

About Contact a Family

Families with disabled children want the same things as other families, they want to see their children reach their full potential, they want to be included and accepted by their community and they want to enjoy time together and have fun. Contact a Family is there to help them achieve this.

We are the only UK-wide charity that provides advice, information and support to over 340,000 families with disabled children each year, whatever the child's condition or disability. We have over 30 years of experience working with families of disabled children, giving advice on all aspects of caring for a disabled child, offering emotional support at times of distress and organising fun days to encourage families to make lasting friendships and support each other.

In the last year:

- our **family services** reached 9,000 families, providing one-to-one support to families across the UK
- our **helpline** answered over 8,000 enquiries from families in crisis or need. They provided vital advice including help with claiming benefits and negotiating with health, social services or education bodies
- we brought together 12,000 parents at workshops and meetings for support and to learn new skills, and
- we **linked** up over 179,000 parents with children with rare conditions.

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Mandy's Story

"People who don't understand Ethan have described him as 'disruptive' and even 'wicked'. But people with Asperger's just see things differently – it doesn't make them evil.

He was never an easy baby and as a toddler he became hyperactive and presented signs of OCD. I was continually worn out by the end of the day, and it felt like I was being labelled as a bad parent.

By the time he was almost seven, I was feeling stressed and overwhelmed with all the work - I wasn't getting any help and I was becoming quite depressed. This was when I called Contact a Family. They helped me get financial aid and sent leaflets for my teenage son James, which he could read and understand in his own time.



Asperger's is an invisible condition and people don't realise how much hard work it is. As adults, we're conditioned by social norms but I've discovered that taking on Ethan's mindset means I worry much less. It's strengthened me as a person and given me the ability to fight my corner.

We really appreciate all the work and support Contact a Family does and gives to families like mine. Please keep up the good work – it's priceless to people like me and those who would otherwise suffer in silence."

contact a family
for families with disabled children



Payroll giving

A great way to support families with disabled children with a regular gift through your pay

Support us through your pay

What is payroll giving?

Payroll giving is a simple way to let you donate to Contact a Family straight from your gross salary (before tax is deducted). By doing this, your ongoing donation will help families with disabled children into the future.

What do I need to do?

As an employee getting paid through PAYE, all you need to do is ask the payroll department to deduct a regular amount from your salary by filling out a simple form, saying how much you'd like to give.

If your employer doesn't offer payroll giving, ask them to contact us and we will let them know how to set up a system.



What does my employer need to do?

If you work for a company and/or personal pension provider that deducts tax through PAYE, simply contact us and we will put you in touch with a payroll giving agency who deal with the processing of donations on your behalf – it's as easy as that.

Why is payroll giving important?

Payroll giving has many advantages for everyone involved:

- you benefit from immediate tax relief, as donations are deducted before tax is calculated, and
- employers fulfil their Corporate Social Responsibility, by demonstrating their commitment to the causes you care about.

For us, it means regular income to continue supporting families with disabled children across the UK.

Apart from boosting morale, your company could also be eligible to enter the government supported National Payroll Giving Excellence Awards. Please visit www.payrollgivingcentre.com for more information.

How does it work?

Once you've filled out a form saying how much you'd like to donate, your employer sends over your gift to a payroll giving agency, which passes the money on to Contact a Family. Here's a table to illustrate typical amounts:

Pledge	Cost to You (Basic rate tax payer)	Cost to You (Higher rate tax payer)	Charity Receives
£5	£4	£3	£5
£7.50	£6	£4.50	£7.50
£10	£8	£6	£10
£20	£16	£12	£20

** Please note this is a sample table, you can choose to donate any amount weekly or monthly.*

You don't have to tell your employer which charity you support. Instead you can tell the payroll giving agency where to send your donation, and you can also choose to be anonymous.

How will my money help?

£5 a month will give two families vital information and a listening ear via our national freephone helpline

£7.50 a month will help link families together so they can learn from and support each other

£10 a month will pay for a family to go to one of our 250 workshops, outings and family days held across the UK every year.



Pledge Form

Yes, I'd like to give tax free from my gross salary to Contact a Family.

Donation amount: £5 £10 £15 £20
Other _____

Frequency: Weekly Monthly

One off donation

I understand that no further tax is recoverable on this gift

Your details

Title and full name _____

Address _____

Postcode _____

Phone _____

Mobile _____

Email _____

NI number (if known) _____

Employee number _____

Your employer

Name _____

Address _____

Postcode _____

Phone _____

Email _____

By providing us with your email address you are opting into receiving occasional emails from Contact a Family.

How would you like to hear from us?

Please keep me up to date with all future mailings and newsletters

Only send me Contact a Family's supporter update

Please do not send me further fundraising mailings

Data protection: Contact a Family is committed to the confidentiality of your personal information. Personal data will be held and used in accordance with the Data Protection Act 1998 and will not be shared with any third parties for commercial use.