



National Director's Winter Newsletter

[What we are about](#)

Here we are at the closing of another year with lots to celebrate including the training of new RDs, the appointment of a new Regional Development worker, a successful annual CPD and new schools registered.

Our objectives.



Raising awareness of the impact of bereavement and loss on children, young people and adults



Offering practical, realistic and sensitive guidance to help schools ensure they have appropriate bereavement policies and procedures.



Providing high quality education and training in bereavement and loss which is based on current research and supports best practice. (Current Govt. recommendations and Ofsted guidelines)



Nurturing and developing the emotional health, resilience and well-being of children, young people and adults who have experienced a significant loss through death, relationship breakdown or other Adverse Childhood Experiences (ACEs).



·Providing structured, developmentally appropriate peer support programmes for grieving children and young people aged 4 to 19.

New Registered Directors

I was very privileged to train 6 new Registered Directors in Liverpool with the help of Dcn Paul, Annette, and Denise the new RDs are raring to get started. A big welcome to Victorine Tsika-Kabala, Dallas Manby- Parryman, Anne Shepherd, Rose Curry, and Pat Daly, we are looking forward to working with you to further the work of Rainbows.

Retiring Registered Directors



I am very grateful for the work our Registered Directors do to further the impact of the charity across the country. However, there does come a time when RDs have to retire from their work in Rainbows so we are saying goodbye to some of those- Anne Dawes (continuing as a Trustee and NE Management Committee) Derek Kelly (continuing on Management Committee) Sandra Ferris (continuing on Management Committee) Micki Coyle Nicky Coyle Margaret Caulfield Sadia Asghar Sr Michelle Totman Marie McCusker Margaret Doyle Jos Thompson

Many thanks to you all. As you can our numbers have dwindled, we do need to appoint more RDs so please send out the recruitment flyer to anyone who maybe interested. We do have new applicants to be trained in 2024 in the North East and East Midlands.

Rainbows Bereavement Support GB Volunteers needed – Can you help? Rainbows Bereavement Support Great Britain is a well-respected national charity offering high quality training in bereavement and loss; practical, realistic and sensitive guidance for schools to review or develop their own bereavement policy; specific training for facilitators and coordinators of the Rainbows age-related programmes and on-going support to affirm and advise colleagues in their important work with those who grieve.

The charity currently operates in over 1500 schools.

We are looking to recruit a number of Volunteer Registered Directors to deliver training to staff, in schools, in peer support programmes which help foster emotional healing in children, young people and adults grieving a significant and often devastating loss in their lives. •We ensure that our initial, and ongoing training, is comprehensive to enable volunteer Registered Directors to deliver training to staff in schools feeling well-prepared and confident. •Although this is a voluntary position, any travel costs incurred will be paid at the Rainbows rate. •If you would like to know more about this volunteering opportunity please contact

Sharon Melia-Craven,

National Director

Rainbows Bereavement Support Great Britain

(Charity NO:1058476)

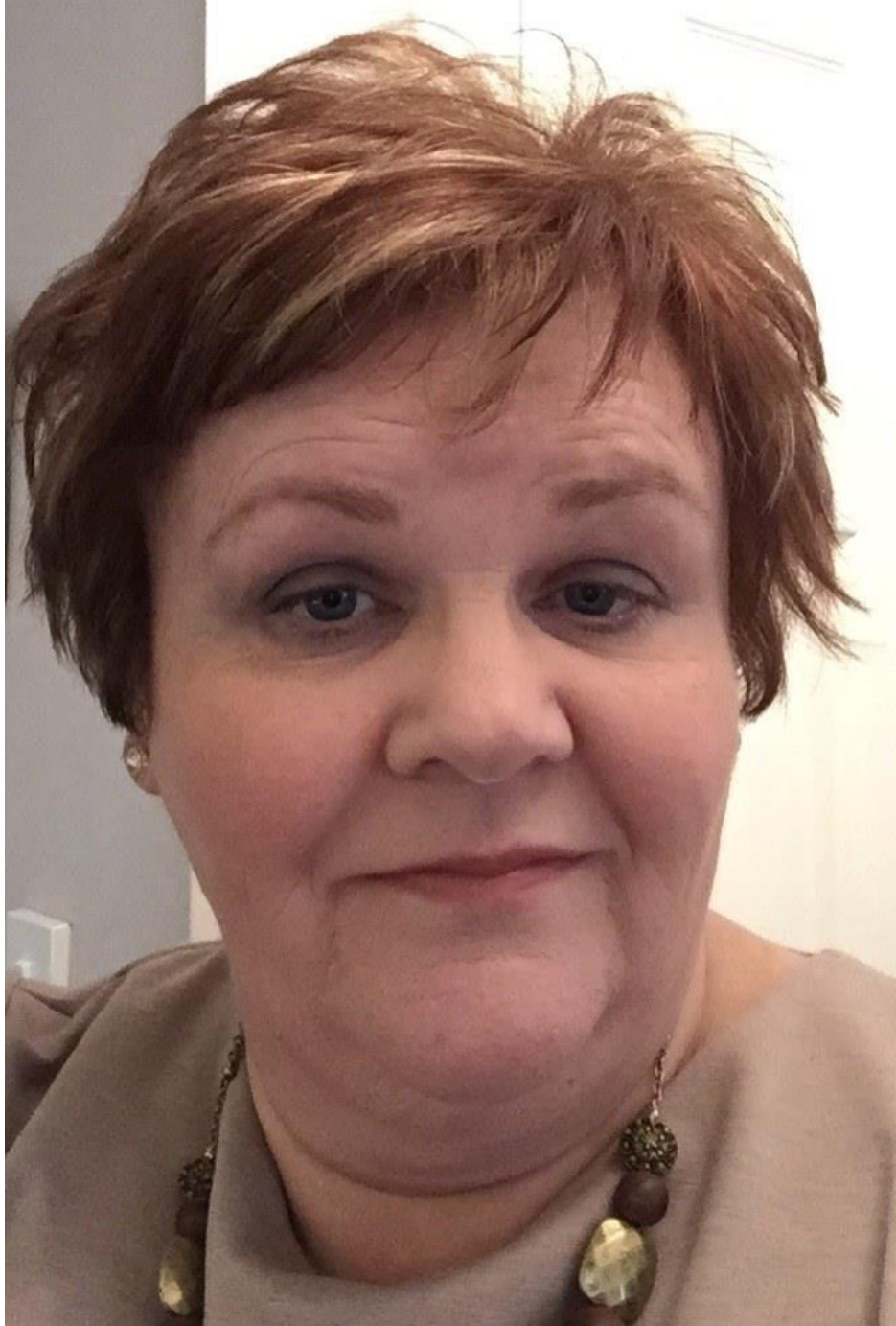
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New Regional Development Worker Scotland





1 - I am delighted to announce the appointment of Marie Seenan, the new Regional Development Worker for Scotland. Marie is recently retired from her teaching career and Rainbows Co-ordinator in her school in

CPD 2023 Being a rainbow in someone else's cloud



Many thanks to all those who attended the annual CPD at Hinsley hall, it was a great day with lots of interaction and catching up with old friends and meeting some new ones. The day included:

- Resilience - presentation by Sue
- 'Stand By Me' – Reflections from Suicide Bereavement UK annual conference - Sharon
- 'Everything is down to me' – Parental perspective on Bereavement & Loss, research- Sharon
- When Somebody Dies - Sharon
- Well Being Project update and feedback - Emily
- Adult Bereavement -Sharon
- Evaluation, Research and Evaluation update - Sue KF
- Updates and news

Don't forget the CPD next year will be a weekend

The ERD working Group met recently to further its work on gathering childrens' responses and feedback. We will be asking schools to keep a very simple on going evaluation document during the programme and a re worked evaluation on the completion of the programme. These will be available at Easter to be used in the summer term.

Bids and Grants Group



Please bring the Government's Earmarked Annual Grant (EAG) to the notice of Academies who are struggling with financing the introduction of Rainbows into their schools. Some grants are only available to regions, therefore we would urge you to search in your areas for possible grants to support Rainbows in your areas.

DfE Funding for Academies and Academy Trusts

Apply for your Earmarked Annual Grant (EAG)!

Write to the Secretary of State!

Request £1000 per school and use your EAG to:

Promote Mental Health and Well-being

For your Children and Young People

Through School Based Peer Support Programmes

Suitable For All Age Groups

Rainbows Registered Directors Train School Staff

School Staff Deliver Programmes

Here is a possible letter Academies could send in applying for the EAG Dear Secretary of State

Request fromname of Academy/Academy Trust for £n

£1,000 per school, £500 training costs and £500 resources

Funded through the Earmarked Annual Grant (EAG)

Reference: Academy and free school: master funding agreement December 2020 (v5)

The [Mental Health of Children and Young People in England 2023 report](#), published 21.11.23 by NHS England, found that 20.3% of eight to 16-year-olds had a probable mental disorder in 2023.

Responding to the needs of these Children and Young People (CYP) is posing considerable challenges for all schools in all sectors of education.

We propose to support our CYP who are experiencing mental health issues and those who have experienced any type of Adverse Childhood Experience (ACE) or loss in their lives by a partnership approach with Rainbows Bereavement Support Great Britain (Rainbows GB) to implement a series of age-appropriate peer support programmes.

In a safe and secure setting and led by trusted adults these programmes aim to help CYP:

- Understand and come to terms with their feelings
- Regulate their emotions and develop emotional resilience
- Develop their self-esteem and self-confidence
- Use a secure platform to share their experiences
- Move on from the issues affecting them and remove the barriers to their learning

Rainbows GB is a well-respected national charity which will provide both resources and high quality training for our school staff who will then run the peer support 12 week programmes for our CYP. The precedent for the DfE to fund the Rainbows programmes was established in 2020-21 in the Doncaster Opportunity Area when staff from 44 schools were trained. Subsequent evaluations demonstrated both the success and effectiveness of the programmes and the value for money they provided. The relevance of Rainbows in supporting vulnerable CYP is referenced in Appendix One, attached. Recognising the high priority the DfE places on sharing and spreading good practice in a cost effective manner we ask the Secretary of State to consider our request favourably and we look forward to your imminent reply. Should you require any further information please do not hesitate to get in touch. Yours sincerely

Appendix One

Rainbows Bereavement Support Great Britain

Rainbows GB was established in 1993 and currently has approximately 1500 registered schools across all phases of education. The Charity also has international links, working in 16 different countries and to date it has supported almost 2 million CYP and their families.

Further information can be found on the Rainbows website:

<https://rainbowsgb.org/>

Or contact:

Sharon Melia-Craven

National Director

sharon.rainbowsgb@btconnect.com

07764431536

Recent government documents and independent research which relate directly to the work of Rainbows include:

1. National Institute for Health and Care Excellence (NICE), Social, emotional and mental wellbeing in primary and secondary education, July 2022
2. NHS 75 Digital, Mental Health Survey of CYP in England Survey, most recent update November 2023
3. The Children's Society, The Good Childhood Report, September 2022
4. Commission Young Lives, Commissioning Young Lives, April 2022
5. Children & Young People's Mental Health Coalition, Promoting CYPs mental health and wellbeing, September 2021
6. The UK Commission on Bereavement, Bereavement is Everyone's Business, 2022
7. Nuffield Family Justice Observatory, Separating families: Experiences of separation and support, September 2022 They can be viewed at <https://rainbowsgb.org/research-documents/> Collectively they refer to:
 - The importance of recognising Special Educational Needs and Disabilities (SEND)
 - The value of Trauma Informed approaches
 - The role of the Trusted Adult
 - The role of schools in providing a safe and secure space
 - The need to offer age-appropriate targeted support at individual and group level
 - The recognition of ACEs and the need for appropriate intervention to support the 20.3% of CYP currently experiencing probable mental health issues
 - The role of early intervention in equipping CYP to be resilient

Rainbows does all of these and is more relevant now than ever in supporting our most vulnerable children and young people.

Operating Models

There are various regional models operating within Rainbows, with that in mind we are in the process of having conversations in the areas to make the charity more efficient. Those visited so far are Westminster, Humber/Tees, South Yorkshire and Liverpool. We hope to contact other regions in 2024.

Fundraising



- There have been a number of fundraising activities this year-
- Rachel (Trustee and RD) has been very busy knitting and has raised £1000 - well done Rachel!
- Terry Kirwin took part in the Wirral Walk Challenge and raised £595
- The Aaron Parker memorial Cup was played and raised £2,742 in memory of Aaron Parker, with £500 matched funding from Capital One
- Cranmore Primary School raised £77.37 by selling cakes

Many thanks and well done for supporting Rainbows **RainbowsGB's bespoke fundraising link** Here is our bespoke fundraising link which you may want to share with any supporters interested in creating a Fundraising Page for your cause: <https://www.justgiving.com/fundraising-page/creation/?cid=3008669>

How to contact us



Don't forget our contact details Kolla and Caroline can be contacted at the Resource Centre 0161 6242269 Rainbows Bereavement Support GB Hall Lane Maghull Liverpool L32 3DZ @Rainbows GB Rainbowsgb.org National Director 07764 431536 Sharon.rainbowsgb@btconnect.com



2 - I hope you all have a restful and peaceful Christmas, I wish you a glorious 2024 Sharon