



YOUNG CARERS SIBLINGS RESOURCE PACK

A resource pack to support sibling carers within the
local community.

Who are Sibling Carers?

Sibling carers are children under 18 who have a sibling with a diagnosed health or SEND need. The cared for sibling may have several medical appointments and medical interventions or attend a specialist provision that can best meet their needs.

- Our sibling carers report difficulties having quality time with family members due to siblings needs requiring more time and attention.
- It may be difficult at times for the sibling to go out of the house, into their local community or days out due to the needs of their siblings.
- Siblings who can at times be physical towards their sibling when trying to communicate their needs.
- A lack of understanding for the siblings needs or diagnosis. A sense of 'injustice' that their siblings get away with everything or are not seen as being treated the same.
- Feeling isolated, like they are the only one who has a sibling with a health or additional need.

If the family you are working with, or if you are a parent and require some specific resources for a diagnosis, please contact the Young Carers team who will be happy to either provide resources or signpost you elsewhere:

youngcarers@westsussex.gov.uk

Young Carers in Schools

For information on how to set up a Young Carers group within schools, please see our page:

[Young Carers in Schools | West Sussex Services for Schools](#)

In addition, the Sibs UK also offers consultation on how Sibling Carers can be supported within their school:

[Siblings in Schools Project - Sibs](#)

Resources Contents

1. Links to resources for sibling support when a sibling has an Autism diagnosis

2. Support organisations, including:

Sibs UK – respite opportunities for sibling carers

Aspens – support for families with Autism, including sibling groups

Reaching Families – support and information for parent carers in West Sussex

SENDIAS – support and information for children and young people with SEND and their parents in West Sussex

Super Sibs – respite opportunities for sibling carers in the Crawley area

Kangaroos – respite opportunities for sibling carers and children with disabilities in Mid Sussex

Ashdown Club - offers short breaks for children aged 5-18 with learning disabilities and other complex needs in the Worthing area

Sidekick – text or email support service for sibling carers

3. Youth groups & clubs, including:

Girlguiding / Scouts

Chichester Festival Youth Theatre – across county sessions in drama, musical theatre and technical theatre

Springboard – family play centre in Horsham and activities across county for children with disabilities

Local youth groups across the county

4. WSCC Local offer, Family Information service and Library services, including details on:

Communication Library – Understand Me
West Sussex Disability Register
Story Magic sessions

Links to resources for sibling support when a sibling has an Autism diagnosis:

There are resources to help enable conversations around a sibling's diagnosis. If you require some specific resources for a diagnosis, please contact Young Carers team who will be happy to either provide resources or signpost you elsewhere:

[Brothers, Sisters, and Autism: A Parent's Guide | OAR \(researchautism.org\)](#)

[Life as an Autism Sibling: A Guide for Teens | OAR \(researchautism.org\)](#)

[Autism, My Sibling, and Me | OAR \(researchautism.org\)](#)

The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them:

<https://thegirlwiththecurlyhair.co.uk/resources/>

Sibling safety plan-

At times siblings maybe at the end of their brother or sister's frustration, leading them to become hit, kicked or bitten. This safety plan includes the whole family and focuses on building safety and helping sibling understand by removing themselves from the situation, it helps keep them, safe from harm and can also help with then allowing the adult to use their de-escalation techniques.

If you would like to request a copy, please email sherri.cleaver@westsussex.gov.uk



Sibs is the only UK charity for children and adults who are growing up with or have grown up with a disabled brother or sister. We provide information, support and training on sibling issues for adult siblings, young siblings, parents and professionals.

Young siblings

Children and young people growing up with a disabled brother or sister often get less attention from parents and have more worries and responsibilities than their peers. Many young siblings experience daily challenges in their lives such as public prejudice and finding it hard to get schoolwork done. They also need recognition for the positive aspects of their family lives, such as learning new skills and being supportive of their brothers' and sisters' needs.

Direct support for young siblings

We run www.sibs.org.uk – an online information service for children and young people aged 7-17, who have a brother or sister who is disabled, has special educational needs or a serious long-term condition.

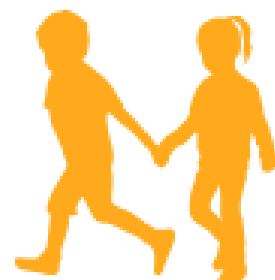
Young siblings can:

- Get information about disability and conditions, and tips for enjoying life and dealing with feelings.
- Get help from our team with sibling issues at home and at school.

It's great to read about other siblings like me. It means that I don't feel so alone.

www.sibs.org.uk

www.sibs.org.uk/youngsibs/ask-sibling-advisor





Sibling support-It can be tough for children and young people who are living with a sibling who has autism spectrum condition, a learning disability or complex needs. Aspens' sibling groups are fun meet-ups that siblings come to so they can play games, share experiences, have their voices heard and get some friendly advice, when they need it, both from other siblings and from experienced Aspens staff.

If you're worried about a child or young person who is sibling to a brother or sister with a disability, our specialist team can help. We offer 1-1 sibling clinics - home or in the community - to support self-esteem, increase knowledge and offer tactics and strategies to deal with the types of behaviours siblings sometimes encounter when living with a brother or sister with a disability.

If you'd like to know more about Aspens and its work, please contact us at:

Tel: 01892 822 168 **Email:** enquiries@aspens.org.uk

How Aspens supports your family

Aspens is here to help families to care more confidently for individuals with autism spectrum condition (ASC), a learning disability or complex needs. We welcome all family members, whether you are a parent, sibling, grandparent or friend of someone with a disability, of any age.

We understand that finding the right information and support can be hard, we are here to listen and offer advice. We strive to increase understanding, challenge perceptions and encourage acceptance of autism spectrum condition, learning disabilities and other complex needs. We offer support before, during and after an ASC diagnosis.

We understand the challenges for individuals who do not yet have an autism diagnosis and how confusing things can be post diagnosis. Our advice, guidance, signposting and support is on-going, for as long as a family wishes.

For further information call 01243 214120/ 07850 907358 or email familysupport@aspens.org.uk

- **Please note that there maybe charges for their services, please contact Aspens for more information**



Reaching
Families

OUR MISSION

"to empower, inform and support parent-carers and families of children and young people with special educational needs and disabilities in West Sussex."

Reaching Families is a parent-carer led, grassroots charity which aims to support parents and families of children and young people with special educational needs and disabilities (SEND) in their daily lives, in particular through the delivery of information, training and peer support. We work with over 3,000 West Sussex families every year through a range of high quality projects and services.

[Reaching Families](#)

Offering support and information to parent carers including:

- 'Making Sense of it all' parent guide covering SEND issues from birth to adulthood
- Animations on a variety of subjects related to SEN children
- Factsheets covering a wide range of topics
- Training and Workshops
- Benefits advice service
- Benefits calculator
- Befriending service for parents of children undergoing diagnosis
- Parent support groups across West Sussex, and online via Zoom
- Facebook community group



Information | Advice | Support | West Sussex

What does the SENDIAS Service do?

At West Sussex SENDIAS, we provide impartial information, advice and support to children and young people who have SEND (special educational needs and/ or disabilities) for those aged 0-25 and their parent carers. Every SENDIAS follows the national minimum standards for this type of service.

[West Sussex SENDIAS Service](#)

Support includes:

- Information, advice and support
- Supporting children and young people think through their views, wishes and aspirations
- Steering Group
- Training in schools
- Volunteer support scheme for parent carers



WHO WE ARE

Kangaroos is a registered charity, operating in Mid Sussex. We provide year-round clubs and trips for people with learning disabilities and additional needs.

Our vision is that people with learning disabilities can exercise their right to leisure, play and recreational activity in a safe and supported environment throughout their lifetime.

- They offer various sessions for children and adults from 6-25 years old, as well as sibling and family support sessions.

[Home](#) | [Kangaroos](#) | [Adult & Childrens Learning Disabilities Charity](#) | [Mid Sussex](#)

Sidekick is a confidential helpline for young carers in the UK. You can message us any time, about anything that's bothering you as a young carer.



[Text 07888 868 059](#)*[Email sidekick@actionforchildren.org.uk](#)

Need urgent help? If you're worried about your safety, call Childline on [0800 1111](#). If you need mental health support, text SHOUT on [85258](#). If you need urgent help from the police or a hospital, dial 999 from any phone.

Who is Sidekick for?

Sidekick is a helpline for young carers aged 13 to 18 - and up to 25 for those with special educational needs and disabilities (SEND).

A young carer is someone who looks after a person struggling with an illness, a disability, a mental health issue or a drug/alcohol problem. It could be a parent, grandparent, sibling or family friend.

It's okay to get in touch if you're not sure if you're a young carer. We're here to help.

When is Sidekick open?

- Monday - 9.30 am to 7.30 pm.
- Tuesday - 9.30 am to 4.30 pm.
- Wednesday - 9.30 am to 4.30 pm.
- Thursday - 12.30 pm to 7.30 pm.
- Friday - 9.30 am to 4 pm.



How can Sidekick help you?

As a young carer, you do something positive by helping your mum or dad, sibling or grandparent. But it can feel difficult at times.

Here are things we can help you with:

- Listen when things feel tough and offer support.
- Talk through your responsibilities at home and what could help.
- Look up information on how to register as a young carer or where to find support with financial worries.
- Help with making phone calls, filling out forms or speaking to professionals.
- Support you with relationship worries with friends or family.

How does Sidekick work?

- Send a text to [07888 868 059](tel:07888868059) or an email to sidekick@actionforchildren.org.uk. A Sidekick coach will reply, usually within 24 hours, during our opening hours.
- You can share as much or as little you want.
- Everything you say is confidential. We won't tell anyone else about the things you tell us, unless we're worried about your safety or the safety of someone else.
- You can text or email as many times as you want or ask for a call if you prefer



Children need a time where they can just be kids and not have to worry about medications, being dragged along to hospital appointments and having to sit quietly whilst mum and dad have health visitors and other professionals regularly visiting their home. They need a space to spend time with other children who simply get it.

Super Siblings is that space.

SUPPORT GROUP SESSIONS

We offer sessions monthly for children to come have fun and socialise with others in similar circumstances. Activities include everything from arts and crafts, messy play, cooking and baking to board games, communication and team building exercises, physical activities as well as outdoor play.

SPECIAL EVENTS

From kayaking and fundraising events, to Zoom sessions during the recent coronavirus lockdown, Super Siblings is always looking for new ways to offer support, create memories and strengthen this community of incredible children and their families.

Sessions run once a month during term time in Crawley and East Grinstead:

Monday's ages 6-11

Thursday ages 12+

Activities include Arts and Crafts, Baking, Trips out such as the Cinema, Bowling and going out to restaurants.



07503 931 691

info@supersiblings.org

www.supersiblings.org

yn Club



[Ashdown Club](#) | [Guild Care](#)

Our **Ashdown Club** offers short breaks for children aged 5-18 with learning disabilities and other complex needs.

The service's caring, skilled and dedicated staff create a safe, stimulating and fun environment for the children, with one-to-one or one to two supervision based on individual needs.

What do we offer?

- Six hour breaks for local families
- A range of structured activities, including sensory play, arts and crafts, books and learning toys,
- Our sensory room instils feelings of calm and relaxation with soothing lights, bubbles and music
- Our school holiday sessions offer trips out, outings and in-house activities.

We also provide a **Youth Club** for young people age 14-18, with learning disabilities and/or autism with a focus on increasing independence and preparing for adulthood.

What does the Youth Club offer?

- Six hour breaks for local families
- A range of activities, trips and outings with a focus on learning new skills, making friends, staying healthy, trying new things and increasing confidence.

When does it run?

Saturdays and school holidays.

Get in touch

To find out more about costs, availability and any other queries you may have, please call our Customer Service Team on [01903 327327](tel:01903327327) or use our [online form](#).

Where to find us

Ashdown Centre, 1-3 Birkdale Road, Worthing, BN13 2QY

Local Youth Clubs & Organisations



Girlguiding introduces a world of new opportunities, challenges and fun! Offering a age range of 4-18, dependant on age, Rainbows, Brownies, Guides and Rangers. You can register your child directly through their website

www.girlguiding.org.uk T.0800 999 2016



The Scouts association UK introduces a world of new opportunities, challenges and fun! Offering a age range of 4-18, dependant on age, Squirrels, beavers, cubs, Scouts and Explores. You can register your child directly through their website

www.scouts.org.uk T.0345 300 1818

**CHICHESTER
FESTIVAL
THEATRE**

Looking for a space where you can just be yourself and have fun?

Chichester Festival Youth Theatre is the place for you.

Our eight groups across West Sussex offer weekly sessions where you can discover skills you didn't know you had, make friends and "laugh until your sides hurt"* (*direct quote from a member).

Where, when and how much?

Our weekly CFYT sessions are in **Billingshurst, Bognor Regis, Burgess Hill, Chichester, Horsham, Littlehampton, Midhurst and Worthing** and they're FREE!

We have drama, dance, musical theatre and technical theatre sessions to choose from, as well as groups for young people with additional needs (CFYT Wednesday in Horsham and CFYT Friday in Chichester).

So pick the group that's right for you and join us! Email hannah.hogg@cft.org.uk if you are interested and for more information.



[Springboard \(springboardsupport.org\)](http://springboardsupport.org)

WHAT WE DO-Welcome to Springboard! We are a registered charity and our main focus is on removing barriers and transforming lives for children, young people and their families.

WE OFFER TWO SERVICES- The first is an inclusive stay and play centre based in Horsham, West Sussex for all families with children to explore, play and have fun (stay and play)

The second service is activities for children and young people with disabilities aged 0-25 years. Sessions run in the evenings, weekends and every school holiday. We operate out of many locations including **Horsham, Crawley, Worthing** and Sutton. (Short Breaks)

This could be the perfect opportunity to arrange something to do with your parent/s whilst your sibling is enjoying some fun, safe activities!

Audio Active - Whether you're an accomplished musician already, or looking to pick up a microphone for the first time, you're welcome to come down to an Audio Active session. <https://audioactive.org.uk/get-involved>

Allsorts Youth Project - Allsorts West Sussex is a free service offering one-to-one emotional support, youth groups and advocacy support for LGBTU+ young people 11-25- www.allsortsyouth.org.uk/

Clubs and Classes in West Sussex - Arts & crafts, sports, music, performing arts and more. Find out more at www.familiesonline.co.uk/local/west-sussex/clubs-and-classes

Burgess Hill Youth - (formerly Burgess Hill Boys Club) welcomes girls and boys, is based at Fairfield Community Centre, Western Road RH15 8QN and provides range of activities for Burgess Hill's younger people
[Burgess Hill Youth – Nurturing Growth](#)

Crawley Town Kicks - A free weekly football session.
www.ctcommunityfoundation.com/premier-league-kicks

Respect Youth Club, Burgess Hill – Every Tuesday evening 7-9pm for ages 9-16 years old [Respect Youth Club – Burgess Hill – Give respect Get respect](#)

Wicketz, Crawley - year-round weekly cricket sessions.
<https://sussexcricket.co.uk/wicketz>

YAC (Youth Advice Centre), Crawley - offers information, advice, guidance, counselling, and targeted youth services for young people aged 11-25 from Crawley and surrounding areas
[YAC \(Youth Advice Centre\) - Crawley - YMCA DownsLink Group \(ymcadlg.org\)](#)

Orchard House Youth Club - runs on Thursdays in Haywards Heath and is a perfect way for our youth clubbers (aged 12-18) to gain independence and life skills with their peers, in a safe and supervised environment.

ESTEEM – offers social, wellbeing, volunteering, and mentoring opportunities to young adults aged 14-26, from our base in Shoreham-By-Sea. [Creating space for young adults to thrive - ESTEEM](#)

Syd Youth – offers support to young people living in Adur, Worthing and the surrounding areas
[Youth Work | The Sid Youth | United Kingdom](#)

Electric Storm – helping and supporting young people in Lancing and Sompting, working to improve their personal and social development, teaching them skills and improving the quality of their lives [HOME \(electricstormyouth.co.uk\)](http://electricstormyouth.co.uk)

Local offer (logo?!) West Sussex

Helping you find
local [services](#), [events](#) and [information](#)

[West Sussex Local Offer \(local-offer.org\)](http://local-offer.org)

The West Sussex Local Offer helps you find information about local services, support and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND). You can also find [childcare](#) via the West Sussex Family Information Services website.

The Family Information Service (FIS) is provided by West Sussex County Council. We offer free, impartial, up-to-date information to all families on childcare, as well as activities and services for 0-25 year olds

[WSCC Family Information Service - Enquiry \(westsussex.gov.uk\)](http://westsussex.gov.uk)

WSCC Library Services

[Special Educational Needs and Disabilities - West Sussex](#)

Special Educational Needs and Disabilities

The library has much more than traditional books to help share stories with everyone – no matter what their needs. Our range of resources includes multi-sensory stories, communication devices, giant print & braille books, tactile books, books with signing and stories on CD/MP3. Also find out about the West Sussex Disability Register for young people under 25 who have special educational needs and disabilities.

Understand Me - The Communication Library

Do you know a child or young person who has communication difficulties? Find out how you can reserve resources that can help, including simple flashcards, devices for recording personal messages, and specially adapted toys to help young children learn through play.

Anyone who needs help with communication can borrow a range of free resources from any West Sussex library – all you need is a library card.

[Understand Me - The Communication Library - Understand Me - The Communication Library - West Sussex](#)

Multi-Sensory Story Magic:



We run free, regular Multi-Sensory Storytimes, specially for children and young people with additional needs, in some of our libraries. Find a local session, borrow a sensory story or communication device and access our online recordings.

See details of the [Story Magic](#) sessions that take place in some of our libraries. You can also find information about our [Sensory Stories](#) packs, including how to reserve them and download or print a list of titles