

The Myton Hospices

Helping young people when someone dies

Rainbow Ripples & MyTeens Support



Rainbow Ripples and MyTeens

What are they?

Our Rainbow Ripples (for ages 5-12) and MyTeens (for ages 13-18) services offer direct support for children or indirect support through parents or others within the family. These services help young people when someone special has died after being unwell for a long time or if they died unexpectedly of a sudden illness.

How does it work?

We meet the children at the hospice and provide a quiet, confidential and safe space to talk about the person who has died on a one-to-one basis. We also run workshops throughout the year.

How will it help?

It will give your child the chance to share any worries, fears, hopes and feelings they have been having. It also gives your child the chance to ask any questions they may have. Support is offered from the point of diagnosis, before the person has died.

Workshops

Why groups for children and young people?

When someone special dies a child can feel lonely, confused, angry, guilty and maybe isolated. It can help meeting other children who have had the same thing happen to them. In the groups the children will meet others in the same situation, we look after each other and have some fun.

Our children's and young people's programme is designed to:

- Aid understanding of what's happened
- Enable the child to meet others who experienced a loss and maybe make new friends
- Work with grief and loss in a creative and fun environment
- Hear people's stories
- Find new ways to cope
- Ask questions
- Hold onto good memories
- Let go of difficult feelings
- Encourage children to talk

What if your child doesn't know anyone in the group?

Everyone at Rainbow Ripples /MyTeens will have been through similar things to your child so it will help to make friends and stop feeling lonely.

Who runs Rainbow Ripples and MyTeens?

The groups are run by qualified counsellors.

What will your child be doing?

There are lots of activities we do:

- Creative time when we make things
- Time to talk to others
- Ask adults questions
- Lots of chances for a child to tell their story in different ways if they choose

Get in touch

If you would like your child to attend Rainbow Ripples/MyTeens or simply want to find out more, please contact us on **01926 838820** or **denise.mobley@mytonhospice.org**

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