 DT63

23/24 Buckingham Street Lower, Dublin 1

Tel: (01) 813 4100

## CORK

Blackmore House, Meade Street, Cork

Tel (021) 203 8005

## GALWAY:

The Sanctuary, 27 Chois Chlair, Claregalway

Tel: (091) 454489

## Our National Helpline:

Tuesdays and Thursdays, 10am – 1pm

Tel: 00 353 (1) 454 6388

Barnardos' mission is to deliver services and work with families, communities, and our partners to transform the lives of individuals who are affected by adverse childhood experiences.

Registered Charity No. 20010027

# Barnardos Birth History Service

Therapeutic service for birth mothers, birth families, adopted adults, individuals subject of an illegal birth registration, or people with experience of being boarded out



Barnardos has provided a service to adopted people, birth families and adoptive families since 1977. This service has been extended to include therapeutic support services to adults who were subject of an illegal birth registration and to individuals who were boarded out, fostered or nursed out in Ireland pre-1991.

We offer a free, confidential and professional service.

Barnardos Birth History Service is funded by TUSLA the Child and Family Agency.

## Testimonials

“ It's good to be able to say things out in the open, it feels like there are a billion and one thoughts going round my head.  
– Teresa, who recently discovered that her birth was Illegally registered

“ Sometimes I think that people I talk to don't fully understand what it's like to have to meet your son after all these years – so it's good to be able to use this time to explore it a bit more.  
– Mary, a birth mother

“ I found the session immensely useful – the outpouring of emotion was a surprise but a great release for me. I received great support and left Barnardos feeling hugely better than when I arrived.  
– Michael, who had a complex outcome to his search for birth family

“ I really want to thank you for the support, it is invaluable at the moment and means everything to me.  
– John, subject of an illegal birth registration

## What services are provided?

The service is available for;

- Birth Mothers
- Birth Fathers
- Adopted Adults
- Individuals subject of an illegal birth registration
- Individuals who were 'boarded out' , 'nursed out' or fostered prior to the 1991 Child Care Act

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- Individual one to one therapeutic sessions

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- Services offered both nationally and internationally, with online and phone contact options available for individuals accessing the service living away from our centers

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- Group support to birth mothers, adopted adults and individuals subject of an illegal birth registration

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- A national confidential and professionally staffed helpline

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- An email advisory service – [birthhistory@barnardos.ie](mailto:birthhistory@barnardos.ie)