



# Gingerbread

## Single parents, equal families

Gingerbread is the national charity working with single parent families. Formed following a merger of the National Council for One Parent Families and Gingerbread, we now provide increased support and a stronger campaigning voice for single parents and their families.

### **Gingerbread Single Parent Helpline**

**0800 018 5026**

Open 9am to 5pm Mondays to Fridays  
with extended opening to 8pm on Wednesdays

Expert telephone information and advice for single parents

### **Gingerbread Single Parent Information Online**

[www.gingerbread.org.uk/information](http://www.gingerbread.org.uk/information)

Dedicated online information and advice for single parents

### **Gingerbread Membership**

[www.gingerbread.org.uk/membership](http://www.gingerbread.org.uk/membership)

Share experiences, hear about discounts and get involved with Gingerbread's work

### **Gingerbread Development and Skills**

[www.gingerbread.org.uk/skills](http://www.gingerbread.org.uk/skills)

Training, employability and confidence-building programmes for single parents, advisers and practitioners

### **Gingerbread Policy and Campaigning**

[www.gingerbread.org.uk/policy](http://www.gingerbread.org.uk/policy)

Building on over 90 years of campaigning expertise to deliver change for single parent families