

16 June 2026

Announcing Interchange Illawarra Sibs – a support initiative for children aged 8 to 12 who have a sibling with a disability

Interchange Illawarra is excited to announce that we are launching an initiative for children aged 8 to 12, who have a sibling with disability.

This initiative 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.

Understanding the unique role that siblings play in a family with a child with disability is very important and the Interchange Illawarra Sibs sibling support initiative is a wonderful way to acknowledge them. Best of all there is **no cost to parents**, and the groups are fully supervised by enthusiastic and experienced Interchange Illawarra Support Workers.

‘Being the brother or sister of a person with a disability has its own added set of pressures as their parents may not have the time, capacity or energy to devote equal time to other children in the family,’ said Jake Pearson, CEO of Interchange Illawarra. ‘The Interchange Illawarra Sibs program offers siblings a chance to meet new friends who have a similar experience and enjoy some fun that’s all about them!’

Interchange Illawarra Sibs is initially being wholly funded by Interchange Illawarra. We will be seeking future community grant funding to guarantee an ongoing schedule of activities for many years to come.

We are currently trying to get the word out about this initiative. We have two activities on offer in July with the expression of interest closing on **Friday 19 June 2026**. Please note the person with a disability does not need to be an Interchange Illawarra participant. We welcome expressions of interest from all families.

Additional important information:

- There are no fees for the activities however parents/carers must be able to drop-off and pickup their child at the nominated time and location (usually the Wallis Centre, 114 Church Street, Wollongong).
- There is no 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 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.

To find out more about this program and see a list of frequently asked questions please see our website: <https://interchangeillawarra.org/sibs/>

Media Contact: Jake Pearson, CEO, Interchange Illawarra. Phone: 4227 1079.

About Interchange Illawarra:

Interchange Illawarra is a not for profit, community based, registered NDIS organisation providing quality flexible supports for people with disabilities. We have been in operation for over 45 years with particular expertise in working with people who have Autism spectrum disorder (ASD) and/or intellectual disabilities. We are proud of our Parents/Carer Health and Wellbeing Program that helps to support parents and carers of Interchange Illawarra participants.

www.interchangeillawarra.org