

A woman with blonde hair and sunglasses on her head is smiling and painting a ceramic bunny with a blue brush. A young girl with a pink headband is also painting the bunny. They are at a pottery studio with shelves of white ceramic items in the background. In the foreground, there are paintbrushes in a white mug and a partially painted ceramic bunny on a wooden table.

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





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