

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.



INFORMATION & ADVICE

Contact's [website and helpline](#) provides life changing advice and information about any aspect of raising a child with additional needs.



WORKSHOPS & EVENTS

[Free workshops, webinars and events](#) for parents on Money Matters, sleep, positive behaviour, speech and language, and more.



LISTENING EAR SERVICE

We offer [1-1 telephone appointments](#) with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support.



PUBLICATIONS

A [range of free guides and factsheets for parents](#), including our all-in-one [Helpful guide for families with disabled children](#) with all the information and help parents need to enjoy family life.



PEER SUPPORT

Our [private Facebook group](#) is a confidential space where parents can share knowledge, experience and meet other parents.



WORKPLACE & PARTNERSHIPS

Partner with Contact to [support families with disabled children in your workplace](#) and help transform lives.



NEWSLETTERS

Families can sign up to our free, regular e-newsletters to find out the latest news affecting them.



PARENT CARER PARTICIPATION

We support parent carer participation in England, which sees parents and professionals working together locally to improve services for disabled children.



FLEDGLINGS ONLINE SHOP

Our not-for-profit Fledglings shop supplies vital products and equipment to help with everyday challenges. Fledglings provides an easy and trusted environment to find the right solutions and allows families to connect and share their experiences.



CAMPAIGNS & RESEARCH

We influence policy and campaign so decision-makers tackle the inequalities faced by families with disabled children.

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





GET IN
CONTACT

FREEPHONE HELPLINE

0808 808 3555

Access to interpreters

helpline@contact.org.uk

contact.org.uk

Open 9.30 am – 5 pm Monday to Friday

Contact Head Office

209–211 City Road

London EC1V 1JN



020 7608 8700



info@contact.org.uk

For information about how we can help in your local area please call our helpline or visit:



contact.org.uk/contact-us



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 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 contact.org.uk/professionals