

Please tick the appropriate boxes

I would like to receive your free regular regional newsletter and email bulletins (if applicable)

I would like a free information pack

I would like to receive occasional information about ways to support Contact a Family

I am a parent/carer professional

Your name _____

Your postal address _____

Postcode _____

Your email address _____

**The Contact a Family freephone helpline
0808 808 3555 – with access to
interpreters for more than 170 languages.**

Resources

InContact

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. We also produce regular email bulletins in between newsletters to keep families and professionals informed of local activities, events and articles of interest.

The Contact a Family Directory for specific conditions, rare disorders and UK family support groups

The directory has information on more than 1,000 conditions and the associated family support networks. It is available in an annual printed book version or through a subscription service on the internet at www.cafamily.org.uk

Information guides and packs

We have a range of free guides and packs on issues such as benefits, holidays, 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. Check our website or call our helpline to subscribe.

New media

Contact a Family is on Facebook, Twitter, YouTube and iTunes where parents can get the latest news about disability and parent/carer issues, interact with each other and get support and share information and personal stories. Our profile and groups have been set up by Contact a Family staff who regularly contribute to them, posting practical and helpful information, podcasts and links to information on all aspects of caring for a disabled child.

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
National freephone helpline: **0808 808 3555**
Textphone: **0808 808 3556**
Language Line interpreter is available
Email: info@cafamily.org.uk
Web: www.cafamily.org.uk

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



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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 parent support 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.

Volunteer Parent Representatives

Our small team of volunteers are parents/carers of disabled children and are very knowledgeable about services and support in their area. For details of representatives in this region, please contact the North East office.

Workshops and events

We run workshops for parents/carers on issues such as siblings, 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.

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 with 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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