

Publications

Please tick the appropriate boxes

- I would like to receive your free regular regional newsletter
- I would like a free information pack
- I would like to receive occasional information about ways to support Contact a Family

Your name _____

Your postal address _____

Postcode _____

Your email address _____

**The Contact a Family freephone helpline
0808 808 3555 – with access to
interpreters for over 100 languages.**

Resources

In contact

Our free regional newsletter is produced four times a year and is full of local news, information about events and leisure opportunities, details of what's new at Contact a Family and general articles of interest to families. The newsletter is distributed to families, parent support groups, voluntary and statutory services and interested professionals.

The Contact a Family Directory – The ultimate guide to medical conditions, disabilities and support

The directory has information on over 1,000 conditions and the associated family support networks. It is available in an annual paper book version, on CD-ROM and through a subscription service on the internet at www.cafamily.org.uk

Guides and packs

We have a range of free guides and packs on issues such as benefits, holidays, education, parent participation, siblings, fathers and transition.

Connected

Our national magazine, produced four times a year, gives news from around the country and updates on issues affecting families.

For further information contact:

Contact a Family North East

The Dene Centre
Castle Farm Road, Gosforth
Newcastle upon Tyne
NE3 1PH

Tel/Fax: **0191 213 6300**

Email: northeast.office@cafamily.org.uk

Web: www.cafamily.org.uk/northeast

Contact a Family

Freephone Helpline: **0808 808 3555**

Mon-Fri, 10am-4pm and Mon 5.30-7.30pm

Textphone: **0808 808 3556**

Web: www.cafamily.org.uk

Contact a Family North East would like to thank the Big Lottery Fund and the Northern Rock Foundation for their support.



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contact a family
for families with disabled children



Contact a Family North East

Contact a Family is the only UK wide charity providing advice, information and support to the parents/carers of all disabled children aged 0 to 19. We also enable parents/carers to get in contact with other families, both on a local and national basis.

Contact a Family North East supports families across the whole of the region.



How can we help?

Answering your queries

We provide information on a wide range of issues including specific condition information, where to go locally for help and support and links to national and local parents support groups.

Workshops and events

We run workshops for parents/carers on issues such as siblings and puberty and sexuality. They give parents/carers the chance to come together for mutual support and are planned to meet local need.

Support to groups

We can offer advice and support to new and existing parent support groups in the region. A Group Action Pack is also available which includes guides on a range of issues for groups.

Parent participation

Contact a Family is committed to empowering parents/carers and helping them to become involved in shaping the local services that their disabled children need.

Family Support Service

We have a Family Support Worker in Teesside who can offer an enquiry or home visiting service.

Volunteer Parent Representatives

Our small team of volunteers are all parents/carers of disabled children and are very knowledgeable about services and support in their area.

Working with others

Contact a Family North East works closely with a wide range of professionals from both the voluntary and statutory services to promote the interests of families of disabled children throughout the region.

Linking families

If there is no support group for a particular rare condition, we try and provide families with as much information as possible and link them to other families where possible. We also have a web linking service at www.makingcontact.org which is open to families who have children with any disability and would like contact with others.

Website

Visit our website for more information about local groups, events and news along with a whole host of useful national information.

www.cafamily.org.uk/northeast

"Thank you so much for sending me your local newsletters. I really enjoy receiving them and have found out loads of useful information relevant for me and my family"

Please
affix
stamp
here

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