

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

Sibs

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

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

This exciting initiative 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.

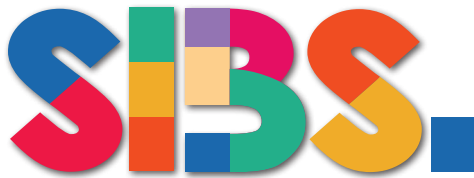


FREE

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 have a 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.
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.





EXPRESSION OF INTEREST FORM

Childs Name:	
Childs Age:	
Parent/Carer Name:	
Email:	
Phone Number:	
Please email this form to sibs@interchangeillawarra.org	

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