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## Further information and referral procedure

If you would like to hear more about the Foundations for Attachments group, or have any questions, please contact the ANCHOR team on:

**01865 328522**

[atv.anchorteam@oxfordshire.gov.uk](mailto:atv.anchorteam@oxfordshire.gov.uk)

OR

Alice Melin (facilitator):  
[Alice.melin@oxfordshire.gov.uk](mailto:Alice.melin@oxfordshire.gov.uk)

Referrals to the group can be made through ATV Helpdesk, the Permanence Support Team or through an initial assessment with the Anchor Team.

We discuss the course with all applicants prior to the start date, both to understand their situation better and to check that it will meet their needs. Following this, we can then confirm their place on the group.

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## Course dates - Spring 2026

2026 Dates	Time/venue
Wednesday 29 <sup>th</sup> April	Sessions will be in Online via Microsoft Team's  First and last session 10am-1pm 4 sessions in between 10am – 12:30pm
Wednesday 6 <sup>th</sup> May	
Wednesday 13 <sup>th</sup> May	
Wednesday 20 <sup>th</sup> May	
Wednesday 3 <sup>rd</sup> June	
Wednesday 10 <sup>th</sup> June	



Adopt Thames Valley  
**Anchor Team**  
Building security together

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## Foundations for Attachments Group

**A group for kinship  
carers Special  
Guardians living in  
Berkshire and Swindon**



*Facilitated by  
Anchor Team  
ADOPT THAMES VALLEY*

***NEXT GROUP STARTS  
29<sup>th</sup> April 2026***



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## Overview of the Foundations for Attachments Group

The Foundations for Attachments Group is based on training developed by Kim Golding (2017).

It focuses upon providing:

- a theoretical understanding of Attachment Theory and the impact of trauma on a child's development and sense of security.
- therapeutic parenting skills to strengthen attachment, resilience and promote emotional growth.

This specific group is aimed at kinship carers and Special Guardians across Swindon and Berkshire.

The group will be facilitated by a clinical psychologist from the ATV Anchor Team. This group will be delivered as a 'pod' with a small number of attendees.

The sessions are scheduled to coincide with school terms and avoid school holidays.

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## Aims

The Foundations for Attachments group has been designed to provide support and guidance to adoptive parents and/or carers of children who have experienced trauma and attachment difficulties. It aims:

- To provide support to caregivers who can feel very isolated caring for children with trauma and attachment difficulties.
  - To develop caregivers understanding of their children in relation to their early experiences through an increased understanding of attachment theory, child development and the impact of trauma.
  - To explore ways of applying this understanding to the parenting of these children, giving practical suggestions.
  - To increase skill and confidence in parenting and supporting children with attachment difficulties.
  - To promote attachment relationships between caregivers and their children.
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## Group content

The group is 6 sessions long, consisting of 3 modules as described below. Group members are asked to commit to all three modules.

**Module 1:** focuses on an understanding of attachment theory and the impact of trauma on development. We will be thinking about the challenges and implications of parenting children who have attachment difficulties.

**Module 2:** explores therapeutic parenting. We use the PACE (playfulness, acceptance, curiosity, and empathy) approach to help us understand the internal experience of the child. We explore how to maintain a connection with your child whilst also supporting children's behaviour through structure, supervision and boundaries.

**Module 3:** explores the impact of one's own attachment history when parenting and helps group members to consider their own strengths and vulnerabilities. It also explores ways of promoting good self-care.

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