

## Application form

Name of child or young person to attend Sibling Support

Group:.....

Address:.....

Postcode:.....

Telephone:.....

School:.....

Date of Birth:.....

Disability of Sibling:.....

Date Referred:.....

Name of Parent:.....

Any other information:.....

If someone other than a family member is sending in this form, please provide your job title and contact details.

Name :.....

Job Title:.....

Telephone Number:.....

Email:.....

### Please return this form to:

Sibling Support Group

Burton Street Foundation

57 Burton Street

Hillsborough, Sheffield, S6 2HH

For more information please telephone Burton Street

on

**0114 233 2908**

email:

**admin@burtonstreet.org.uk**

[www.sheffield.gov.uk](http://www.sheffield.gov.uk)

[www.burtonstreet.co.uk](http://www.burtonstreet.co.uk)

# SIBLING SUPPORT

From 7 - 17 years

A network helping children and young people who have a brother or sister with a disability



# Sibling Support Service

The sibling support group is for the children and young people who have a brother or a sister with a disability. The group is designed to facilitate a peer support network and is run by professionally trained staff.

The group also provides children and young people with a point of information outside the family, and the chance to take part in fun activities.

## Children and Young People Can:

- Meet others who have brothers and sisters with disability.
- Talk about their feelings about having a brother or sister with a disability and share their experiences with other children and young people who are in the same position.
- Learn about disabilities and access useful information.
- Make new friends and get involved in social activities, have fun and spend time that is just focused on them.

“ Their self esteem and confidence have grown 100% since joining the group. He has been able to discuss his brother's problems and how they affect him with other children who understand. He is smiling again. A fantastic and much needed service! ”

“ I understand my brother's disability better but the best thing about the group has been making new friends. ”

“ She has had a chance to learn how other children deal with their experiences and make comparisons with her own experiences. It has been a fun and informative service which she has thoroughly enjoyed and wishes to take part in again. She is quite sad that it has come to an end. ”

“ The best thing has been getting to know people who are like you. The group has also helped me to know what to do when I lose my temper. ”

## Sheffield's Sibling Support Group provides a valuable network for children and young people who have a sibling with a disability

Research by NCH Action for Children has shown that children and young people living with a sibling with a disability can experience feelings of isolation, and difficulties at school and home. The research found that:

- **70%** of young people with a sibling with a disability felt embarrassed by their brothers and sisters behaviour in public but mostly how other people reacted.

- **70%** had been bullied or teased at school because of their brother or sisters disability.

- **55%** regularly had their sleep disturbed and **45%** were tired during school.

- **45%** had difficulty with doing their homework.

- **40%** felt isolated

- **40%** felt upset because their family outings were infrequent or limited

Many of the children and young people NCH Action for children spoke to helped care for their brother or sister and all expressed a great deal of affection for them.