

**SINGLE PARENTS:**

You can get special help and advice if you call the Lone Parent Helpline – also known as 'Gingerbread' - free on 0800 018 5026 or go to their website at [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

You can also visit the Single Parents Club website at [www.oneparentfamily.co.uk](http://www.oneparentfamily.co.uk)