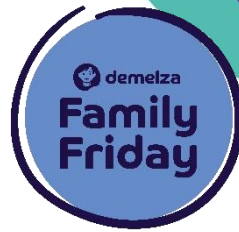




demelza

extraordinary care for extraordinary children



Sibling support

Friday 15 March 2024

familysupportdepartment@demelza.org.uk

Support and guidance

- **Carers Trust** - Support for young carers.
www.carers.org/
- **Carers UK** – Help and advice for young carers.
www.carersuk.org/help-and-advice/practical-support/support-for-young-carers/
- **Sibs** - Support for people who have a disabled brother or sister.
www.sibs.org.uk/
- **Rainbow Trust** – Tools for supporting siblings.
www.rainbowtrust.org.uk/support-for-families/sibling-support
- **The Children's Society** – Advice and support for young carers.
www.childrensociety.org.uk/information/young-people/young-carers/local-service-finder
- **Imago** - Support including health and wellbeing, tackling loneliness, building social and educational opportunities and more.
East Sussex:
www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers
Kent:
www.imago.community/Children-and-Young-People/Kent-Young-Carers
Greenwich:
www.imago.community/Carers/greenwich
- **Local council (East Sussex)** - The Sibling Service (Sibs) supports children aged 6 to 17 who have a brother or sister with a disability.
www.eastsussex.gov.uk/children-families/family-support/young-carers/siblings
- **Local council (Kent)** – Tips for parents and siblings.
www.kent.gov.uk/education-and-children/special-educational-needs/support-services-to-help-families-with-send-children/support-for-siblings

For siblings under 5

- **Home Start** – Trained volunteers helping families with young children.
www.home-start.org.uk/Pages/Category/home-start-england

For bereaved siblings

- **Winston's Wish** – Support for brothers or sisters who are grieving.
www.winstonswish.org/
- **Sibling Support** – Resources for children whose brother or sister has died.
www.siblingsupport.co.uk/