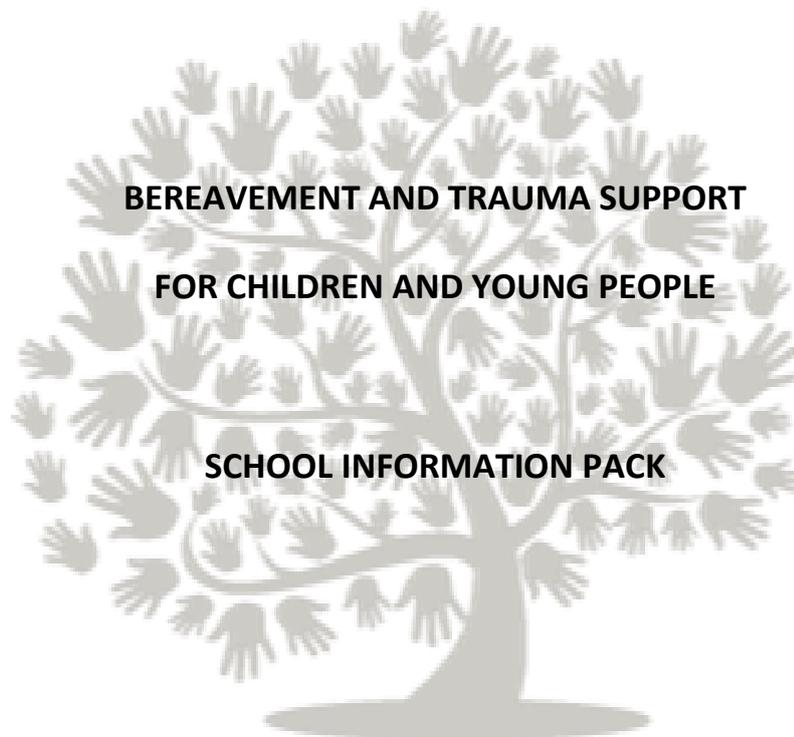




THE MIRACLE  

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F UNDATION  
SCIO



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**Charity number:** SCO49840

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**“The Miracle Foundation provided a professional and compassionate service that made a very positive difference to the emotional wellbeing of our pupils experiencing grief and trauma; improving their mood, attendance and ability to remain in class. I would highly recommend your service to other schools and organisations working with young people.”**

Head Teacher

Primary School

North Lanarkshire

## INTRODUCTION

The Miracle Foundation Scio is a registered charity, based in Motherwell which provides bereavement and trauma support for children and young people. We do this through;

- One to one counselling and art therapy sessions
- Art therapy and bereavement support groups
- Mental health workshops
- 10 week group programmes in primary and secondary schools
- One to one counselling sessions in primary and secondary schools

Our counselling and art therapy services have been established through theory, evidence based practise, experience and understanding.

Our school based services provide a safe space, expressive arts activities and discussions for young people to come together to be supported to learn, understand and improve their mental and emotional well-being and health.

Our school group programmes for children and young people have been developed within the Scottish Government's Getting it Right for Every Child framework and the services encourages children and young people to feel **safe, nurtured, healthy, respected and included.**

All our services complement and reinforce the Curriculum for Excellence by supporting children to become **successful learners, confident individuals, responsible citizens and effective contributors.**

## ABOUT US

The Miracle Foundation was set up in 2016 to help bereaved children and young people.

We support any child or young person between the age of 4 and 18 who is experiencing trauma, grief and loss.

We are a registered charity and are in the process of becoming a company limited by guarantee. We have a Board of Trustees who oversee the work we do.

The Miracle Foundation is an organisational member of the British Association of Counselling and Psychotherapy which means we are committed to providing safe, ethical and professional counselling and psychotherapy services. We adhere to their Ethical Framework for Good Practice in Counselling and Psychotherapy, their Ethical Guidelines for Researching Counselling and Psychotherapy and their Professional Conduct Procedure.

We are members of the national Childhood Bereavement Network which means we are committed to work in partnership with other members to create a national resource for bereaved children, build on good practise and ensure our services continue to meet the needs of bereaved children, young people and their families.

Our Counsellors are qualified and registered with a professional body (BACP, UKCP) and experienced with working with children and young people.

Our Arts Therapists are qualified and state registered with HCPC and experienced in working with children and young people.

We have a team of dedicated volunteers who support the Chief Executive, counsellors and therapists to deliver our services.

Everyone at The Miracle Foundation is Disclosure Scotland checked, allowing them to work with children and young people.

Counsellors and therapists attend monthly clinical supervision and attend ongoing professional development.

## **EVIDENCE OF NEED**

Bereavement is a common experience in many children and young people's lives. It is estimated that there are around 26,000 school age children in Scotland who have been bereaved of a parent or sibling at some point in their childhood. In 2014, around 2,390 parents died in Scotland, leaving around 3,920 dependent children (NES).

### **South Lanarkshire**

Figures from The Child Bereavement Network estimate that around 140 parents died in this area in 2015, leaving around 230 dependent children (aged 0-17). They estimate that the current school age population of children and young people (aged 5 to 16) who have been bereaved of a parent or sibling at some point in their childhood as around 1550.

### **North Lanarkshire**

Figures from The Child Bereavement Network estimate that around 190 parents died in this area in 2015, leaving around 320 dependent children (aged 0-17). They estimate that the current school age population of children and young people (aged 5 to 16) who have been bereaved of a parent or sibling at some point in their childhood as around 2150.

\*We do not have statistics of children and young people who have lost a peer, but we know from experience that this is an increasing issue for young people in Lanarkshire.

\*We also work with children and young people who are experiencing grief and loss when a parent has not been / is no longer in their life but is still alive.

## **IMPACT ON CHILDREN AND YOUNG PEOPLE**

Bereavement and trauma can affect children and young people in many different ways.

Each child and young person is unique and so too is their response to bereavement and trauma. Responses can depend on the relationship they had with the person they have lost, available support and response to them, other previous experiences of bereavement and trauma.

Our experience tells us that unresolved grief in children and young people has an impact on their ability to concentrate, sleep well, and has a negative impact on their confidence, self-esteem.

Children and young people can often find it difficult to communicate and articulate their feelings and we see these emotions appear as being; angry, argumentative, clingy, withdrawn, tearful, risk taking, over compliant and more.

Joseph Rowntree Foundation (2005) recorded that high numbers of bereaved young people report never having spoken with anybody about their experiences.

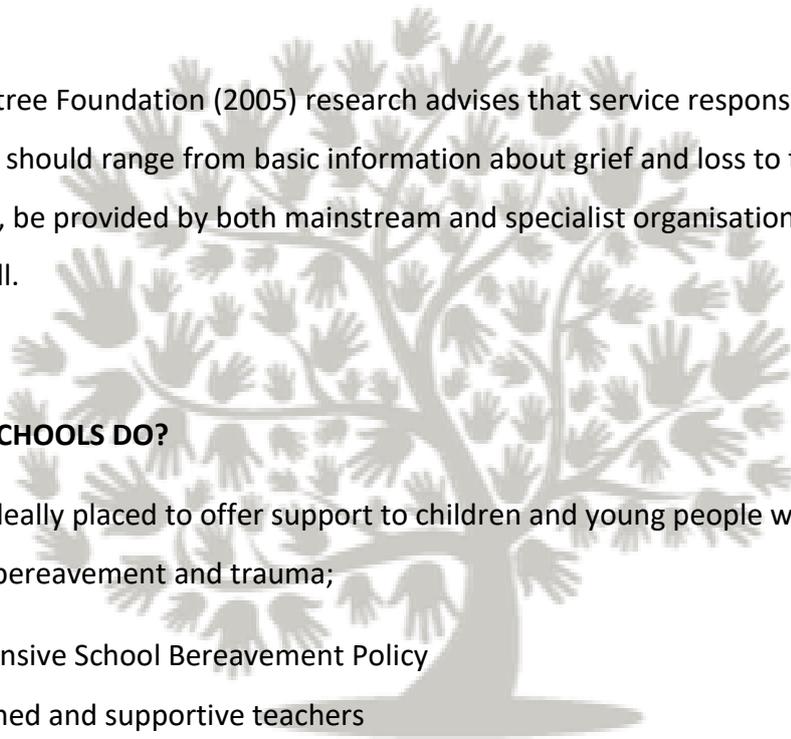
## **RESPONSE**

Joseph Rowntree Foundation (2005) research advises that service responses to bereavement should range from basic information about grief and loss to therapeutic interventions, be provided by both mainstream and specialist organisations, and should be available to all.

## **WHAT CAN SCHOOLS DO?**

Schools are ideally placed to offer support to children and young people who have experienced bereavement and trauma;

- Responsive School Bereavement Policy
- Informed and supportive teachers
- Proactive support mechanisms for bereaved children and young people
- Counsellor in place at school
- Bereavement support group for pupils



## OUR BEREAVEMENT SUPPORT GROUPS

Our standard group programme runs for 10 weeks. Each session is 90 minutes (or dependent on the school timetable).

We utilise therapeutic play and art techniques to create a safe and nurturing environment for children and young people to be able to express themselves and explore their feelings around bereavement and loss.

Meeting as a group provides children and young people with an opportunity to meet with others who have a shared experiences in turn reducing their isolation. Working in groups increases understanding of feelings and hope for the future and encourages interpersonal learning.

Each group is facilitated by a qualified bereavement support co-ordinator and an assistant.

A typical programme will cover ...

1. GETTING TO KNOW EACH OTHER  
With Pre therapy evaluation and Parent/carer in attendance
2. MY STORY
3. EXPLORING THE CONCEPT OF DEATH AND LOSS
4. CHANGES AND MANAGING LIFE CHANGES
5. EXPLORING FEELINGS
6. HOW WE COPE WITH OUR EMOTIONS
7. MEMORIES
8. CIRCLES OF SUPPORT
9. THINGS UNSAID
10. FINAL SESSION

With evaluation, group activity and Parent/carer in attendance

## **ONE TO ONE COUNSELLING SESSIONS**

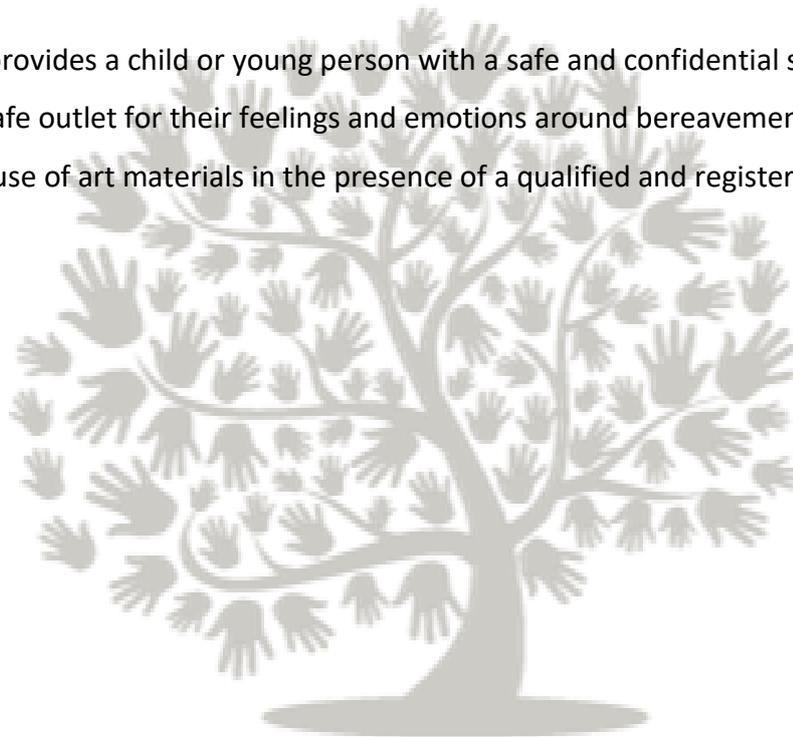
Each one to one session is for 50 minutes (or dependent on the school timetable).

We utilise child centred counselling, therapeutic play and art techniques to create a safe and nurturing environment for children and young people to be able to express themselves and explore their feelings around bereavement and loss, in the presence of a qualified therapist.

## **ONE TO ONE ART THERAPY SESSIONS**

Each one to one session is for 50 minutes (or dependent on the school timetable).

Art therapy provides a child or young person with a safe and confidential space to explore and have a safe outlet for their feelings and emotions around bereavement and trauma through the use of art materials in the presence of a qualified and registered art therapist.



## OUTCOMES

Children have evaluated our therapy sessions and groups very well and parents and teachers reported positive changes in their child, relationships with family members and increased engagement in school and other activities.

We asked children how they felt after attending our group programme. They reported feeling;

Much better				Much Worse
0	1	2	3	4
20%	40%	40%	0	0

### Children also told us;

"I feel better now and don't feel so sad and alone every day"

"I talk to my mum and dad more about how I feel because I understand my feelings better"

"The friends I made here are different because they have feelings like mine"

"My friends can see a big difference in me"

"I am sleeping a lot better"

"I still have my bad days but they are getting less"

"I'm glad I came to the group"

"I learned strategies for my anxiety"

### Parents told us;

"He knows it's okay to speak about feelings and the person they miss"

"She was able to start to open up about her emotions and her dad"

"She doesn't need a night light anymore"

"She is coping much better at school"

"Appears happier and more content than she has been in a long time"

"She is able to talk more about her dad and how she feels"

# THE MIRACLE FOUNDATION INFORMATION LEAFLET

<p><b>Our services</b></p> <ul style="list-style-type: none"> <li> One to one counselling</li> <li> Bereavement support groups</li> <li> One to one art therapy and groups</li> <li> Group programmes in schools</li> <li> One to one counselling in schools</li> <li> Mental health workshops</li> <li> Information and advice</li> </ul>		 <p><b>THE MIRACLE FOUNDATION</b></p>
	<p><b>bacp</b>   counselling changes lives Organisational member (275425)</p> <p>The Miracle Foundation is a registered charity based in Motherwell. We support children and young people (from 4 to 18 years old) who have experienced bereavement and trauma.</p> <p>t: 01698 760 479 m: 07841 022 576 enquiries@themiraclefoundation.org.uk www.themiraclefoundation.org.uk</p> <p>f Like us t @amiraclefound i @themiraclefoundation28</p> <p>28 Muir Street, Motherwell ML11BN</p>	<p><b>Bereavement and trauma support for children and young people</b></p> 
<p>enquiries@themiraclefoundation.org.uk</p>	<p>Charity No: SCO49840</p>	<p>www.themiraclefoundation.org.uk</p>

<p><b>Who we are</b></p> <p>The Miracle Foundation offer counselling and art therapy one to one sessions and groups to children and young people who have experienced bereavement and trauma.</p> <p><b>Our approach</b></p> <ul style="list-style-type: none"> <li> Early intervention</li> <li> Child and young person centred</li> <li> Strengths based</li> <li> Resilience focussed</li> <li> Hope based</li> <li> Trauma informed</li> </ul>	<p><b>What we offer</b></p> <p><b>Counselling</b></p> <p>We utilise child and young person centred counselling, therapeutic play and art activities to create a safe and confidential space for young people to talk and express their feelings around grief and loss, with a qualified counsellor.</p> <p><b>Art Therapy</b></p> <p>Sometimes we do not know the words or how to express how we are feeling. Art therapy provides a safe and confidential space for young people to explore their feelings around bereavement and trauma through the use of art materials in the presence of a qualified and registered art therapist.</p> <p><b>Support groups</b></p> <p>We run 10 week groups for bereaved young people to meet with others with shared experiences of trauma and loss. Our group programmes reduce young people's isolation, lessens stigma and increases understanding and hope for the future.</p> <p><b>School programmes</b></p> <p>We run 10 week groups in primary and secondary schools. Through expressive arts activities and discussions, we work with young people to help improve their mental and emotional health and wellbeing.</p>	<p><b>Referral process</b></p> <p>You can access our service by email, phone or through our website. We accept referrals from voluntary and statutory services. We also operate an open referral system where a parent or carer can contact us directly. We ask that if a child is referred, they should be aware of and agree to the referral. The Miracle Foundation will then make contact with the young person's parent/ carer to arrange an initial meeting and assessment.</p> <p>t: 01698 760 479 e: enquiries@themiraclefoundation.org.uk w: www.themiraclefoundation.org.uk</p>
		
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## BOOKING FORM FOR SCHOOLS

<b>Name</b>	
<b>Position</b>	
<b>School</b>	
<b>Address</b>	
<b>Phone number</b>	
<b>Email</b>	

Please fill this next part in as completely as you can. The Miracle Foundation will endeavour to provide you with a therapist or counsellor on the dates, times and days specified.

Please tick what service you are interested in booking.

**10 week group programme in school**

Preferred day	1	2	3	4	5	Full day <input type="checkbox"/>	Half day <input type="checkbox"/>
Preferred start time (90 min session)							
Preferred start date (approx is fine)							
Anticipated age	P1-P3		P4-P7		S1 to S3		S4-S6

**School based Counsellor**

How many days in school	1	2	3	4	5	Full day <input type="checkbox"/>	Half day <input type="checkbox"/>
Preferred day/s							
Preferred start date (approx is fine)							
Anticipated age	P1-P3		P4-P7		S1 to S3		S4-S6

**School based Art Therapist**

How many days in school	1	2	3	4	5	Full day <input type="checkbox"/>	Half day <input type="checkbox"/>
Preferred day/s							
Preferred start date (approx is fine)							
Anticipated age	P1-P3		P4-P7		S1 to S3		S4-S6



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