

# ST★RS

Supporting SEN siblings



Dorset's Disability Charity

**Diverse**Activities

Children's Team  
STARS

# Supportive ★ Thoughtful ★ Resilient

We know it's tough being an SEN sibling, alongside the usual challenges of growing up, there's more on your plate and you may often feel like you have less support despite having more worries and responsibilities. STARS provides you with support and advice, as well as the chance to make friends and have fun.



## What to expect...

We provide six weeks of sessions for you to come along and meet others in the same boat. We'll try and help reduce the pressure you're under by making sure you get all the support you need through fun activities, evenings away from your family, and give you a chance to be yourself.

Sessions take place every fortnight at The Families Centre in West Moors, just bring yourself and an open mind, we'll bring the snacks and the games. You're also more than welcome to stay for more sessions after your programme ends if you want to.

### How to access

You can join STARs if you're aged between 8 and 16 and are the sibling of a child with special educational needs.

Visit  
[diverseabilities.org.uk/stars](http://diverseabilities.org.uk/stars)

### Matilda's Story

Matilda was anxious when first joining STARs, unsure what to expect, but we took her off on her own for the first 10 minutes of each group for a chat so she could relax slightly before joining in. Slowly over time Matilda has integrated herself into the group and joins in with more group discussions - and this was evident on our trip to Chessington.

After bouncing off of the pirate ship she said:  
"That is the craziest thing I have done in like 5 years! I don't get to do things like this with my family as my sisters wouldn't cope."





**DiverseAbilities**

**Dorset's Disability Charity**

**DIVERSE ABILITIES**

**STARs**

**2 Bond Ave, West Moors, Ferndown  
BH22 0LL**

**01202 718238  
[www.diverseabilities.org.uk](http://www.diverseabilities.org.uk)**



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Charity no. 282197

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