

REPORT BACK

Sibs – A day for adult siblings, Manchester

I've only recently discovered Sibs (my older sister Allison has Down's Syndrome), and I was really looking forward to making my first connection with the charity at their Adult Sibling Day. I am so grateful Sibs went ahead with the event on 14 March which, as we now know, was held shortly before the UK went into lockdown. My experience of the day and knowing how Sibs uniquely understands how we, as adult siblings, are coping in this current situation, is somehow making the stresses and strains a little bit more bearable. I can't visit my sister for the time being and that's hard, but with Sib's support I know I'm not alone.

As for the event itself, for the first time in my life I was meeting fellow adult siblings and realising we all shared the same experience. wow! Describing growing up with a disabled sibling to someone who has non-disabled siblings, I have often found difficult to articulate, but here I was in this lovely hotel conference room filled with people who just "got it. Finally, I felt none of my usual awkwardness.

I was particularly moved by the personal stories related by adult siblings Prakesh and Joe. All the speakers throughout the day were insightful and knowledgeable. I was very grateful to Liz Wilson from Dimensions who afterwards gave me some really helpful advice on my Appointee role. The day finished with a relaxing mindfulness session and a chance to stay and socialise at the close. I finally headed off home armed with plenty of food for thought and useful information to further explore.
Thank you for a great and supportive day, Sibs!" Helen Davis, sibling

Sibs are a charity who work to support siblings of all ages. To find out more <https://www.sibs.org.uk/>

BOOK REVIEW

This new publication had an international online launch in July. Both editors, along with a number of chapter authors, presented via video livestream to a large audience from Australia and UK.

Belonging for People with Profound Intellectual and Multiple Disabilities: Pushing the Boundaries of Inclusion

Melanie Nind and Iva Strnadová (Eds). (2019). *Belonging for People with Profound Intellectual and Multiple Disabilities: Pushing the Boundaries of Inclusion*. Abingdon: Routledge. 218 Pages. £29.99. ISBN 978-0-367-20295-8

Link: <https://www.routledge.com/Belonging-for-People-with-Profound-Intellectual-and-Multiple-Disabilities/Nind-Strnadova/p/book/9780367202958>



**BELONGING FOR PEOPLE WITH
PROFOUND INTELLECTUAL AND
MULTIPLE DISABILITIES**
Pushing the Boundaries of Inclusion

Edited by Melanie Nind and Iva Strnadová

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ROUTLEDGE

I recommend this book to people who have an interest in children or adults with profound intellectual and multiple disabilities. It is particularly relevant to teachers, scholars and postgraduate research students. I believe it will also provide interesting and engaging reading for

