

How can we access support from the Rainbow Centre?

Families can self refer or be referred by others. Call us to discuss and if you are suitable to benefit from our services a referral form can be sent.

The Rainbow Centre also offers support and training to schools, organisations and agencies; costings on request.

What will happen?

Support may be offered by telephone or email. If a referral is progressed our Clinical Lead will meet with the family for the assessment and family support stage of our service. We will discuss which of our services may be most suitable.



Please consider becoming involved in one of the many ways that can help us to continue the vital work we do:

- ♥ Make a one off donation
- ♥ Become a regular donor
- ♥ Take part in one of our fundraising events or activities
- ♥ Get your family, friends or company involved and undertake your own fundraising activity
- ♥ Choose us as your Charity of the Year
- ♥ Volunteer your time
- ♥ Leave a gift in memory
- ♥ Leave a gift in your will

For all enquiries:

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www.rainbowcentre.org.uk

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facebook.com/rainbowcentre

The Rainbow Centre for Children is a company limited by guarantee registered in England number 06240935 Registered Charity No.

1120461.

the rainbow centre
helping bereaved children and their families



When a child's Mother, Father, Brother or Sister dies, their lives change forever.

Professional Therapeutic Support for children, young people and their families suffering bereavement

Over 40,000 children are bereaved of a parent every year in the UK, that's 112 a day and 1 every 13 minutes.



The Rainbow Centre for Children was founded over 30 years ago and provides free and professional support to children, young people and their families affected by bereavement.

A range of specialised services are available to suit the needs of each individual child and their family and include:

- ♥ one-to-one counselling
- ♥ art, drama and play therapies
- ♥ facilitated family workshops
- ♥ facilitated youth workshops
- ♥ family fun days
- ♥ advisory services



There is little recognition, support or understanding of the immediate and long-term impact and devastation that death brings to these children and families. Numerous studies show poor outcomes for this disadvantaged group, yet there is little or no statutory support available.

The Rainbow Centre is a lifeline for children and their families and provides a range of services to support them through their grief journey.

There is a high demand for our services and we endeavour to continue

supporting those in need and hope to reach a day where no child will have to experience grief alone.

10,061 babies, children and young people died in the UK in 2016 – that's 28 every day, leaving a substantial number of bereaved siblings.



'We'd just like to express our gratitude to you and the Rainbow Centre for the work you do ... as we travel through and adjust to this blackest and bleakest thing. We are grateful that places like The Rainbow Centre exist.'



Daisy's Story

When I first started coming to the Rainbow Centre it felt quite scary and awkward as I had not met Helen, my therapist before. It got better as I got used to it!

My dad had died and then my counsellor, who was helping me at school, died and things just felt worse. I felt really sad and kept thinking, why me? Also at this time I found it difficult to get to sleep and in school it was hard to concentrate and stay in lessons. I was feeling really sad and was missing daddy.

In therapy I did lots of different things including playing with the sand tray, making slime and things from clay including a pot and volcano. We played hide and seek and made dens. Also I did a memory jar, 'healing heart' and a 'party in a bottle'. Through these activities I have shared memories, talked about problems and worries, let my anger out and faced my fears and sad feelings.

Things have changed for me. I feel much better about dad and can stay with my sad feelings for longer now. School is also getting better and I no longer find it difficult to get to sleep at night.

I know if things are feeling difficult I can share with mum and if mum is not around at the time I can take some deep breaths to help myself feel calmer.

I know also that I can go back to the Rainbow Centre in the future if I ever need to.

Daisy, 7