



demelza

extraordinary care for extraordinary children

Support for siblings

Having a brother or sister who is very sick or needs extra care can be tough, so it's important for siblings to have a space to express and explore their feelings. Our support service offers fun activities and emotional support for different age groups.



Under 5s

If you are looking for support for a sibling aged under 5 then you can contact the family liaison team for advice and help finding relevant guidance and resources.

Email: familysupportdepartment@demelza.org.uk

Phone: 01795 845280 (Monday-Friday, 10am-4pm)



One-to-one support

From age 5, we can offer sibling support on a one-to-one basis. There will be an initial assessment visit then six one-hour sessions. There is the possibility of further sessions up to 12 if needed or signposting to further professional support as identified.



Online sessions

Siblings are invited to take part in our monthly online sessions for both younger (5-11) and older (12-16) siblings. These themed sessions offer the opportunity for siblings to meet others and enjoy some crafting fun. Sessions could include making slime, building Lego, creating chocolate creatures and more!



Activity sessions

As part of our seasonal programmes, you can sign up to activity sessions for both younger (5-11) and older (12-17) siblings. Activities will vary for each season, but examples include zoo trips, trampoline parks, picnics, crafting sessions etc.



Sibling residentials

Each year, we host an overnight residential for 10-11-year-old siblings. Packed with fun activities, these trips help children transition to their last year of primary or first year of secondary school, building skills like problem-solving, teamwork and confidence. We even arrange a reunion afterward so they can keep their new friendships going. In 2024, we will also be trailing a residential for older siblings.

For more information visit

www.demelza.org.uk/how-we-help/services/support-for-the-family/support-for-siblings