



FREEPHONE HELPLINE

0808 808 3555

Access to interpreters
helpline@contact.org.uk
www.contact.org.uk

Open 9.30am–5pm Monday to Friday

Contact Head Office
209–211 City Road
London EC1V 1JN

📞 020 7608 8700

✉ info@contact.org.uk

We have teams across England, Northern Ireland, Scotland and Wales. For information about how we can help in your local area please call our helpline or visit www.contact.org.uk/in-your-area



HELPFUL GUIDE

Our *Helpful Guide for families with disabled children* is packed with essential information and will point you to more in-depth help and advice. Order yours today by visiting www.contact.org.uk/helpful-guide



HELP FOR PROFESSIONALS

We help professionals work successfully with families with disabled children by providing training and consultancy. Find out more at www.contact.org.uk/professionals

HOW WE CAN HELP
FAMILIES WITH
DISABLED CHILDREN



contact



We are Contact, the charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed.



EDUCATION & LEARNING

We can provide advice and information to help you access support for your child at nursery, school, or college.



DIAGNOSIS & MEDICAL INFORMATION

We can support you when getting a diagnosis for your child, provide guidance to reliable medical information, and support groups who can help.



MONEY & FINANCIAL HELP

We can provide advice about benefits, for you and your child, and information on other sources of financial help.



RIGHTS TO PRACTICAL HELP

We have information about aids, equipment, adaptations, and services which may be available to support you and your child.



PLAY, LEISURE & HOLIDAYS

We can help you find information about local schemes and places to have fun. We can also tell you how to get help finding and paying for holidays.



WORK & CHILDCARE

We can help you find out about and pay for suitable child care, and provide advice on in-work benefits.



COMMON CONCERNS THROUGH THE YEARS

We can support you and your child in the early years, and with issues like behaviour, sleep, feeding, communication, and through the teenage years into adult life.



YOU AS A PARENT CARER

As a parent, it's natural that your first instinct will be to think about your child. But it's important to think about yourself too – we can help you find services to help you in your caring role.



FAMILY, FRIENDS & RELATIONSHIPS

We are here to support everyone involved with caring for a disabled child, including support for your relationships, brothers and sisters, dads, grandparents, and friends.



CONNECTING WITH OTHER PARENTS

We can help you link up with parents whose child has the same condition, or make contact with other parents living close to you.

Turn the page to find out how to get in touch with us.

“The work Contact does is wonderful. They helped us get on our feet and enjoy being a family.”
Parent carer

