



<https://contact.org.uk/>

Helpline

Our helpline is for parents and carers in any part of the UK with a disabled child aged from birth to 25.

- Submit an online enquiry.
- Freephone: 0808 808 3555 (Monday-Friday, 9.30am-5pm).
- See more ways to contact our helpline.

Watch our 3 new films about DLA in English, العربية (Arabic), Polski (Polish), and Soomaalida (Somali)

To make sure families don't miss out on Disability Living Allowance – more important than ever given the current cost of living crisis – we've created [three new animations introducing you to DLA and available in 4 languages](#).

<https://www.youtube.com/watch?v=d939xAgq2kQ>

Watch our new animation about the signs and symptoms of Strep A

[Watch our short animation](#) to help make sure you recognise the signs and symptoms of Strep A in your child and when to ask for help.

Find more information about Strep A on [our Strep A webpage](#).

<https://www.youtube.com/watch?v=spkzHqQnFBc&t=8s>