



**Autonomie**

Independence through education and support

# Family Voice Hub

**Supporting Families with Children  
& Young People with Disabilities**

# Family Voice Hub

**Caring for a child or young person with a disability can be challenging. Even the most experienced parents and siblings need someone to turn to for help and advice.**

Families of a child or young person with a newly diagnosed disability can experience shock, fear and attitudes and need practical, emotional and tailored advice.

Tailored support through Family Voice Hub helps families cope with life. Parents and siblings can access dedicated support and our work doesn't stop there - we empower families to take part in forums where they can ask questions, share their views, offer peer support and information.

## SUPPORT FOR FAMILIES

The whole family may need support with the emotional and practical issues of living as a family with a child or young person with a disability. There's no right or wrong way to feel and everyone does things differently.



## Access support through:

### Virtual support hub

When face-to-face contact is not possible, access support by telephone, Zoom, and email. Our professional Family Voice Hub Co-ordinator will ensure you are getting the right support and advice.

### Drop-in centre

A drop-in service is available, call in for a cuppa and a chat. We are located right in the heart of South Belfast's Queen's Quarter, with accessible parking on-site at Lilac House, 4 Sandhurst Road, Belfast BT7 1PW.

### Local outreach

If travel to our centre is not possible then we can arrange a home visit – either to your home or a venue which is convenient and suitable for you.

## Autonomie offers support with the use of:

### Workshops

Families can come together in a safe, collaborative, and confidential setting to learn, share their knowledge and experience, offer feedback, and help shape the services we provide.

## Services include:

- Group-based and one-to-one confidential counselling support
- Support with practical issues (e.g. benefits, adaption of houses, independent living equipment).
- Practical and Emotional support
- Provision of referrals to appropriate external agencies which are better placed to advise on specific areas.

*We do not provide medical advice.*

## SIBLING SUPPORT

Having a sibling (Sister/Brother) with a disability, can make other children in the family feel confused and overlooked. Through drop-in, and/or virtual contact siblings can access practical and emotional support, along with advice and other services.

## Services include:

### Workshops

Whether together as a family unit, or independently, siblings can access workshops tailored to their needs such as:

- Group-based and one-to-one and confidential counselling support
- Building self-confidence
- Physical and mental well-being
- Coping skills
- Advice & guidance

**All our services are FREE of charge.**



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## FIND OUT MORE

[www.autonomie.org.uk](http://www.autonomie.org.uk)

## Family Voice Hub

### Lilac House

(Linked Independent  
Living and Advice Centre)

4 Sandhurst Road  
Belfast BT7 1PW

T. 028 95918051/078 7251 9900

E. [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com)

## KEEP IN TOUCH



@autonomieinfo

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