

Contact us

To access our family support, please contact us
Service available from Monday to Friday, 9am to 5pm
(excluding public holidays)

Tel: 01865 794749

Email: cafss@helenanddouglas.org.uk



More about Helen & Douglas House at hdh.org.uk



Helen & Douglas House is a registered charity and no payment is requested from children and their families who receive our care and support.

Registered charity no. 1085951

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Sibling Support

Offering support to the brothers and sisters of the children that use, or have used, the services of Helen & Douglas House

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

Sibling Support - what we offer

One-to-one support

- These can be in school, at home, at the hospice and even online – wherever suits you best.
- It's a safe space where you can talk and remember.
- We will support you and help you manage difficult feelings and learn coping strategies.
- There are also numerous opportunities to participate 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.



A sibling story - a buzzing day out!
One of the things we do with siblings is group activities. Getting together for group days out, like a recent beekeeping experience, helps to boost the children's confidence and allows them to relax, bond and be themselves in a safe and understanding environment.

Much like the bees themselves, the siblings are stronger as a group and making friendships now can have big positive lifelong impacts. Beekeeping has also been shown to have huge positive impacts on mental health, and for many of the children, this was truly a unique experience for them making a day they'll never forget.

Read more at www.helenanddouglas.org.uk/blog.