

# Support for siblings

ECHO provides additional support for brothers and sisters, including an annual Sibling Day gathering and guidance designed specifically for siblings.

We know that having a sibling with a heart condition can be difficult for children and young people to understand and cope with. The pressures on parents, mum and dad's time spent away in hospital and the various life issues that can accompany heart conditions cause a lot of upheaval in families.

ECHO gives siblings the opportunity to meet others in a similar situation to them, to share experiences and form friendships.



## Sibling Star Day

Join us at our Sibling Star Day and explore what it's like to be the sibling of a young person living with CHD and celebrate those star siblings amongst us.

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## ECHO Teens

Young people with heart conditions and brothers and sisters of heart children treated by Evelina London are invited to join ECHO Teens, our established group for young people aged 11+. We aim to improve the lives of heart teenagers and their siblings by providing information and support, as well as organising events and activities designed especially with teenagers in mind.

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## Arts & Crafts

During the school holidays we organise arts & crafts days for siblings of children currently staying at Evelina London Children's Hospital. These days take place at the ECHO office and are aimed at children who are visiting their heart sibling in hospital, providing entertainment and a change of scene at what can be a difficult time for them and their families.

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## Advice for siblings on talking about their situation

Supporting and helping your sibling can be rewarding and fun but it can also be hard work, read our advice on talking to people about your situation.