

A photograph of two children, a girl and a boy, both pointing towards the camera with joyful expressions. The girl is on the left, wearing a white t-shirt with a butterfly pattern, and the boy is on the right, wearing glasses and a grey t-shirt.

SIBS

A support initiative for children who have a sibling with a disability

This brand new support initiative is designed for children aged 8-12 years old who have a sibling with a disability. Interchange Illawarra Sibs events will give siblings a chance to connect with others in a similar situation, and enjoy some time out that's all about them!

This exciting opportunity from Interchange Illawarra offers siblings an opportunity to:

- make new friends who understand their experience
- build confidence and resilience
- take part in fun, engaging activities like bowling and indoor rock climbing
- feel recognised, supported, and celebrated

From movie nights to active adventures, every session is designed to be relaxed and full of laughter. Best of all there is no cost to parents and the groups are fully supervised by experienced Support Workers.



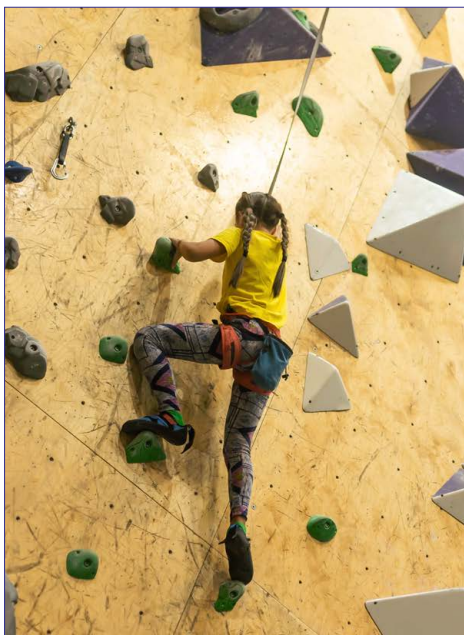
MORE INFORMATION

Who is running this Sibs Support initiative?	Interchange Illawarra. We're a not for profit, registered NDIS organisation providing quality flexible supports for people with disabilities. We've been in operation for over 45 years and we are known for our positive 'can-do' approach to providing support. Our head office is in Church Street, Wollongong.
Are the people supervising the groups qualified?	Interchange Illawarra Support Workers are experienced and a have First Aid Certificate, Working With Children Check, Police Check, NDIS Worker Check, and driver's licence.
How much does it cost?	The activities are free to attend. They are funded by Interchange Illawarra (and hopefully some grant funding in the future).
How often will the activities take place?	We plan to run one activity each school holidays and one mid-term. In July 2026 we are running 2 activities in the school holidays.
Does the sibling with a disability need to be a participant with Interchange Illawarra?	No, the person with a disability does not need to be an Interchange Illawarra participant. We welcome expressions of interest from all families.
What age group can attend?	Primary aged school children, 8 to 12 years of age.
Are parents expected to stay?	No. Parents are required to drop off and pick up their child at the designated time and location, (usually 114 Church Street, Wollongong) but are not invited to accompany the group to their activity.
What kind of activities will you be offering?	We have plans for lots of fun, age appropriate activities including laser tag, going to the cinema, a water park, games nights and a SIBSWORX workshop (a peer-support program designed specifically for children aged 8-12 who have a brother or sister with a disability).
What happens if I need to cancel?	We understand that sometimes things come up that can derail your plans, especially when you have a child with a disability. We would appreciate it if you could advise us if your child is unable to attend the Sibs activities as soon as possible, so that another child on the waitlist may be able to attend.





Ten Pin Bowling at Strike Bowling, Wollongong	
Date:	Wednesday 8 July 2026
Drop off:	10.30am, The Wallis Centre, 114 Church Street, Wollongong
Pick up:	1.30pm, The Wallis Centre, 114 Church Street, Wollongong
Lunch:	Included
Cost:	Free!
Places:	10 spots available



Hangdog Climbing Gym, Wollongong	
Date:	Thursday 16 July 2026
Drop off:	10.30am, The Wallis Centre, 114 Church Street, Wollongong
Pick up:	1.30pm, The Wallis Centre, 114 Church Street, Wollongong
Lunch:	Included
Cost:	Free!
Places:	10 spots available

Interested?

Please submit your Expression of Interest by Friday 19 June 2026, by completing the form on the back page of this flyer, and emailing it to sibs@interchangeillawarra.org. You may select one or both activities. We will contact you to confirm your place or offer a future opportunity, depending on availability.

If you are interested for future events, but not available on these dates, please let us know by emailing sibs@interchangeillawarra.org so we can advise you of upcoming events.

If you have questions please don't hesitate to contact Interchange Illawarra by emailing sibs@interchangeillawarra.org or by calling our office on 4227 1079.



EXPRESSION OF INTEREST FORM

Childs Name:	
Childs Age:	
Parent/Carer Name:	
Email:	
Phone Number:	
Which event is your child interested in attending? Please note: You can choose both events.	<input type="checkbox"/> Ten Pin Bowling on Wednesday 8 July 2026 <input type="checkbox"/> Hangdog rock climbing on Thursday 16 July 2026
Please email this form to sibs@interchangeillawarra.org by 19 June 2026	

Please note:

- There are no fees for the activities however parents/carers must be able to drop-off and pick-up their child at the nominated time and location (usually the Wallis Centre, 114 Church Street, Wollongong).
- There is no requirement/restriction regarding the disability your child has or their age, however the sibling(s) must be aged between 8 and 12 years old to participate in the Interchange Illawarra Sibs activities.
- The siblings themselves must not have a disability as we require them to be able to fully participate independently in the activities and follow instructions given by the Support Workers.
- There are limited places at our events. We will contact you to confirm your place or offer a future opportunity, depending on availability.



Head Office: The Wallis Centre,
114 Church Street, Wollongong

Southern Office:

153 Pur Pur Avenue, Lake Illawarra



02 4227 1079



info@interchangeillawarra.org



www.interchangeillawarra.org