

What is Change & Loss?

Change, loss and grief are a normal and valuable part of life. Children, adolescents and adults need the opportunity to examine how issues such as death, divorce and various transitions have impacted on their lives. If a child has had a significant change or loss in their life they may benefit from the following:

Change & Loss Programme

A programme of lessons focusing on change and loss which can be delivered to small groups within East Ayrshire Educational Establishments.

Seasons for Growth

Seasons for Growth is built around the grief theory related to the work of psychologist J. William Worden. The approach adopted in this programme is based on research which highlights the importance of social support in dealing with grief as well as the need to practise new skills, learn new ways of thinking and acquiring more effective ways of coping with change and loss.

The programme is an 'opt in' intervention which aims to support and equip learners with the skills to:

- Understand the change in their lives
- Understand what they are feeling, and recognise

that they are not the only one feeling that way

- Learn ways to help them feel better

Who is it for?

Both programmes are suitable for learners aged 6 and above who have had a significant change or loss in their lives and require additional support.

How the programme runs

Both programmes run for 8 weeks with a Celebratory Ceremony sessions to close. Each session normally will last for 40-50 mins. Change & Loss can be implemented for larger groups of children. Seasons for Growth groups normally have around 4-8 learners and would be delivered in a safe space in the school.

EAST Support

- EAST can offer training on Change & Loss to colleagues across the authority and deliver these sessions to learners in schools
- EAST provides support and guidance to schools wishing to implement Seasons for Growth
- Pre and post Seasons for Growth assessment materials are used to measure the impact of the programme
- Appropriate flexibility paperwork is completed in conjunction with the school
- Support with relevant resources, such as music to accompany the sessions is included

Curriculum and Staff development

East Ayrshire Support Team deliver training on Change & Loss/Seasons for Growth and explains what it is, how it is delivered and how it has impacted on children. For further training on Change & Loss and Raising Awareness of Seasons for Growth, refer to East Ayrshire Gateway service for information.

"To live means sharing one another's space, dreams, sorrows, contributing our ears to hear, our eyes to see, our arms to hold, our hearts to love."

Paul Tillich

Impact

Parents/carers and learners feel more able to discuss their feelings around change and loss and understand that there is a support network they can access.

Parent/Carer Links

Close links are established with the families/carers of learners who take part in Change & Loss/Seasons for Growth. Parental/Carer permission is sought before learners take part and are invited to the celebration session at the close of the programme. Parents/carers are invited to complete an evaluation form to comment on the impact of the programme in relation to their child's health and wellbeing around change and loss.

Useful links

<http://www.notredamecentre.org.uk/seasons-for-growth>

<http://www.seasonsforgrowth.org.uk>

For further information:

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EAST AYRSHIRE SUPPORT TEAM

Information Leaflet

**Coping with
Change & Loss
Incorporating
Seasons for Growth
A Guide for support
when dealing with
change and loss**