



# Living Well North Tyneside

Supporting Health and Wellbeing

individual needs of each family member, including the sick child, parents, siblings, grandparents and extended family. Support includes:

- Providing short breaks for the sick child and siblings, which may include drop-in groups, family days, trips out or fun activities at home
- Spending time with the ill child at hospital or home
- Accompanying and supporting parents and their child during clinic and hospital visits; providing transport to hospital
- Helping maintain normality in the home by working with and caring for siblings, to ensure usual activities are continued
- Siblings may be supported through one-to-one sessions, help getting to school or with homework, regular sibling groups and school holiday events and activities
- Providing practical support with household chores to help families manage day to day life
- Providing emotional support
- Providing end-of-life care and bereavement support

Support is generally available from Monday to Friday between 8am and 6pm, frequency and duration depending on family choice and needs. Rainbow Trust operates a 24-hour service for families in crisis, which includes a 24-hour dedicated on call number, and the possibility of extended hours of family support during weekdays and weekends.

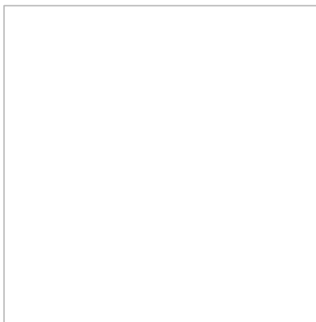
Support is provided in family homes and in the community, with drop-in groups at various times and venues. The address below is administrative only.



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