



Tracing Handbook for the Adopted Person born in the UK

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Introduction

Adoption Rights Alliance has compiled this Tracing Handbook to assist adopted people in their searches. This Handbook is for those who were born in England and adopted in Ireland. We encourage you to read it carefully and contact us if you have any questions.

Reunion or Information?

If you are reading this document you may have decided you want to trace your natural mother (and/or natural family) or you might be in the process of deciding whether you want to trace or not. Many people feel they just want information to begin with and then wish to take time to consider any further action. Whatever situation you are in, the decisions are yours to make in your own time.

Below we will outline the merits of tracing for yourself as opposed to asking an agency to trace for you. One of the main advantages to tracing for yourself is the fact that in most cases you can get as far as knowing your original identity and your natural mother's identity without having to approach your natural mother or other natural family members. Many adopted people will do their research first and then decide whether they are ready for reunion or not, as it is a safe and discreet way of approaching things gradually. Whatever you decide, take your time and make a choice that you are comfortable with.

Support and Emotional Preparation

You are embarking on an exciting journey, one that can be both exciting and stressful and it is unwise to go it alone. We advise that you avail of as much support as possible through family, friends. We encourage you to join our Facebook group and/or that of our sister group, the Adoption Support Network of Ireland – links are available on our website, www.adoptionrightsalliance.com. We also advise that you emotionally prepare yourself for your trace as much as possible by reading books such as *Journey of the Adopted Self* by Betty Jean Lifton or *The Primal Wound* by Nancy Verrier. Additional reading material can be found in the reading list in the Appendices. Please feel free to email us at tracing@adoptionrightsalliance.com for advice.

Agency Trace or Own Trace?

As you embark on your trace, you have a choice. Do you want your adoption agency to trace for you, or do you wish to do your own trace? There are pros and cons to each option and we will set some of these out below to help you make your decision.

Agency Trace	
Pros	Cons
✓ Agency has identifying information	<ul style="list-style-type: none">× No control over your trace× Long waiting lists× Agency dictates the pace× Often inappropriate handling of tracing & reunion process× Agency may have shut down× Slow progress using an agency to trace× Not as healthy for others to trace for you× Identifying information and no reunion is not an option

Own Trace	
Pros	Cons
<ul style="list-style-type: none"> ✓ You have control over your trace ✓ You control the pace ✓ First contact is when you want it and how you want it ✓ You can take a break if needed without fear of going to the back of a waiting list ✓ Usually quicker than an agency trace ✓ Healthier to do your own trace ✓ Possible to obtain identifying information without reuniting 	<ul style="list-style-type: none"> × No access to identifying information × Agencies sometimes withholding information

Using Your Adoption Agency To Trace

If you have decided to use your adoption agency to trace, or if you need to contact your adoption agency for any reason, here are some guidelines to help you through the process. These guidelines are relevant to anyone dealing with an agency. We would also encourage you to continue reading this Tracing Handbook, regardless of what choice you have made.

Guidelines for Dealing with Adoption Agencies

- ✓ Always communicate **in writing** using **Registered (Signed For) Post**.
- ✓ **Do not** give the agency a contact number. If you absolutely have to contact the agency by phone (e.g. to arrange an appointment), we advise that you use a private number (this can be done from any Irish landline by placing 141 before the number to be dialled).
- ✓ Remember, you are a client of the agency and you should expect to be treated respectfully.
- ✓ If you are seeking **information only** make this clear **in writing** to your agency, telling the agency **not** to make contact with your natural mother on your behalf.
- ✓ If you are told that you have been placed on a waiting list, ask how long the wait is and ask to be kept regularly informed of your place in the queue.
- ✓ If you feel your agency is treating you unfairly, please visit www.adoptionrightsalliance.com where you can make a complaint against your agency.
- ✓ Keep track of your paperwork in a folder or file and keep a copy of any correspondence sent to the agency.
- ✓ If you wish, copy your correspondence to Adoption Rights Alliance, clearly stating that you have done so at the end of the letter.

PLEASE NOTE YOUR ADOPTION AGENCY MAY HAVE CLOSED.

Check for your agency in the Links section of our website and if you discover your agency has been closed, you should be able to locate the relevant agency/HSE to contact there. If you feel you are being treated unfairly, please contact us at complaints@adoptionrightsalliance.com

Tracing For Yourself

If you have decided to trace for yourself, Adoption Rights Alliance's Tracing Handbooks will show you the steps you should take. The method is discreet, completely legal and makes use of the Civil Registration system, which is used by genealogists when compiling family trees. It is essential to follow each step very carefully and ask questions if you are unsure of what you are doing.

The first step on the journey is obtaining your birth certificate and this guide will show you how to achieve this.

The Birth Certificate Myth

The Adoption Authority states that natural mothers must first be contacted before it will release a birth certificate to an adopted person. This is completely unnecessary and by using this Tracing Handbook you can obtain your birth certificate without having to contact your natural mother first.

Key Points to Remember

- Read this document thoroughly
- Prepare yourself emotionally for your trace and avail of support
- Decide whether you want to trace for yourself or ask your agency to trace for you
- Take your time making decisions

1. Confirm You Were Born in England/Obtain Non-Identifying Information

Before proceeding, we recommend the circumstances of your birth with your Irish adoption agency. To do this, we suggest that you write to the agency in question, asking them if you were born in England and asking them to confirm the name and details of the English adoption agency that handled your adoption.

In this letter, we also recommend that you ask the agency for whatever non-identifying information they have available. There is a list of sample questions below to guide you.

When you know the English agency, you should also write to them asking for whatever information they have on file about your adoption.

A Note About Non-Identifying Information

Some adoption agencies have been known to supply incorrect non-identifying information, e.g., the natural mother's age, so you should allow for this when you are tracing. **If you are unsure of anything, contact Adoption Rights Alliance for further advice.**

If you know what (Irish) adoption agency dealt with your adoption

Verify the current address of the agency using the list of names and addresses on our website and contact them asking them for non-identifying information. There is a sample list of questions below to guide you.

If you don't know the agency

Write to the Adoption Authority asking them for the name of the agency. The sample letter below will guide you in what to say.

Sample Letter to the Adoption Authority:

Information and Tracing Unit
Adoption Authority
Shelbourne House
Shelbourne Rd, Dublin 4

To Whom It May Concern:

I would be obliged if you could inform me of the name and address of the adoption agency that dealt with my adoption.

I would also like a copy of my non-identifying details from my file in the Adoption Authority.

My details are as follows:

Name: Joe/Jane Bloggs Date of Birth: 03-01-67
Name of adoptive parents: John and Mary Bloggs
Address at time of placement: 11 Main Street, Dublin.
My current address: 21 Main Street, Cork.

Could you also confirm that I was born in England?

I would appreciate if you could give this matter your attention at your earliest convenience.

Yours faithfully,

Joe/Jane Bloggs

Sample Questions

Below is a sample list of questions to ask your adoption agency. You should amend the list to suit your own needs. If you have already traced (either successfully or unsuccessfully) and see questions you wish you had asked at the time, there is no reason why you should not ask them now.

General

- What was my original first name?
- Where was I born?
- What time was I born?

Natural Mother

- What was my natural mother's first name?
- What was my natural mother's marital status at the time of my birth?

- Were my natural mother's parents living at the time of my birth/adoption?
- What age was my natural mother when I was born?
- Where did my natural mother come from?
- What were the occupations of my natural mother's parents?
- What was my natural mother's occupation?
- Were any other members of my natural family aware of my existence?
- Were any members of my natural family supportive to my natural mother?
- Has my natural mother had any contact with the adoption agency since I was born? If so, please supply further details.
- Do you have any knowledge of my natural mother's marital status?
- Did my natural mother leave any messages on file for me?
- What is my natural mother's education level?
- Did my natural mother express her feelings about my adoption?
- Did my natural mother express any feelings about contact in the future?
- Was my natural mother a resident of any other 'institution' offering social care/support either prior to or post my birth?

Natural Father

- Do you have any details regarding my natural father?
- Was he aware of my existence?
- Was he supportive of my natural mother?
- Has my natural father had any contact with the adoption agency since I was born? If so, please supply further details.
- What details are on file concerning the relationship that resulted in my conception?

Siblings

- Did my natural mother lose any other children to adoption?
- Was I my natural mother's first child? If not, please supply any details of prior births.
- Did my natural mother have any children subsequent to my adoption?
- How many brothers and sisters did my natural mother have?

Other Natural Family Members

- Did any other members of my natural family contact the agency at any time?

Birth

- Was my birth normal or were there complications?
- What was my birth weight?
- Were there any difficulties with the pregnancy?
- Was I carried to full term?
- If not, what precipitated early delivery and at what stage in the pregnancy?

Health

- Did I present as healthy at birth?
- Please supply me with details concerning my health from the time I was born until I was placed with my adoptive parents.

- Prior to my placement with my adoptive parents did my weight increase at a normal pace?
- Are there any hereditary medical conditions in my natural family?
- What was my natural mother's state of health at the time of my birth?
- Is there any medical information available regarding any other children born (either dead or alive) to my natural mother?
- Was my natural mother a resident of any other 'institution' offering social care/support either prior or post my birth?

Baptism

- What church was I baptised in?
- Was my natural mother or any other natural relative present at my baptism?
- Who was my sponsor at baptism?

Mother & Baby Home/Nursing Home

- Were any developmental difficulties noted during my stay at [name of mother and baby home/nursing home]?
- Were any bonding/attachment difficulties noted?
- Was my natural mother with me prior to my placement with my adoptive parents?
- Were visitors allowed in [name of mother and baby home/nursing home]?
- Did I receive any visitors? If so, who were they?
- Is there any anecdotal information regarding my stay in [name of mother and baby home/nursing home]?
- Was my natural mother transferred from the mother and baby home to a Magdalene Laundry and if so, what were the circumstances?

General Questions

- Did my natural mother give informed consent to my adoption?
- Was my natural mother made aware of any other choices apart from adoption?
- Did my natural mother sign a contract or letter requiring/requesting confidentiality or anonymity from [name of agency]? If so, I would be obliged if you could furnish me with a copy of the documentation.
- What support did my natural mother receive after my adoption?
- Did you give my adoptive parents any information about my natural family, medical or otherwise?

IMPORTANT! COMMUNICATE IN WRITING AND USE REGISTERED POST

It is advisable to use **Registered Post** in all correspondence with the Adoption Authority and your adoption agency. We advise that you **do not provide a contact phone number** as you may be contacted at an inappropriate time. We recommend that you obtain any information **in writing** and all information provided by an agency should be checked thoroughly.

Key Points To Remember

- If you know your agency, write and ask for confirmation that you were born in England and ask for non-identifying information
- If you don't know your agency, write to the Adoption Authority
- Communicate only in writing and via Registered Post

2. Obtaining your Birth Certificate

In England since 1975, adopted people have had the right to their birth records upon turning 18 years of age. Those adopted before 12th November 1975, you will be required to meet with a social worker or approved counsellor before obtaining for your birth certificate. If you were born after 12th November 1975, you should apply to the General Registrar for the required details to obtain a copy of your birth certificate.

The necessary form is attached to the end of this Handbook – those born both before and after November 1975 can use this form.

When you have your birth certificate, you can then progress your trace, as outlined below.

3. Obtaining Your Natural Mother's Birth Certificate

If you have completed the checklist above, your next step is to try to get a copy of your natural mother's birth certificate.

3.1 Visiting the General Registrar's Office

To obtain your natural mother's birth certificate, you need to visit the Research Room in the General Registrar's Office. The Research Room is located at Werburgh street, Dublin 2.



Checklist BEFORE Visiting the Research Room

- ✓ Read this Tracing Handbook thoroughly
- ✓ Bring a copy of this Tracing Handbook with you to the Research Room
- ✓ Bring pens, a notepad and ruler (for checking the books)

General Information/Tips for Your Visit to the Research Room

- ✓ Opening hours are Monday to Friday from 9.30am – 4.30pm (open during lunch).
- ✓ Bring sufficient money to cover you for the day.
- ✓ When you pay for a General Search, you can request as many books as you wish for the same fee for that day. However, you will still have to pay for photocopies of certificates individually.
- ✓ When you pay for a Five Year Search, you will receive books for five **consecutive** years (e.g. 1973 – 1977), though when searching for your birth certificate you will only need the book for your year of birth (unless you were born late in the year, in which case see the section below about searching the registers).
- ✓ Only **eight** photocopies of certificates per person per day are allowed, though the GRO will post out any surplus requests to you if you wish.
- ✓ Note: Up to three people can view the registers under the same General Search so bring a friend or relative if they are available to help look through the registers. You can also avail of double/treble the amount of photocopies.
- ✓ Do not hesitate to ask Research Room staff for help.

Research Room Fees

General Search: €20

Five Year Search: €2

Photocopies: €4

Full Certificates: €8 with references, €10 without

3.2 Searching the Register of Live Births

When searching for your natural mother's birth certificate, your two main sources of information are your birth certificate and your non-identifying information.

3.2.1 Your Natural Mother's Name

Look at your birth certificate and take note of your natural mother's name. Unusual names are easier to work with, but **always** exercise caution when researching the books in the Research Room.

Please be aware that many Irish families engaged in unusual practices when naming their children. E.g. your natural mother's name might be stated as "Mary Murphy" on your birth certificate, but her birth certificate might say she is "Bridget Mary Murphy". You should take this into account when searching the books in the Research Room.

It is advisable to request your agency or the Adoption Authority to confirm that your mother's name is correct, though unfortunately there are no guarantees that your request

will be granted. **Don't forget to use Registered Post in all correspondence with the Adoption Authority and adoption agencies.**

3.2.2 Your Natural Mother's Address

Check your birth certificate for an address for your natural mother; though bear in mind that it might only be the address of where she worked. Please do not be disheartened if your birth certificate does not contain an address, it is still possible to proceed. You should also check your non-identifying information, your agency may have told you what part of the country your natural mother came from, though as with all non-identifying information, you should treat it with caution and allow for mistakes.

3.2.3 Your Natural Mother's Age

Your agency may have told you your natural mother's age or approximate age. This age might be accurate, but many people have found that the agency made mistakes with this information. Hence, when searching the books, it is advisable to not just look in one year but check the two years either side as well. Please see the example below for further details.

Establishing Natural Mother's Year of Birth

Adopted Person's Date of Birth: 01-01-1963

Natural Mother's Age*: 19

**Bear in mind the non-identifying information may be inaccurate*

From this information you can deduce that your natural mother would have been born around 1944. (1963 - 19 = 1944)

Therefore you should check the Register of Live Births for at least the following years: **1942, 43, 44, 45 and 46.**

3.3 Narrowing Down Possibilities

Your non-identifying information will help you narrow down the possible birth certificates for your natural mother. You should take the following information into account:

3.3.1 How Many Siblings Your Natural Mother Had

This information can be invaluable in terms of establishing your natural mother's identity. E.g. if you know your natural mother had three brothers and four sisters, you can check the books for these siblings to help confirm your possibilities. So, if you have two possibilities, both named "Mary Murphy", both at the age of your natural mother, you can use the information you might have about siblings to help you narrow things down.

Surname	Child's Name	Mother's Maiden Name	Area of Reg.	Vol	Page
Murphy	Mary	Jones	Dublin S	2	421
Murphy	Mary	Dunphy	Delvin	3	211
Murphy	Sheila	McKenna	Dublin N	4	433
Murphy	Mary	Jones	Dublin N	2	366

In the example above, the two Mary Murphys' mother's maiden names are different, therefore (using our example above) you need to check for three brothers and four sisters

of each Mary Murphy. Your agency may have told you what order the siblings came in, e.g. two older brothers and all other siblings were younger. You can use this information to guide you in terms of what years you should check. Please see the example below for instances of brothers of both Mary Murphys.

Surname	Child's Name	Mother's Maiden Name	Area of Reg.	Vol	Page
Murphy	Mary	Jones	Dublin S	2	421
<i>Murphy</i>	<i>John</i>	<i>Dunphy</i>	<i>Delvin</i>	<i>4</i>	<i>256</i>
Murphy	Sheila	McKenna	Dublin N	4	433
<i>Murphy</i>	<i>John</i>	<i>Jones</i>	<i>Dublin N</i>	<i>1</i>	<i>656</i>

Hopefully both women would not have had the same number of siblings and this information will help narrow down the possibilities that you have. If not, don't worry; there are other ways of doing so.

3.3.2 Your Natural Mother's Father's Occupation

If the agency told you what your natural mother's father's occupation was, this can also be helpful to eliminate possibilities. This information is usually contained on the birth certificate. You should allow for paraphrasing of the job title and also allow for the possibility of the father having changed his occupation.

3.3.3 Death of One of Your Natural Mother's Parents

Your non-identifying information might state that one of your natural mother's parents died. If the information includes the approximate year in which the death occurred, it will make it easier for you to search. You can search the Register of Deaths in the Research Room in a similar manner to the Register of Live Births.

If you find that more than one of your possibilities meets these criteria, often the cause of death (which is stated on the death certificate) can help you eliminate one or more possible matches if you have been told this information.

3.4 Can't Find Your Natural Mother's Birth Certificate?

3.4.1 Births Outside Ireland

If you cannot find a birth certificate for your natural mother, don't worry it is possible that she may have been born outside of Ireland.

UK records are relatively easy to search once you have internet access and these can be accessed www.findmypast.com

3.4.2 Non-Registered Births

It is also possible (particularly if your natural mother is quite old) that her birth wasn't registered. In this instance you should seek church records.

3.4.3 Check for a Marriage Certificate

If you are having difficulty in locating your natural mother's birth certificate, you should check the Register of Marriages in the Research Room to see if there is a record of her getting married. (See further details in the next section) If you locate this information and the details match your non-identifying information you should then be able to work backwards and locate her birth certificate, which might be in the Irish system, but you should also allow for her having been born abroad.

3.4.4 Seek Advice

If you cannot find your natural mother's birth certificate and are unsure how to proceed please contact us at tracing@adoptionrightsalliance.com for advice on your particular case.

4. Obtaining Your Natural Mother's Marriage Certificate

Once you have obtained your natural mother's birth certificate, your next step is to locate more recent details for her. The first step in this process is establishing if your natural mother married or not.

4.1 Searching the Register of Marriages

Searching the Register of Marriages in the Research Room is quite similar to searching the Register of Live Births. Marriages are registered in both the maiden and married names, so you should look for marriages in your natural mother's maiden name from your year of birth onwards. Recent marriage certificates contain the bride and groom's dates of birth so you should be able to confirm which one is correct without much difficulty. With older certificates you can use details like your natural mother's parents' names to help you narrow things down.

4.2 Check for Children from the Marriage

If you find that your natural mother has married, your next step is to establish whether there were any children born to your natural mother from that marriage. This isn't difficult to do and can be completed easily using the method outlined below.

Say for example your natural mother's maiden name was Smith and her married name is Brown. You are looking for children born with that combination of surnames – e.g. Brown/Murphy will not be a match. This is useful information to obtain because the youngest child's birth certificate will contain the most recent address for your natural mother.

4.3 Church Records

If your natural mother married within the Catholic Church, normally her *full* baptismal certificate will contain all of the relevant details. If you wish to obtain church records, contact the parish priest for the relevant area and request a full baptismal certificate. If you are having difficulty in finding the details for the church in question, contact us on tracing@adoptionrightsalliance.com and we will do our best to assist you.

4.4 Can't Find A Marriage Certificate?

If you can't find a marriage certificate for your natural mother, it is possible that she did not marry. It is also possible that she married outside of Ireland. If you think she went to the UK (or remained there after your birth), you can search the records at www.findmypast.com

5. Present Whereabouts

After spending a lot of time searching you have almost reached your goal and it is difficult not to rush ahead with contact. **We strongly advise you to continue reading this document to the end.** In the next section we will explain how to go about making contact in an ethical and respectful way, so while you might have your natural mother's contact

details in front of you right now, please keep reading so that you are as prepared as possible for what can happen.

Your next step is to locate your natural mother's present whereabouts and there are a number of search tools that are available that should help you further your trace.

5.1 The Irish Phonebook

The Irish Phone Book is available to search online through <http://www.eircomphonebook.ie>. Please act responsibly with any information you obtain and we strongly advise that you **do not** pick up the phone and attempt to contact your natural mother in this manner (see Section 4 below).

5.2 Register of Electors

Another useful search tool is the Register of Electors, which is available from the relevant local library, Garda Station or County Council Offices.

Most Electoral Registers are also available online at <http://www.checktheregister.ie>

5.3 Find My Past

Your natural mother may now be residing in the UK and records for UK births, deaths and marriages can be accessed online at the following location: www.findmypast.com

When you obtain details from Find My Past you can apply for certificates at:

General Register Office
PO Box 2,
Southport
Merseyside PR8 2JD
Tel: 0870-243 7788
Email: certificate.services@ons.gov.uk
Web: www.col.statistics.gov.uk

OR

Family Records Centre
1 Myddelton Street
London EC1R 1UW
Tel: 0870-243 7788
General Enquiries: 0208-392 5300
Email: frc@nationalarchives.gov.uk
Web: <http://www.familyrecords.gov.uk/frc>

5.4 192.com

If you find that your natural mother is in the UK, visit www.192.com, which is a useful website for locating UK based people.

5.5 Search Engines

Search engines such as www.google.ie or www.yahoo.co.uk have proven to be very useful searching tools. When you visit a particular search engine just simply type in the name of the person you are looking for and see what results you come up with. Try to use different

combinations when you are searching so that you can maximise the results, see the examples below:

“Jane Jones”
“Jones, Jane”
“janejones”
Jane Jones
“J Jones”

If you know that the person you are looking for lives in Ireland you can also ask the search engine to only find pages from Ireland.

6. How to Make Contact

When you have your natural mother's present contact details, you are now in a position to make contact with her. We would urge you to remain calm at this point and think things through before acting. Please read this section carefully and contact us if you have any questions.

Please note! Before making any kind of contact double check your work to ensure you have definitely got the right details!

6.1 Phone, Visit or Letter?

Even if you know your natural mother's phone number and know where she lives, we advise that you make discreet contact **by letter or email only**. Phoning or arriving on a doorstep is not a helpful way of making contact because these methods will not give your natural mother a chance to gather herself and get used to the idea that you are in contact. A letter or email is a safer method to use, because your natural mother can read it over and make contact with you in her own time.

Though you might be eager to make contact with your natural mother, bear in mind that while you know you have been tracing, your natural mother doesn't and won't have had time to prepare herself.

Although you might have your natural mother's address and phone number, you won't know what members of her family are aware of your existence; therefore discretion is of the utmost importance. A discreet letter that only your natural mother will understand is the best method to use. Sample letters are provided in the next section to guide you.

Please note if you don't want to receive a phone call from your natural mother in response to your letter, in case you are in work or somewhere you cannot talk, then it is advisable to only give your postal address and email address. Please also note that an email address may not be accessible to everyone, especially older women, so you might want to offer a postal address regardless.

If you are making contact around the time of your natural mother's birthday or Christmas, another method to use is sending a card, which might not be noticed too easily by others. Just remember to be discreet and ensure that only your natural mother will understand the real meaning of the card.

6.2 Sample Letters

Sample Letter No. 1

Dear [natural mother's name],

This is [your original first name], you might remember me from [place/city of birth], we used to know each other in the [decade/year of your birth]. I would like if we could make contact and catch up.

If you would like to contact me my details are as follows:

[Your name and address]

Yours sincerely,

[your original name] (now [your adoptive name])

Sample Letter No. 2

Dear [natural mother's name],

This is [your original first name], it must be [your age] since we saw each other last. It would be great if we could write and catch up on old times.

If you would like to contact me my details are as follows:

[Your name and address]

Yours sincerely,

[your original name] (now [your adoptive name])

7. After Making Contact

Once you have sent your letter, the waiting can be very difficult and you are likely to experience a wide range of emotions, ranging from frustration to fear. Talking to other adopted people can help, so visit our website if you would like to join our Facebook group. If you feel you shouldn't have sent the letter in the first place, don't worry as this is very normal. This section deals with possible scenarios that may occur and it is wise to read through them so that you can prepare yourself for what may be ahead.

7.1 You Receive a Positive Response

Most people who receive a positive response to a first contact letter are delighted with the news. Sometimes you can also experience fear at this point, mixed in with the happy emotions. This is perfectly normal so just take your time and move at a pace which is comfortable for you.

7.2 No Response Received

You should allow at least a month to six weeks for a response before considering trying to make contact again as you should allow your natural mother time to absorb the news that you would like to contact her. Remember, you have had time to prepare yourself, but your natural mother has not and this news is likely to come as a shock to her, so give her the time to let it sink in.

7.3 You Receive a Negative Response

In some cases, natural mothers do not want contact and this is undoubtedly a very difficult thing to have to deal with. If this is the response you receive, remember that the right thing to do is respect your natural mother's decision. You should also be assured that you have by no means reached the end of the road and in most cases there is a possibility of making contact with other family members. Please see our other Tracing Handbooks for further details or contact us on tracing@adoptionrightsalliance.com

8. Contact Registers

8.1 National Adoption Contact Preference Register

In addition to your trace, you should also consider registering with the National Adoption Contact Preference Register (NACPR). Visit this link for further details:

<http://www.aai.gov.ie/index.php/information-a-tracing/contact-preference-register.html>

Please Note: Registering with the NACPR does not mean that the Adoption Authority will initiate a trace on your behalf. Please also note that you should make your wishes explicitly clear to the Adoption Authority in terms of how you would like your case to be handled, e.g. you may not wish to deal with your adoption agency if a match is found.

8.2 NORCAP Adoption Contact Register

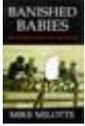
It is also worth registering with UK based adoption contact registers – the first is run by NORCAP and available at www.norcap.org.uk.

8.3 (UK) General Register Office Adoption Contact Register

Available from: www.direct.gov.uk/gro

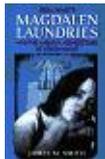
Suggested Reading List

Background to Irish Adoption



Banished Babies,
by Mike Millotte

Export of over 2000 Irish children to the United States in the 1950's, 1960's and 1970's.



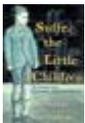
Ireland's Magdalen Laundries and the Nation's Architecture of Containment
by James M. Smith

Excellent book documenting church/state collusion in incarcerating women in Magdalene Laundries, many of whom lost children to adoption.



Do Penance or Perish: Magdalen Asylums in Ireland,
by Frances Finnegan

The book focuses on the Magdalen Homes run by the Good Shepherd nuns in Ireland.



Suffer the Little Children: The inside Story of Ireland's Industrial Schools,
by Mary Raftery and Eoin O'Sullivan

A comprehensive look at the entire state/church child care system in Ireland.



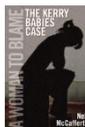
The Light in the Window,
by June Goulding

The author worked as a midwife in the Bessboro', Cork mother-baby home attached to the Sacred Heart Adoption Agency.



The Lost Child of Philomena Lee
by Martin Sixsmith

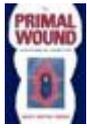
Of interest to those born in Sean Ross Abbey – the story of Philomena Lee and her son who were separated from each other by adoption.



A Woman To Blame – The Kerry Babies Case
by Nell McCafferty

Though not directly adoption related, this book provides an excellent window into the social circumstances and pressure faced by natural mothers.

The Adoption Experience



Primal Wound: Understanding the Adopted Child,
by Nancy Verrier



Lost and Found: The Adoption Experience,
by Betty Jean Lifton



Twice Born: Memoirs of an Adopted Daughter,
by Betty Jean Lifton



Journey of the Adopted Self: A quest for Wholeness,
by Betty Jean Lifton



The Adoption Reunion Survival Guide,
by Julie Jarrell Bailey & Lynn N Giddens



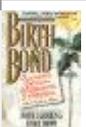
The Adoption Nation: How the Adoption Revolution is Transforming America,
by Adam Pertman



Blue-eyed Son: The Story of an Adoption,
by Nicky Campbell



Twenty Things Adopted Kids Wish Their Adoptive Parents Knew,
by Sherrie Eldridge



Birth Bond: Between Birthparents and Adoptees,
by Judith Gediman & Linda Brown



Wake Up Little Susie: Single Pregnancy and Race Before Roe Versus Wade,
by Ricki Solinger



Adoption Reunion, Ecstasy or Agony?
by Evelyn Robinson



Home Office

Identity & Passport Service

Application for Access to Birth Records (Living outside of England or Wales)

My details given at Adoption	
Adoptive surname	
Adoptive forename(s)	
Date of birth	
Country of birth (if known)	
Name of adoptive mother (Please state even if birth mother)	
Name of adoptive father (Please state even if birth father)	
Date of adoption (if known)	

Person adopted before 12th November 1975
 I understand that before I can receive this information I must attend a meeting with an approved adoption advisor. (Go to **Section A** or **Section B** and then complete **Section C**) please tick

Person adopted on or after 12th November 1975
 I understand that if I wish to see an adoption advisor I can choose to do so.
I wish to see an adoption advisor. (Go to **Section A** or **Section B** and then complete **Section C**) please tick
I do not wish to see an adoption advisor. (Complete **Section C**) please tick

Section A. I am living outside the UK and would prefer my meeting to take place at:
 (please choose approved organisation from the enclosed list).
It is always advisable to telephone the organisation to confirm they are able to see you.

i	Name and address of organisation:	
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Section B. Please telephone the Adoption Section on +44 (0) 151 471 4830 for advice before completing this section. I will be visiting the UK and would prefer my meeting to take place at:
 (tick **one** of the following)

i	The General Register Office, Southport, Merseyside (limited availability monthly).	
ii	The Local Authority in the area where I will be staying. (please specify)	
iii	An Intermediary Agency (must be registered for this service - please specify)	
iv	I would prefer my meeting to take place with the arranging adoption society whose name and address is:	

Section C. I declare that to the best of my knowledge and belief I am the adopted person to whom the above particulars relate.

Current signature	Date
Print current name	
Current address	
Telephone/mobile number	
Email address	