

The pilot:

We are first planning to run groups for young people who have a brother or sister with a developmental or learning need. We hope to run one group for each of our age groups.

Our provisional dates and times are:

For years one to four

4:15pm until 5:30pm

8th January 2019
15th January 2019
22nd January 2019
29th January 2019
5th February 2019
12th February 2019

For years five to eight

4:15pm until 6pm

26th February 2019
5th March 2019
12th March 2019
19th March 2019
26th March 2019
2nd April 2019

Please speak with the team at Friends & Families of Special Children should you wish to be considered for this pilot.



**Supporting young people
who have a brother or
sister with an additional
need or disability**

Our journey so far:

Over the past couple of years, we have been working together with a number of other local organisations and services to think about how we can support young people who have a brother or sister with an additional need or disability.

We have sought feedback from parents, schools and young people about this. We have also looked at the support which is already available.

85% of parents said that support for siblings was very important (10 on a scale of 1 to 10)

92% of young people said they thought a group was a good way to provide support for siblings

Parents thought the most important parts of a group would be to access fun activities and to spend time with other siblings

Young people thought the most important things to do would be to have fun and learn new skills

Using this feedback, we have been working together to develop a group approach for supporting young people. We hope to be able to deliver this as a pilot from January 2019.

We intend to gain feedback from this pilot to support an ongoing approach to support for young people who have a brother or sister with an additional need or disability in Plymouth.

The group:

We are hoping to deliver a group over six weeks for between eight and 10 young people. Our plan is to split young people in to two age groups; those in school years one to four, and those in school years five to eight.

We are aware that those above year eight would also benefit from support, and hope this is something which will develop through this project.

We would also like to differentiate our group based on the primary need of a young person's sibling. We hope this will enable us to provide the most appropriate support. We have broadly divided this in to two groups –

Learning and development

Including autism spectrum conditions and ADHD

Physical and medical

Including those with life limiting conditions

Within each six week programme we hope to support young people to build an understanding of their siblings needs, think about their own wellbeing and teach them new skills. We also hope they will have the opportunity to spend time with other young people in a similar situation to their own.

This project is currently being delivered as a pilot. As such we would ask anyone participating, as well as their parents or carers, to support us in providing feedback around their experiences of the group. This is likely to be done both informally through discussion, as well as more formally through questionnaires and evaluation forms.