



Royal Society for Blind Children

Families First

Siblings Wellbeing Sessions

Having a brother or sister with a VI can bring a whole mixture of feelings and experiences. These may be positive or negative or a mixture of both. At RSBC, we identified that siblings may also need support. At present we are running a pilot for the group with a view to understand what siblings of VI may need or desire from a well-being group, with the hope that in the future we can offer this as more permanent fixture.

We hope that RSBC's Sibling Wellbeing Sessions will allow the brothers and sisters of children and young people with a VI to come together, connect, share experiences and have fun.

Ideally, we would like sessions to be held weekly via Zoom and will be run by our trained Family Practitioners, with the aim of helping siblings to build resilience, improve wellbeing, develop positive coping strategies and reducing feelings of isolation by allowing children and young people to come together with others who truly "get it". Watch this space!

**Life
Without
Limits**
For Blind
Children