

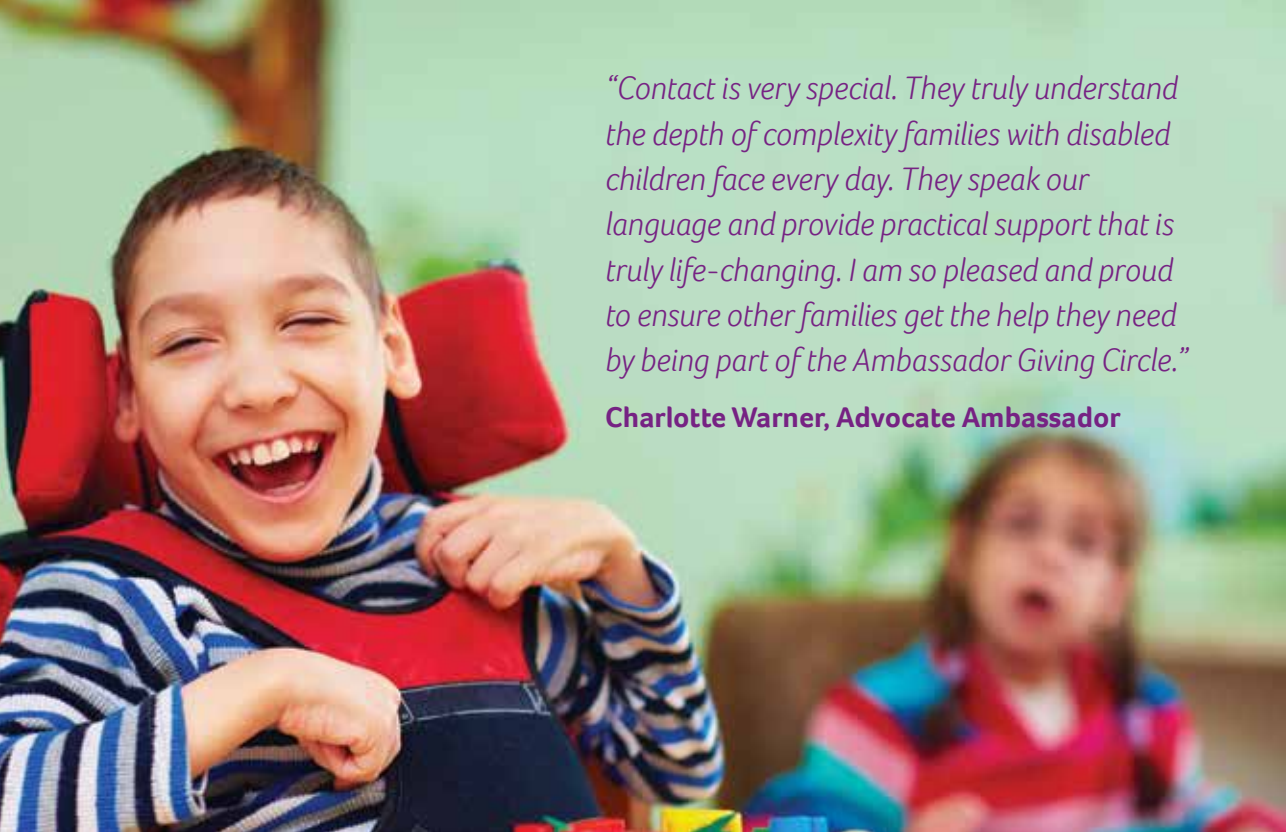
AMBASSADOR GIVING CIRCLE

TRANSFORMING LIVES TOGETHER

A photograph of two young girls sitting on a dark-colored couch. The girl on the left is wearing a grey hoodie and denim overalls, resting her head on her hand. The girl on the right is wearing a dark t-shirt and has her arm around the first girl's shoulder. They are both looking towards the camera with serious expressions. The background is a simple indoor setting with a white door and a string of lights.

contact

For families with disabled children



“Contact is very special. They truly understand the depth of complexity families with disabled children face every day. They speak our language and provide practical support that is truly life-changing. I am so pleased and proud to ensure other families get the help they need by being part of the Ambassador Giving Circle.”

Charlotte Warner, Advocate Ambassador

We transform lives – but we cannot do it alone

Contact is here for every UK family with a disabled child – whatever their condition, wherever they are.

Especially those parents who are struggling, feeling isolated and overwhelmed by the effort to get the support their child (and indeed they) need.

Importantly, rather than creating dependence, we enable families to support themselves by giving them the information and tools they need.

We are a small, well run charity with a very big heart. And we are ambitious, determined to reach more families in need and reach them sooner.

But we can't do this alone. We cannot make the difference that we make, without the support and investment of people like you.

Please help us transform lives by joining our Ambassador Giving Circle today.



Amanda Batten
Contact CEO

Every day in the UK over 100 children are born or diagnosed with a disability

This is something no parent prepares for and too often families are left to struggle alone, frightened, overwhelmed and not knowing where to turn.

A desperate lack of services makes it even harder. Parents are exhausted and stressed as they battle to provide the best life possible for their child.

As a result they can spiral into crisis.

1 in 3
families with disabled children take out loans to pay for food

72%
of parent carers suffer from mental ill health due to stress and isolation


1 in 4
children are not getting essential therapies

None of this is inevitable.

Contact helps families take back control. We enable them to overcome the challenges they face, and focus on what really matters – enjoying family life.

Each year we support over 100,000 UK families through support programmes and workshops, a free Helpline and expert online resources. We also link families together so they can support each other.

This is support families struggle to find anywhere else.



“My daughter’s condition threw us into a world that we never knew existed. Last year, I had a breakdown and was put on medication for anxiety. I’d had to cope and be strong for so long, that it all got too much.”

Parent carer

By Your Side: reaching families in hospital

Thousands of families with children in hospital are in desperate need of emotional and practical support.

They may be reeling from their baby being born with complex problems, struggling to cope with their child's diagnosis, or be living at their child's bedside for months at a time.

They also have to deal with overwhelming practical issues like keeping their home or job and worrying about their other children.

Contact's By Your Side team are based in children's hospitals across the country, when and where they are needed most.



“It was such a relief to find people who understood what I was going through. They pointed me in the right directions and made me feel like there was hope.”

Parent carer

You can transform lives

You can ensure Contact is here for all families with disabled children by joining our Ambassador Giving Circle.

Your strategic investment will have a life-changing impact. You will ensure families have the information, tools and support they need now and for the future.

By committing to three years of support you will help Contact to plan and provide services to families in the greatest need.

Ambassador Giving Circle members will be offered opportunities to:

- Meet our Chair, CEO, programme teams and parents
- Attend exclusive, high-quality events with fellow Ambassadors
- Meet families via project visits or family fun days
- Receive bespoke updates throughout the year



£2,800

could help reduce stress and poverty for 100 families



£15,000

could help us set up a parent led campaign to create national change



£30,000

could ensure that 600 families receive specialist support when their seriously ill child is hospitalised

Join us

Ambassador Giving Circle members pledge to donate each year for three years. This ensures families get the help they need, and enables Contact to leverage further funding.

Three Ambassador Giving Circle memberships are available.

ADVOCATE	£1,000–£9,999 per year
GUARDIAN	£10,000 – £29,999 per year
CHAMPION	£30,000+ per year

“Contact impresses me immensely, from their leadership to their impact. I have seen the challenges families with a disabled child face. Contact makes a big difference, but they cannot do this alone. Please become an Ambassador today and change the lives of families for years to come.”

Joseph Wright - Champion Ambassador

To become an Ambassador today or to find out more, please speak to our philanthropy team [**ambassadors@contact.org.uk**](mailto:ambassadors@contact.org.uk) or visit [**contact.org.uk/ambassadors**](https://www.contact.org.uk/ambassadors)

Family Finances: reducing poverty

On average it costs three times more to raise a disabled child than a non-disabled child. Often parents have to stop working to care for their child.

As a result, many families struggle to pay for food, clothes and heating. Parents' mental health often suffers due to the stress and isolation.

Our Family Finances service is unique. Our specialist advisers provide a clear picture of the family's finances, increasing income wherever possible – on average by £5,800 per annum for each family helped.

“I called your helpline in a desperate state. I was struggling financially and very isolated. That extra income meant I could concentrate on being a mum. Without Contact’s support I don’t know where we would be.”

Parent carer



Campaigning: a force for change

Families face an uphill battle to get basic help. The system around disabled children is a postcode lottery with daunting levels of bureaucracy.

We can change this, so families can thrive.

Contact works tirelessly to drive social and political change. Families inspire, drive and inform our campaigns. We work alongside others to win legal battles, lobby politicians, and raise the profile of our community in national media.

Together, we create fundamental and long-lasting national change.

For example, we changed the law so that the most poorly children in hospital can continue to receive disability payments. As a result, each year thousands of families worry less about money, and can focus on keeping their children safe and well.

Our campaigns are needed to continue shaping government policy and the funding environment for disabled children.



*“Contact punches
above its weight and
makes things better
for all of us.”*

Parent carer

How Contact transforms lives

Contact is here for all families with disabled children – whatever their child's condition, wherever they are in the UK.

RELIABLE ADVICE, INFORMATION & SUPPORT

Families often don't know where to turn for help. Contact provides expert information and advice via our free Helpline, online resources, medical directory for rare conditions and face-to-face support.

REDUCING LONELINESS

Contact was founded by parents supporting each other. We continue to connect families through our Wellbeing programme, at our Better Together family fun days and support groups.

REDUCING POVERTY

Our Family Finances team offers a unique service providing certainty and increasing family incomes.

PREVENTING CRISIS

The sooner families get support, the better their outcomes. Our By Your Side and Brighter Beginnings programmes reach families in hospital and provide support in the early years.

CREATING NATIONWIDE CHANGE

We want to see a better world where families with disabled children are understood and supported so we campaign for social and political change, informed and driven by the families we serve.

“Before we met Contact we were on our own. Now we are not on our own anymore.”

Parent carer



JOIN US

To become an Ambassador today or to find out more, please email our philanthropy team: **ambassadors@contact.org.uk** or visit **contact.org.uk/ambassadors**

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Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169). Company limited by guarantee registered in England and Wales (1633333). VAT registration GB 749 3846 82.

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“I’m honoured to be part of the Ambassador Giving Circle. Our pledged gifts enable Contact to plan better for the future. Most importantly, we stand alongside families with disabled children, ensuring they receive vital support. Please join us and let families know they are not alone.”

Gill Ackers, Guardian Ambassador



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