

Does your child have difficulties with any of these?



Learning



Hearing



Behaviour



Speech



Physical disability



Medical condition



Sight

## How Contact a Family can help

Information for families

Incorporating **The Lady Hoare Trust**

## Does your child have difficulties with any of these?

### ■ Hearing

Is your child deaf or do they have difficulties with hearing?

### ■ Sight

Is your child blind or not able to see very well?

### ■ Speech

Does your child have difficulty communicating with others?

### ■ Physical disability

Do they have difficulties using certain parts of their body, for example walking, handling objects, going to the toilet?

### ■ Learning

Do they have difficulty in understanding simple instructions?

### ■ Behaviour

Does their behaviour cause problems to themselves or others?

### ■ Medical condition

Do they have a long term medical condition which affects their daily life?



If you would like help you can get in touch with Contact a Family on freephone 0808 808 3555. Contact a Family is an organisation which provides information and support to families needing extra help because of their child's disability or medical condition. Contact a Family is not part of the government and if you prefer you can call us without giving your name. Contact a Family can give you advice and information on many topics including:

## Education

We can help you find out if you can get extra help to support your child at school.

## Medical information

We can usually provide medical information about your child's condition and help you make contact with support groups who can also help.

## Behaviour

If your child's behaviour is causing you concern, we can provide information to help you understand and control their behaviour.

## Equipment in your home

We can tell you how to get help with equipment and get work done to your house to make it easier to look after your child.

## Transport

We can help you find out what is available to help you and your child get around.

## Short Breaks or help caring for your child

We can put you in touch with local services who might be able to provide someone to look after your child for a few hours or perhaps overnight so you can have a rest.



## Holidays and leisure

We can give you information about local places where you can take your child to have fun and enjoy yourselves. We can also tell you how to get help finding and paying for holidays.

## Want to study or go to work?

We can provide information to help you find suitable child care if you want to get a job or training to help you find work. We can also tell you about your employment rights if you decide to go back to work.

## Finance

We can tell you about financial help that you may be entitled to.

## Debt

If you are struggling to pay your bills we can put you in touch with organisations who can help.

## Contact with other families

We can help you make contact with other parents whose child has the same condition, or make contact with other parents living close to you who face similar problems.

## On the internet

Join us at [www.cafamily.org.uk](http://www.cafamily.org.uk)

Make contact with other families at [www.makingcontact.org](http://www.makingcontact.org)

### Facebook

[www.facebook.com/contactafamily](http://www.facebook.com/contactafamily)

### Twitter

[www.twitter.com/contactafamily](http://www.twitter.com/contactafamily)

### Podcasts

You can download podcasts from our website at [www.cafamily.org.uk/news/podcasts.html](http://www.cafamily.org.uk/news/podcasts.html)

iTunes users can listen to our podcasts at [www.cafamily.org.uk/itunes](http://www.cafamily.org.uk/itunes)

### Videos

You can watch our videos at [www.youtube.com/cafamily](http://www.youtube.com/cafamily)

Freephone helpline: **0808 808 3555**  
**[www.cafamily.org.uk](http://www.cafamily.org.uk)**

## Getting in contact with us

Free helpline for parents and families  
**0808 808 3555**

**www.cafamily.org.uk**  
**www.makingcontact.org**

Contact a Family Head Office:  
**209-211 City Road, London EC1V 1JN**  
Tel **020 7608 8700**  
Fax **020 7608 8701**  
Email **info@cafamily.org.uk**  
Web **www.cafamily.org.uk**



## Telephone interpreter service available

You can telephone Contact a Family and access qualified interpreters who can assist in providing information.

To use this service:

- telephone Contact a Family on 0808 808 3555
- give them your telephone number
- tell them which language you need
- if you can, let them know in English what type of help you are looking for
- within a few minutes someone will ring you back with an interpreter to assist your call.

This leaflet was developed as part of the *Parents and Paediatricians* project working with the Royal College of Paediatricians and Child Health.



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