



Welcome to the Workshop on
Supporting Bereaved Children with
Special Educational Needs through the
Rainbows programmes

Wednesday, 13th July 2016



Our Mission

Rainbows is committed to helping children and young people grieve and grow after loss.

Catholic **Children's** Society (Westminster)
Making A Difference



Rainbows: what is it?

- Rainbows is a non profit making, international organisation that offers support to children grieving a death, divorce or other painful loss in their lives.
- Support is offered through a structured programme involving peer support groups, and Rainbows provides training/age appropriate resources for establishing these peer support groups
- Trained facilitators give children the opportunity to work through and wrestle with the intense emotions of grief



Loss and possible responses of children....

Losses may include:

Death, separation, divorce, but may also include loss of pets, a loved one being in prison, moving from a familiar to a strange environment and...

Responses:

- Feelings of abandonment, rejection, anger, shame, responsibility, relief
- A change in attitude to school work with falling grades

Signs of Grief

Can't eat/can't stop eating

Aggressive behaviour

Fatigue

Anger

Loneliness/sadness

Panic/anxiety

Withdrawal from
friends/activities

Guilt

Relief

'Younger behaviour'

Can't sleep

Research shows that children/young people can survive significant loss when...

- They receive accurate information
- They are allowed and encouraged to ask questions
- Their questions are answered honestly
- They are allowed to participate in family grieving
- They have someone to whom they can talk and whom they trust

History of Rainbows

Rainbows was founded by Suzy Yehl Marta in Chicago in 1983. She was the divorced mum of three boys

Rainbows is now in 18 different countries.

Over 3 million children have participated in the programmes worldwide

Rainbows came to England in 1992 and is now a separate charity known as:

'Rainbows Bereavement Support GB'

There are now over 1,070 Rainbows 'sites' in Britain

Rainbows can help children by...

- Encouraging participants to engage with their own grief
- Providing a safe setting in which to share their feelings with trained listeners
- Always acknowledging the grief and loss experienced
- Allowing a shared experience so as to be able to identify with other's feelings
- Supporting participants to adjust and adapt to their 'new' situation
- Supporting the rebuilding of self-esteem, trust, confidence and resilience

The SunBeams Programme

- Twelve week programme for young children (Early Years/Foundation stage) who have experienced a significant loss in their lives
- Parents' meeting to explain the programme
- Parent guide to enable them to work with their child through the programme
- Programme facilitated by trained adults
- Support provided through peer groups
- Activity based, using puppets, teddy bear etc.

The Rainbows programme

- Twelve to fourteen week programme for children in Key Stages 1 and 2
- Celebrate Me Sessions after six sessions and at the end of the programme (*this may be adapted*)
- Small groups, (between 3-5 pupils), weekly meetings
- Each child has their own journal (3 'levels')
- Coordinator has handbook
- Facilitators have handbook and support materials (games, activities and storybooks)

The SunRise Programme

- Thirteen week programme for children/young people with learning disability who have experienced a significant loss in their lives
- Programme facilitated by trained adults
- Support provided through peer ministry groups
- Activity based and flexible, using practical resources such as puppets, crafts and art/clay work at the relevant level for the participants in the group

Contacts

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