



Helen & Douglas House

your local children's hospice



**Sibling Support**

## What is sibling support?

When a child is diagnosed with a life-shortening or terminal illness everyone in the family is affected. The stress of frequent hospital visits, ongoing treatments and the other realities can take a major toll on family life. That includes brothers and sisters, who can find it difficult seeing their sibling's health declining as their illness progresses and the impact it has on the whole family.

We know that children can be worried about discussing their fears with their parents because they don't want to add to their concerns. This can make them feel anxious and alone. We can provide a supportive, non-judgmental place where they can talk about what they're going through with people who understand.

At Helen & Douglas House we offer a range of support to the brothers and sisters of the children that use, or have used, our services.



*'We're here to offer emotional support to the brothers and sisters of Helen & Douglas House children. We organise lots of individual and group activities like a colouring competition or baking so that they don't feel isolated.'* Laura, Siblings Team Leader

# What we can offer?

## One to one sessions

- These can be in school, at home, at the hospice and even online – wherever suits you best.
- They are for as long as you like, as regularly as you'd like.
- Its a safe space where you can talk and remember.
- We will support you and help you manage difficult feelings and learn coping strategies.
- There is also plenty of opportunities to take part in fun and creative activities.



## Group support

- We have groups that meet several times a year: the Elephant Club for 6-11yr olds, and the Siblings Group for 12-17yr olds.
- Meet with other young people with similar experiences.
- Take some time for you to talk and share your story.
- Make friends.
- Take part in a range of new and exciting activities.



## Residential camps and day trips

- A chance to take time out and have some fun.
- Take part in social activities such as: trampolining, crazy golf, escape rooms and more.
- Enjoy visits to some of the top UK attractions.
- An opportunity to challenge yourself.



# For more information about sibling support please contact our Community and Family Support Services team

Email [team-cfss@helenanddouglas.org.uk](mailto:team-cfss@helenanddouglas.org.uk)

Call 01865 794749



Helen & Douglas House,  
14a Magdalen Road, Oxford,  
OX4 1RW (Registered address)

[hdh.org.uk](http://hdh.org.uk)



 Registered with  
**FUNDRAISING  
REGULATOR**

Registered charity number: 1085951

  
Helen & Douglas House  
your local children's hospice