



Sign up now!

The national Sense Siblings and Young Carers programme offers ***free*** services for **children and young people (5-18)** who have a sibling with a disability or help care for a parent or sibling with a disability.

We provide siblings and young carers with a **safe space** to meet new friends, **engage in fun activities**, talk about being a **sibling or young carer** with people who understand, and of course **have FUN!**

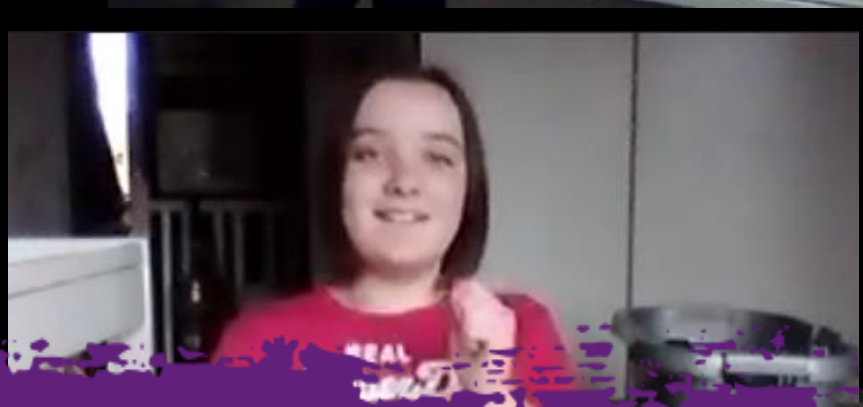
Siblings and Young Carers

Email siblingsandyoungcarers@sense.org.uk to find out more or **visit**
<https://www.sense.org.uk/get-support/holidays-short-breaks-and-activity-groups/sense-connect-referral/>



www.sense.org.uk

Charity number 289868



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Siblings and Young Carers

The national Sense Siblings and Young Carers programme offers ***free*** services for **children and young people (5-18)** who have a sibling or parent/carer with a disability.

We currently run:

- Virtual group sessions - based on **your** likes and interests!
- online buddying service

Coming soon....

- Face-to-face regional monthly groups
- Residential short breaks

Our priority is **having fun** and **providing opportunities** to meet others who share similar experiences to you!

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