

# Support for Siblings

At Demelza, we are here to support the whole family and we know 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.



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](mailto:familysupportdepartment@demelza.org.uk)

**Phone:** 01795 845280 (Mon-Fri, 10am-4pm)



From age 5, we offer sibling support on a one-to-one basis for those who are most in need or for whatever reason find it difficult to access group sessions. We offer up to six sessions with the possibility of further sessions if needed, or signposting to other available support. We also offer one-to-one gaming sessions – contact us to find out more!



Siblings are invited to take part in our monthly online session for both younger (5-11) and older (12-17) siblings. These themed sessions offer the opportunity for siblings to meet others and enjoy crafting, games and quizzes together. Sessions could include making slime, building Lego, creating chocolate creatures and more!



Younger (5-11) and older (12-17) siblings are welcome to sign up to activity days as part of our seasonal programmes. Examples include indoor and outdoor games, crafting, movies, gaming tents and much more.



Each year, we host an overnight residential for siblings in year 6 at our Kent hospice and offer the opportunity for those in years 11-13 to attend the Young Carers Festival in Hampshire. Both events are packed with fun activities and offer the chance to meet other young people who understand what having a sibling with a life-limiting condition is like. They help to increase resilience and confidence while building a support network.

Find out more



To find out more please contact:  
Family support on 01795 845280 or email  
[familysupportdepartment@demelza.org.uk](mailto:familysupportdepartment@demelza.org.uk)

**demelza.org.uk**