

Rainbows offers a 12-14 week, age appropriate and structured programme; facilitated by trained members of staff.

It explores the following: –

- ☐ One of a kind – self esteem
- ☐ Inside out – feelings
- ☐ Why my family?
- ☐ Making the pieces fit – coping skills
- ☐ Anger and hurt – coping skills
- ☐ Facing fears and worries – coping skills
- ☐ Families are all different
- ☐ Belonging to my family
- ☐ Different kinds of family
- ☐ Endings and beginnings – change
- ☐ Weathering the storm – adapting, adjusting
- ☐ Living with change
- ☐ Celebrate me session – a celebration and conclusion of the programme; going forward.

Planning and resources for each session are provided

WHAT DO CHILDREN AND YOUNG PEOPLE THINK ABOUT RAINBOWS?

"It helped me be less upset and it made me happier."
(Tina, Year 5)

"Rainbows helped me to get on with my dad and how to make things go right with him."
(Charlotte, Year 5)

"It helped me to manage my feelings more and gave me an understanding of why I'm feeling this way."
(Bradley, Year 8)

"It is a time where I can say everything to someone who I trust."
(Hollie, Year 9)

CONFIDENTIALITY

- ☐ Confidentiality is at the heart of Rainbows
- ☐ Confidentiality will be kept at all times unless a child or young person is at risk
- ☐ Rainbows groups strictly adhere to the school's Safeguarding policies and procedures

For more information about Rainbows in school, please contact your school in the usual way.

For more information about Rainbows, please contact: –

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INFORMATION FOR **PARENTS AND CARERS**

**SUPPORTING CHILDREN
AND YOUNG PEOPLE
THROUGH LOSS AND GRIEF**

"The programme made a huge difference to our family life. We found that our son was more able to cope with his grief and loss".

(Independent Research 2011)

Rainbows Bereavement Support Great Britain
Charity no. 1058476

WHAT IS RAINBOWS?

Rainbows fosters emotional healing among children, young people and adults who are grieving a loss through a death, divorce, separation or any other painful transition in their lives.

Rainbows provides a safe setting in school in which children and young people can talk through their feelings with their peers who are experiencing similar situations. They are helped to articulate their feelings by a trained facilitator.

Rainbows provides age related materials which form a structured 12-14 week programme to assist children and young people through their grief and loss.

Rainbows acknowledges that grief needs to be recognised and supported; not denied, buried or ignored.

Rainbows supports self-esteem, trust, confidence and resilience. It promotes emotional development and positive, healthy relationships.

QUESTIONS ASKED BY PARENTS AND CARERS WITH ANSWERS FROM PARENTS AND CARERS!

WHAT WILL IT COST?

"Nothing"

OUR SON IS REALLY STRUGGLING IN SCHOOL AND AT HOME. CAN RAINBOWS HELP?

"The programme made a huge difference to our family life. We found that our son was more able to cope with his grief and loss"

WILL IT HELP MY CHILD TALK ABOUT HIS FEELINGS?

"I just would like to say a big thank you to you all with helping my child talk about what's on his mind"

DOES IT HELP FOR CHILDREN TO SHARE THEIR EXPERIENCE WITH OTHERS?

Yes. "Going to Rainbows meant they realised there were other children in a similar situation and they weren't the only ones".

SINCE THE SPLIT UP OUR SON IS REALLY DOWN AND HAS NO CONFIDENCE. I'M NOT SURE ABOUT RAINBOWS THOUGH.

"Rainbows has made my child grow in confidence, he has come out of his shell rather than getting angry he now sits and talks his feelings through. The support he received was second to none. We could not have survived without Rainbows. Long may it continue."

(Answers are taken from research undertaken in 2011).