

## Adult sibling day 2026

- 9.30am **Registration**  
Join us for coffee before the day starts  
→ **Catch up:** Mingle with other siblings on our [Facebook community #Siblife](#)
- 10am **Welcome**  
Clare Kassa, Sibs CEO  
→ **Catch up:** Hear from [our Patron, Jo Whiley](#)  
→ **Catch up:** Download a [leaflet about Sibs services](#)
- 10.10am **Shared experiences of adult siblings**  
Frances Danylec, Development Officer for Adult Siblings at Sibs  
→ **Catch up:** Read about the [shared experiences](#) of adult siblings and pass this on to family and friends, to help them understand what sibling life is like
- 10.30am **Sibling panel**  
Hear from a panel of adult siblings about their experiences growing up with their disabled brother or sister. Meet Mohamed Omar, Heba Jayoosi and Caroline Elton  
→ **Catch up:**  
Read [Mohamed's story](#)  
Read [Caroline's story](#)  
Browse our collection of more than [80 sibling stories](#). Use the filters to narrow the results or add keywords to the website search bar
- 11.15am **Break.** Time for a cuppa!
- 11.35am **Group discussions**  
Discussions in groups of around 8-10. What are the positives of being a sibling? What are the challenges? How can we better support ourselves after today? Share tips and hear wisdom from others too  
→ **Catch up:** Join an [adult sibling support group](#) for more conversations and support
- 12.45pm **Lunch.** Hot and cold buffet lunch served  
→ **Catch up:** Missed our raffle? If you can, [please donate](#)
- 2pm **Getting the right support from social care**  
How can you best prepare for a care needs assessment for your disabled brother/sister? Frances Danylec shares her insight as an Occupational Therapist  
→ **Catch up:** Download [our guide 'Getting a care needs assessment'](#)

- 2.45pm **Advocacy**  
Sibling and Learning Disability Nurse Rosie Mockford offers her tips and advice on advocating for yourself and your disabled or neurodivergent brother/sister  
→ **Catch up:** Download [Rosie's advocacy top tips](#)
- 3.30pm **Comments from Sibs Chair of Trustees**  
Saba Salman, Sibs Chair of trustees, shares her thoughts on the day  
→ **Catch up:** Take a look at posts and comments on our social media: [Facebook](#), [Instagram](#), [LinkedIn](#), [Blue Sky](#). Please share and help us reach more siblings
- 3.40pm **Final thoughts**  
Clare Kassa, Sibs CEO  
→ **Catch up:** Remember that you matter as a sibling. Download [our eBook 'Self-care for siblings'](#)  
→ **Catch up:** Take a look at the many small and large ways [you can help Sibs and get involved with the charity](#)
- 4pm **Close**  
Join us for coffee until 4.30pm  
→ **Catch up:** Want to hear about future events? Join [our mailing list](#)

Sibs is the UK charity for brothers and sisters of disabled children and adults.

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