

Contact a Family is dedicated to campaigning on behalf of families it supports so that decision-makers recognise and respond to their concerns and needs. Our influence is growing.

#### How you can help

Complete the following form and send it to:

Contact a Family Northern Ireland  
Bridge Community Centre,  
50 Railway Street, Lisburn BT28 1XP  
Tel: 028 9262 7552

- Send me \_\_\_\_\_ Contact a Family posters to put up locally
- Send me \_\_\_\_\_ Contact a Family helpline cards to distribute locally to parents
- I enclose a cheque donation payable to Contact a Family for £\_\_\_\_\_

Your name: \_\_\_\_\_

Your address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

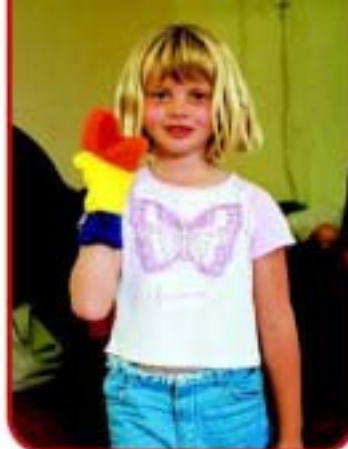
- I am a relative/friend of a disabled child - please send me an information pack. I need information on: \_\_\_\_\_  
(see our website [www.cafamily.org.uk](http://www.cafamily.org.uk) for a full list of our publications)
- I am a professional. Send me information on Contact a Family's Directory and other publications.

Registered Charity No. 284912

#### WE ALSO OFFER

##### PARENT WORKSHOPS

Locally we organise workshops offering parents the chance to come together on topics of common interest such as transition, education, siblings and challenging behaviour.



##### VOLUNTEER AREA REPRESENTATIVES

Our local volunteer area reps in NI are all parents of children with special needs and are knowledgeable about services and support in their areas. They deal with local enquiries and raise awareness of Contact a Family.

##### WHAT DO PARENTS SAY?

"What brilliant news that you've managed to find another family who have a daughter with the condition. You may not think it but you've done so much for us in finding this other family."

*Quote from Parent in N.I.*

##### WHAT DO PROFESSIONALS SAY?

"Thank you so much for your help...  
The work you do is invaluable."  
*Quote from Hospital Information Centre*

##### CONTACT A FAMILY

Bridge Community Centre, 50 Railway Street,  
Lisburn BT28 1XP  
Tel: 028 9262 7552  
E-mail: [nireland@cafamily.org.uk](mailto:nireland@cafamily.org.uk)

Contact a Family NI would like to acknowledge the support in producing this leaflet from  
**THE CHILDREN'S FUND**

## How Contact a Family Northern Ireland helps families with disabled children



-  advising
-  supporting
-  campaigning
-  linking

**contact a family**   
for families with disabled children

**028 9262 7552**

## for families with disabled children

Families caring for disabled children and children with specific health conditions face many Challenges:

- Feelings of isolation and anxiety.
- Lack of joined-up services.
- Severe financial worries.
- Inadequate information.

Contact a Family knows because each year thousands of families turn to us for reliable support and advice - whatever their children's condition or special needs. Their experiences inform everything we do.



Imagine the powerful mix of emotions experienced by all family members caring for a child with a lifelong disability or illness. And what about the worry if the condition is extremely rare or even evades diagnosis?

As well as the families themselves, the health and social service professionals they rely on also need support and advice.

Contact a Family Northern Ireland offers:

- Access to expert advisers via a dedicated national freephone helpline.
- Constantly updated information on over 1,000 rare disorders through *The Contact a Family Directory* - including medical information and links to groups supporting families in similar situations.
- A wealth of practical information on-line at Contact a Family's award-winning website [www.cafamily.org.uk](http://www.cafamily.org.uk)

We aim to help whole families - the concerns of grandparents, fathers and siblings are reflected in all our work.

Nine in ten children with a disability are cared for at home.

All too often families are unable to access much needed short-term breaks.

A quarter of families report that the services they rely on are poor or lack proper co-ordination.

Between 5-8% of children and adults are affected by one of 5,000 rare disorders

## Lãngüagê Liñè

Contact a Family is there at times of crisis. But our aim is always to help families access or build longer-term support systems.

Contact a Family Northern Ireland works closely with a wide range of professionals and other voluntary and statutory organisations. This enables us to continually update our records and to pass information on to parents. We also answer professional workers' requests for information, which they in turn can pass onto parents.

- We assist the creation of 'specific-disorder' support groups.
- We give training and advice to help such groups become more self-sufficient or even gain Charity Commission registration.
- We link support groups through our Newsletter which is circulated to 7500 people in Northern Ireland and through our magazine *Share an Idea*.

We are in touch with a network of 900 groups representing thousands of families.