

Contact a Family Lewisham supports families who care for a child with any disability or additional need (up to 19 years of age).

We are part of the national charity Contact a Family, which is the leading UK-wide charity providing advice, information and support to families with disabled children, whatever the child's disability or health condition.



For further information contact:

Contact a Family Lewisham

Leemore Central Community Hub
Bonfield Road
London SE13 5EU
Telephone: 020 8297 8056
Fax: 020 8297 6961
e-mail: lewisham.office@cafamily.org.uk
Web: www.cafamily.org.uk/lewisham

Contact a Family

Freephone helpline: 0808 808 3555

Textphone: 0808 808 3556
www.cafamily.org.uk
www.makingcontact.org



Supported by



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Freephone helpline **0808 808 3555**

**Contact a Family
Lewisham**



How we can help

Family support

If you live in Lewisham and are the parent of a disabled child, please get in touch. We have a Family Worker team who can help you make connections with other parents and give you help and advice to support you. We provide information on issues relating to your child's needs as well as benefits and debt, social services, education, grants and other support. We also hold workshops and training to offer additional help and support.

Activities and events

A programme of events and activities during school holidays, including:

- Trips to the seaside, theme parks and other attractions.
- Parties and fun days.
- Parent carer socials and pampering sessions.
- A monthly family swimming session at Wavelengths in Deptford.
- An annual trip to Noah's Ark Children's Venture at Macaroni Woods in the Cotswolds.
- Our events are heavily subsidised and we cater for all ages. We provide transport for trips out of London.

Newsletter

Families receive a regular newsletter updating them on local and national issues as well as information about our activities and other events in the borough.

Publications

Contact a Family produces many useful publications, including free guides on a wide range of issues.

Parent participation and consultation

We support parent carers in Lewisham to have a voice in how local services for disabled children are developed and delivered. We do this through our regular Parent forum meetings and consultations, ensuring we engage with all parents and other parent groups in the borough. We also hold information events and workshops that bring parent carers and professionals together to focus on relevant local issues.

Steering committee

At Contact a Family, we listen to parents and families and encourage others to have their say. We have a Steering Committee made up of parents and professionals which guides our work and keeps us focused on the real issues for families.

"I knew the advice and support must be out there, I just didn't know where to look. Contact a Family pointed me in the right direction and helped me in so many ways."

"Before I knew about Contact a Family, I felt so alone. Now I've met supportive friends and my kids are having fun!"

Contact us on: 020 8297 8056

www.cafamily.org.uk