



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.



# 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.



### PEER SUPPORT

Our private Facebook group is a confidential space where parents can share knowledge, experience and meet other parents.



# WORKSHOPS & EVENTS

Free workshops, webinars and events for parents on Money Matters, sleep, positive behaviour, speech and language, and more.



#### **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.



# 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 <u>free, regular</u> <u>e-newsletters</u> to find out the latest news affecting them.



# 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.



# PARENT CARER PARTICIPATION

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



# CAMPAIGNS & RESEARCH

We <u>influence policy</u> 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 G.07 Wenlock Studios London N1 7EU

- Ø 020 7608 8700
- info@contact.org.uk

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

(h) 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**