



Rainbows

Guiding Children and Young People
Through Life's Storms.

Rainbows Bereavement Support Programme

What is the Rainbows Bereavement Support Programme?

The Rainbows Bereavement Support Programme helps children and young people who have experienced a significant loss in their lives. Losses include bereavement through the death of a loved one, family breakdown or separation.

We provide training for school staff so they can deliver support groups for pupils to help them cope with their grief and feel less alone.

Rainbows is a well-established programme and currently operates successfully in over 1,500 primary and secondary schools nationwide.



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Why do I need this in my school?

Sadly all schools will have pupils struggling with experiences of loss. This often means these young people are distracted and anxious and struggle to concentrate in class or engage with learning.

Without appropriate support these difficulties can escalate leading to poor educational outcomes and mental health concerns.

How does this programme help?

Rainbows gives children and young people the opportunity to talk about their feelings with peers in a safe and nurturing environment. This helps them to feel less alone with their grief and to understand there are others who are going through similar experiences.

As a result pupils' self-esteem and confidence grows and they are in a far stronger position to engage with school life and achieve their full potential.

"I would highly recommend the Rainbows programme to any school... we are delighted to have this invaluable tool to support our pastoral care"

Wendy Clark, Senior Teacher, St. Thomas of Canterbury Catholic Primary School, Hertfordshire

Is this suitable for primary and secondary schools?

The Rainbows Bereavement Support Programme has been developed to cater for children and young people of all ages, with different resources designed for specific Key Stages.

- Foundation Stage – Sunbeams
- Key Stages 1 & 2 – Rainbows
- Key Stages 3, 4 & 5 – Spectrum

How is the Rainbows Programme delivered?

Our Rainbows Registered Director delivers a full day of training on-site in schools to selected school staff. These staff are then equipped to act as 'Rainbows Facilitators' and run the support groups for pupils. We recommend that at least three staff are trained as Facilitators.

"Before Rainbows Annie was very guarded and unhappy. She didn't have any friends and found it difficult to trust anyone."

"Now the barrier has come down. She has made friends in school and is so much more upbeat and positive"

Louise Billington, Learning
Mentor, Longfield Primary
School, Harrow



What happens in the sessions?

The programme is clearly structured and takes place once a week for 12-14 weeks. Each session is up to one hour in duration. We provide workbooks and resources for Facilitators and pupils.

Which staff should become Facilitators?

Any members of staff over the age of 21 can train as Rainbows Facilitators. Facilitators should be:

- Good listeners
- Able to manage tension and negative emotions
- Keen to help pupils work towards their own solutions

N.B. If a Facilitator has recently experienced a significant loss in their lives it may be advisable that they give themselves time, maybe as much as two years, before they facilitate Rainbows groups.

What are the responsibilities of a Facilitator?

- To participate in the facilitator training (approx. six hours)
- To facilitate the 12 weekly peer support meetings
- To keep information shared confidential, except where safeguarding issues arise
- To keep the journals and other materials safe
- To participate in ongoing support meetings where necessary

Further training included

Once the facilitator training is delivered we will also provide:

- Coordinator training: A one-hour training session for the member of staff who will have overall responsibility for the Rainbows Programme within the school
- Staff briefing: A 40-minute briefing for all staff within the school. This includes information on how children respond to grief and loss. It also explores what staff can do to support pupils struggling with these issues and how the Rainbows Bereavement Support Programme can help

For further information please contact:

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