



DO YOU CARE FOR A CHILD WITH NEURODEVELOPMENTAL NEED?

Do you live in Middlesbrough, Darlington, or Redcar & Cleveland?

CONTACT'S FREE LISTENING EAR SERVICE

Emotional support | Advice | Ideas to help you cope

Free, confidential help over the phone with a family support adviser

To book an appointment visit [contact-tees.eventbrite.co.uk](https://www.contact-tees.eventbrite.co.uk)

FREE VIRTUAL WORKSHOPS & WEBINARS!

Wellbeing for parent carers | Supporting sensory needs
Helping your child sleep | Encouraging positive behaviour

Small group events on a range of topics. Hear from an expert, ask questions, meet other parents and share ideas.

To book our online workshops visit [contact-tees.eventbrite.co.uk](https://www.contact-tees.eventbrite.co.uk)

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

NEURODEVELOPMENTAL FAMILY SUPPORT PROJECT

National charity Contact is working with Tees Valley Clinical Commissioning Group to offer families living in **Middlesborough, Darlington, Redcar and Cleveland** priority access to their Listening Ear service and workshops.

WHO ARE CONTACT?

Contact helps parents of children with disabilities and special educational needs – whoever they are and whatever their child's condition. We can help with your most pressing issues, like benefits and education. We guide families through services, and offer a listening ear during stressful times.

HOW WE HELP

Our website has a wealth of information written especially for parents of children with additional needs such as:

[Benefits and tax credits](#) | [Help with education](#)
[Health and medical information](#) | [Help with social care](#)

 [contact.org.uk](https://www.contact.org.uk)

- ***[Get your free copy of our Helpline Guide – our essential handbook for families caring for a child with additional needs](#)***
- ***[Talk to us on Facebook or Twitter](#)***
- ***[Check you're claiming everything you're entitled to with our benefits calculator and grants finder](#)***

If you need help to book your Listening Ear appointment, workshop or webinar please call us on 0800 254 0890 or email us at south.tees@contact.org.uk. If we are not available please leave a message and we will get back to you.