Seasons for Growth Overview

Seasons for Growth is a groupwork programme for children, young people who have experienced significant change or loss. The programme is suitable for any pupil affected by change and loss this can include parents and families separating, friends coming and going, death of a loved one, moving to a new place and family illness

The Seasons for Growth Children and Young People’s Programme offers four age appropriate levels for children and young people. These levels are suitable for children aged 6 and upwards. The programme involves children and young people attending 8 sessions plus a celebration and then two follow up ‘reconnector’ sessions in the year following their participation in the group. Each session is approximately 1 hour long. These groups can be facilitated during the school day.

 Seasons for Growth is based on the belief that change, loss and grief are a normal and valuable part of life. Throughout the groups we examine the impact of changes such as death, separation, divorce, and natural disaster on our lives, and explore how we can learn to live with and grow from these experiences.

The core intentions of this programme are the development of resilience and emotional literacy to promote social and emotional wellbeing. The programme is educational in nature and does not provide therapy.

We use the imagery of the four seasons to illustrate that grief is cyclical, not a linear journey with a clear end. Trained “Companions” facilitate small groups where participants share their experiences, and support and learn from one another. Peer support is a key element of the programme, and confidentiality is strongly emphasised.

Seasons for Growth are facilitated by trained Seasons Companions. Companions may be school staff or agency staff who have undertaken a two-day training workshop and receive a subsequent accreditation from Seasons for Growth to deliver the programme. Training is available locally.

Schools provide a safe and supportive environment for the delivery of seasons group. School staff have an understanding of childhood development and are well placed to identify changes that affect their pupils. The programmes have age appropriate curriculum structure, using a variety of activities. Seasons for Growth promotes mutual understanding and peers support between participants.

Seasons programmes are also available for adults, this programme aims to build resilience and build hope and confidence for adults affected by change and loss. This can be a recent loss or something that happened a long time ago. The adult group is suitable for parent of children who have been affected by loss and change in their life. It is facilitated by ‘companions’ who have completed a 2-day training in the adult Seasons for Growth programme. Trained adult companions can also deliver 2 .5 hour seminar to school staff that aims to help deepen the understanding the impact of loss, grief and change on individuals and their families. This seminar could be delivered as part of an in-service day or 2 twilight sessions.

In response to the changes experiences by us all as a result of COVID19 seminars are being developed for children, parents and teachers. These seminars will be approximately 1 hour long and will be suitable for all pupils, parents and teachers. Further information will soon be available on these seminars.

For further information on Children and Adult Seasons programmes –

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

Or speak to a site coordnator or contact in your school- see list

For local training and COVID 19 seminars contact elaine.scally@renfrewshire.co.uk