



Building Bridges - Breaking Stigma

Building Resilience In Families Living With Sickle Cell Disorders



● Family support ● Relaxation ● Emotional support

Children with sickle cell and their families cope better when they learn how - our Family Resilience programme will show you how.

Join today

For more Information and a registration form
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Supported by



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Over 7000 children are currently living with Sickle cell Disorders in the UK. Like any long term condition living with Sickle cell Anaemia can be challenging for the Children and young people living with it as well as their families.

Although there is often therapeutic support available it is offered in a hospitalised environment to the children and young people but seldom to the family as a whole.

Research has shown that therapy shared within the family environment can make coping with a long term condition easier for the family and build greater understanding and a stronger ability to deal with other challenges within the family.

What is the Family Resilience programme?

Our Family Resilience provides the opportunity for families to come together to build their capacity to recover quickly from difficulties (resilience) that living with or having a child with Sickle cell anaemia presents.

It is also a great opportunity for families to get to meet other families in a fun and relaxed environment.

Who designed the Programme?

This programme has been jointly designed by Sickle Cell and Young Stroke Survivors (SCYSS) and Dr Kofi Anie a renowned Psychologist with extensive clinical experience in supporting children, young people, families and adults living with Sickle cell Disorders.

The programme comprises 4 half-day sessions over 4 Saturdays during September 2014 and will take place in a comfortable central London venue.

Dr Kofi Anie, expert therapists and expert parents will jointly deliver the programme.

Free lunch and transportation will be provided for all families wishing to attend.

What are the benefits of joining this programme?

- Families will learn coping strategies
- Families will learn how to communicate better with each other
- Families will learn how to manage stress
- Families will learn relaxation techniques
- Families will learn about wider networks that enable greater resilience
- Families will gain better understanding of stigma and how it affects family dynamics and wider relationships
- Families will meet other families and network

Who are we and what we do?

Sickle Cell & Young Stroke Survivors (SCYSS) is a National charity that supports children and young people with sickle cell and sickle cell induced childhood stroke.

Aim: SCYSS aims to offer holistic support to children, young people and their families affected by sickle cell disorders and childhood stroke.

Our Vision: Our vision is to prevent stroke in children and young people with sickle cell anaemia. If a stroke occurs, our vision is to ensure that it is recognised immediately and treated appropriately with adequate care, support and information given to both children and families.

This program is funded by Roald Dahl Marvellous Children's Charity. Please check our website regularly to update yourself on our monthly events at www.scyss.org

What are the main areas the programme will cover?

- Sickle cell and Psychological Education
 - Psychological coping Strategies
 - Communication
- Maintaining Emotional Resilience

