



demelza

extraordinary care for extraordinary children

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.



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. Alongside this, we can also offer one-to-one gaming sessions – contact us to find out more!



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. Places for these sessions are limited.



Sibling residentials

Each year, we host an overnight residential for siblings in years 5 and 6. 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. In 2024, there will also be an opportunity for siblings in years 10 and 11 to attend the Young Carers Festival. Places for these trips are limited.

For more information visit

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