

## Links

[www.youngsibs.org.uk](http://www.youngsibs.org.uk)

[www.sibs.org.uk](http://www.sibs.org.uk)

[www.youngcarers.net](http://www.youngcarers.net)

## Contact us

**Children's Participation and Rights Team**  
Supporting young people in care and young people who care

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Anlaby,  
HU10 6UE

Tel: 01482 565560

Or email on: [rights4u@eastriding.gov.uk](mailto:rights4u@eastriding.gov.uk)



Participation and Rights Team

Supporting young people in care and young people who care

# Sibling Support

## Information leaflet



## Who are siblings?

This service is for children and young people under the age of 18 who have a brother or sister with a serious or life-limiting illness or disability and where the caring responsibilities of the child/young person have a serious or significant impact on his/her physical or emotional well-being.

A sibling may struggle with:

- feeling that they are second best and that they don't get any attention from their parents
- spending a lot of time worrying about their brother or sister
- not understanding the disability or illness
- coping with difficult behaviour from their brother or sister as a result of the disability or illness
- not being able to deal with their own emotions, especially anger, guilt and isolation
- being bullied or teased
- not doing things a "normal" family do like going out together, going on holiday
- having disturbed sleep
- having difficulty in being able to do homework or study at home

Some siblings may undertake high levels of care, whereas for others it may be frequent low levels of care. Either can impact heavily on a child or young person.

## What do we offer siblings?

We offer:

- a listening ear
- someone to talk to
- emotional support
- opportunities to meet other siblings
- coping strategies and techniques
- we look at ways we may be able to help other members of the family, including reducing the caring role where possible.
- time out/time to relax
- chill time/fun
- confidentiality

## How do we do this?

We do this through your choice of any of the following:

- 1-1 support with an allocated worker who can alter if you choose
- group meetings/sessions with other young carers covering a range of topics
- activities
- fun time/chill out time
- providing information and advice to you and your family
- putting you or members of your family in touch with other support services

## How it works

### Step 1. You are referred to us

This may be from someone who works with you for example; teacher, doctor, youth worker. They will send a referral form with an attached assessment e.g. Early Help Assessment or Single Assessment to the team. It could also be a self-referral (where you or parent/carer refers you to us); if you refer yourself we may need to complete an Early Help Assessment with the whole family. This will be discussed with you.

### Step 2. We complete a Siblings Support assessment with you

If after completing step 1 the service is able to support you, an appointment will be made to complete a Sibling Support assessment.

### Step 3. We agree a plan to support you and your family

After completing the Sibling Support assessment (step 2), we agree a plan together of how we can best support you. This will include looking at other services that could help.

### Step 4. Your support starts

A worker will be allocated, who will arrange to visit.