

RAINBOWS PROGRAMMES AND RESOURCES

Rainbows provides an emotionally safe environment for children, young people and adults to guide them through grieving a significant loss in their lives.

This is achieved by implementing a structured, age-related programme facilitated by trained staff. The participants meet in small groups for twelve to fourteen weekly sessions.

- ☐ SunBeams – Foundation Stage
 - ☐ Rainbows – Key Stage 1 and 2
 - ☐ Spectrum – Key Stage 3, 4 and 5
- (age ranges are for general guidance only)

RAINBOWS TRAINING OFFERS

- ☐ Training in bereavement and loss for **ALL** members of staff where Rainbows is to be introduced.
- ☐ Support for school communities to review or develop their own bereavement policy.
- ☐ Specific training for facilitators and co-ordination of the programmes and on-going support to affirm and advise colleagues in their important on-going work with those who grieve.

PARENTS AND CARERS

- ☐ 100% agreed that they were happy to be approached by the school regarding the Rainbows programme.
- ☐ 96% would recommend the programme to other parents.

"I already had a good relationship with staff at my son's school, but I feel Rainbows gave him a place where he could be himself, not have to worry about how he was feeling."

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



Please email or telephone for further details:

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"100% of headteachers agreed that the Rainbows programme is a valuable resource for supporting vulnerable children in school"

"97% of headteachers agreed that being involved in the programme had helped to develop the professional skills of the staff"

(Independent Research 2011)



Rainbows Bereavement Support Great Britain is a charity having direct impact on the lives of children and young people ...

"We've run Rainbows programmes for years – it's an integral part of our school curriculum in nurturing human wholeness. All staff, students and parents are aware of it ... so are OFSTED!"

(Headteacher, Catholic High School)

"I couldn't imagine our school without Rainbows – it's part of our induction programme for new staff too"

(Headteacher, Primary School)

"Rainbows has proved to be a cost effective means of supporting vulnerable children and young people within our school. It has developed the professional skills of staff and has fostered positive relationships between home and school"

(Headteacher, Community High School)

"It's great that planning and resources for each session are provided"

(Learning Mentor, Primary School)

For further information, please contact: –

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THE DIRECT IMPACT OF RAINBOWS PROGRAMMES IN SUPPORTING CHILDREN AND YOUNG PEOPLE

INCLUSION

95% of children agreed that the Rainbows group gave them a safe place to talk about their feelings.

"It helped me by letting all my feelings out"

(Emily, Year 5)

"I had issues in and out of school. Knowing people were there within school helped me to deal with my problems properly in my head."

(Rachel, Year 11)

SELF ESTEEM

78% of young people in KS3 and 4 said their involvement in Rainbows programmes helped them to feel more confident about themselves.

"It's helped me to get my confidence back in myself ... the sadness that I go through, other people feel the same way I do, so it makes me feel more confident"

(Tayla, Year 8)



EMOTIONAL DEVELOPMENT

75% of young people in KS3 and 4 agreed that the Rainbows programme helped them to feel calmer in themselves.

"It helped me to manage my feelings more and gave me an understanding of why I'm feeling this way"

(Bradley, Year 8)

RELATIONSHIPS

71% of children felt that they got on better with their family as a result of Rainbows.

100% of young people agreed that they trust the adults who run the groups.

"It's helped me let out my feelings instead of bottling them up"

(Josh, Year 6)

"It's a time when I can say everything to someone I trust"

(Mollie, Year 9)

Research findings from "An evaluation of the direct impact of the Rainbows Programmes in supporting children and young people within South Yorkshire". One of the regions of Rainbows Bereavement Support, Great Britain.

(available from Rainbows GB).