



2014  
AUTUMN



**WELCOME: NEW FACILITATORS**

It is with delight that we welcome to our growing numbers of Rainbows Facilitators a large contingent from The Northern Territory. Margaret Maassen provided the initial training in November of last year and Gemma Schooneveldt did a follow-up visit in March. So now a number of school sites have been established in Darwin and Katherine. (See page 4)

A newsletter from the Darwin CEO published last year printed an article by Adriaan Du Plessis from which is cited; 'As a part of our ongoing commitment to support students to maximise their potential, Catholic Education NT has made a commitment to introducing the Rainbows loss and grief program..... (to) provide a further layer of pastoral wellbeing in our schools, which promotes access to learning opportunities and fosters positive relationships.'



**THANK YOU TO MORE EXPERIENCED FACILITATORS**

Every now and again someone crosses my path and acknowledges the great work of a Rainbows Facilitator. So please accept the gratitude spoken and often unspoken as you go about making a hidden impact on many lives. You are an inspiration and we sing your praise.

I recently was told, 'Oh Rainbows is **WONDERFUL** as is the person who has run Rainbows and helped my children. I hope it never goes away.' *As do I.*

**SPECTRUM JOURNALS** (from Spectrum Publications)

These are of course the journals for students in Secondary school levels and they are currently being reviewed by the national Management Team. Hopefully these will become progressively available late this year and early next year.

Thank you for your patience as we continue to work at keeping up with supply and demand. Now and again circumstances beyond our control impede the access to these texts.



**NB: Try e-motioncards.com.au for cards just released (Deb Holmes- QLD)**

**2014 REGISTERED DIRECTORS' TRAINING AND ENRICHMENT OPPORTUNITIES FAST APPROACHING.**

These will occur this year from July 18<sup>th</sup> - 22<sup>nd</sup> of 2014 at Santa Teresa Spirituality Centre Ormiston, QLD.

What happens at these Conferences? They are usually divided into two parts.

**Part One** is an opportunity for an adult to be trained to conduct Rainbows in a site. It provides understanding about grief in children and the ins and outs of Rainbows. It is important for anyone considering attendance that he/she is secure in being supported by a site, e.g. school, church, agency as one requires both a site and financial support (If you are interested why not try for a grant to fund your way).

**Part Two** is an Enrichment experience for those who are already experienced Registered Directors. This part of the Conference is always inspirational as we gather to share experiences and further enhance our own involvement in Rainbows. Talk with your State RD if you have any queries.

Contact Gemma Schooneveldt from Melbourne for application forms.  
gemmani@iprimus.com.au  
0438 533 332

**RAINBOWS APPEAL TO DATE**

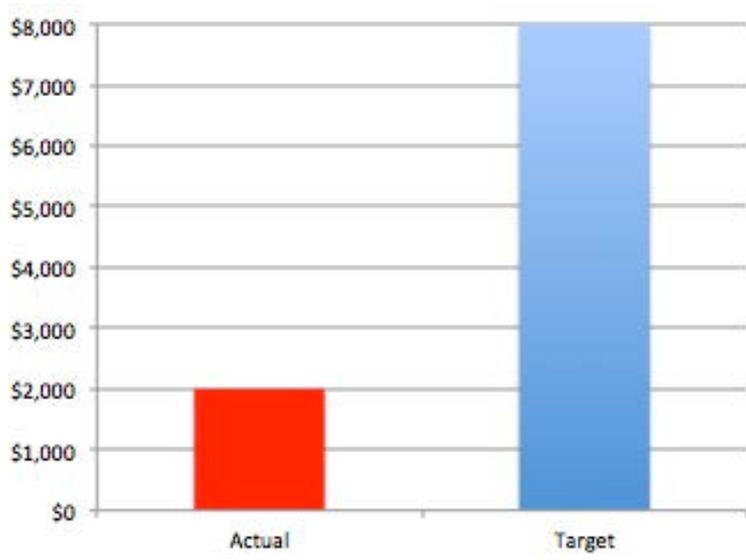
At the end of last year, members of the Board launched an Appeal to help pay for the new printing costs and support sites nationally. A graph appeared in the last Newsletter and will be adjusted in each newsletter 'til June 2014, when we hope to reach our target of \$8000. Some people have made donations - and if you or anyone you know would care to make a donation, please pass this on.

It's amazing how donations of \$2 and over, which are tax deductible, add up.

To make a donation please send funds to the following account:

Bank: Commonwealth Bank  
Account Name: Rainbows Public Fund  
BSB: 063 149  
Account No: 1042 0073

Please email details of the donation to Jay Doherty at jay@benngroup.com and a receipt will be forwarded. Your Rainbows site may wish to combine some small donations and contribute as a group to the fund.



**FUNDRAISER TO MID MAY 2014**

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**THANK YOU TO JULIE SHIMMEN FROM WA FOR THIS ARTICLE. IT IS REPRINTED FROM THE CURRENT WA RAINBOWS NEWSLETTER.**

**The Impact of Dementia on Grandchildren**

Children often suffer silently as they watch a grandparent with dementia decline. Their parents are busy and often frustrated and sad, so kids can feel that they would only add to their parents' burden if they were to show their despair. However, children need ongoing support, just as their parents do. We are challenged to help children understand that their grandparents still love them as much as ever, no matter how much the dementia has changed them. We are challenged to help the kids cope with the loss of their grandparent as he or she once was, and even help them learn to care for their grandparent to whatever extent they are able.

**Dementia help for children and teens**

There is no magic formula. Some children are more resilient than others. Some are more able to commiserate with the needs of a grandparent with dementia than others. Below are some suggestions.

- Shortly after dementia is diagnosed, start taking the children to nursing homes to allow them to communicate with elders. The elders they are involved with don't all have to have dementia. Just show the kids that everyone is different, and that they can make a positive difference in the life of any elder, just by being friendly and not acting afraid
- Whether the dementia is slowly developing or as an immediate blow suggest the kids use their talents to entertain their grandparent
- Ask younger kids to draw pictures for their grandparents and present them. If possible, have them do this as an art project with the grandparent. Many people with Alzheimer's love art projects and kids can learn from them. The kids and elders can bond and everyone can feel useful.
- Expect reluctance when you suggest a trip to see the grandparent, especially after changes become dramatic. It's okay. Let the youngster know that you understand how hard it is. Above all, don't lay guilt on them if they don't want to visit their grandparent. If a few times they refuse, let it go. Don't make visits too frequent, unless the child wants to go. But do insist on a few visits, so changes aren't shocking when the kids do see the grandparent, and also this shows the elders that the children still love them.
- Some people feel that kids should be allowed to "remember the grandparent as they were." This is an individual decision, but letting the child be involved during the decline is important. This is an important learning experience about life in general. Part of growing up is accepting the hard choices, the unpleasant realities, and yes, the tragedies that accompany life in general.
- Remember that very young children, such as toddlers, may bond very well with someone who has dementia. Young children don't have preconceived ideas about how the elder should act. However, be alert, as the elder may strike out or do something out of character if paranoia, or some other aspect of the dementia, is in the full-blown mode. To be safe, don't leave them alone together.



- Buy books. Lots of books. There are many picture books available at your local bookstore, online and through Alzheimer's Australia. "Striped Shirts and Flowered Pants: A Story About Alzheimer's Disease for Young Children" and "Always My Grandpa: A Story for Children About Alzheimer's Disease." One that seems appropriate for older children is "If I Forget, You Remember."
- Most important throughout it all is open communication with your youngster. Talk about your own confusion, your grief, your frustration and your anger so they know that it's okay to have those feelings. Share your feelings. Tell your children that anything they feel is okay, and that it's better for everyone if they talk about how they feel.

Losing a grandparent to dementia can be worse than losing a grandparent to death. It's harder to understand. Be patient. Communicate. Ask for outside help. This is one tough journey.



### **NORTHERN TERRITORY -**

#### **Facts And Figures**

The Northern Territory Diocese of Darwin provides Catholic Education to primary and secondary school students at 16 locations. The majority of these locations are in the Darwin region, Alice Springs and Katherine. Four of the schools are Indigenous Catholic Community Schools at Port Keats, Bathurst Island, Daly River and Santa Teresa. The 2013 School Census indicated that there were 4,812 student enrolments.

This year, the first Rainbow Programs are being launched in two Darwin Primary Schools during Term 2. This will be the first sites in the NT that are implementing the program. It is expected that further sites will follow.

Negotiations are also underway with remote schools to investigate the implementation of the Rainbows program 'Silver Linings' with Indigenous students.

*Ilonka Guse-Brennfleck Rainbows Territory Coordinator (NT) [ilonka.guse@nt.catholic.edu.au](mailto:ilonka.guse@nt.catholic.edu.au)*

**PTO**

**If you wish to contribute to this newsletter please email your item to the editor at [margaret.henderson@catholic.tas.edu.au](mailto:margaret.henderson@catholic.tas.edu.au) or mail to PO Box 102 North Hobart TAS 7002**



# CATHOLIC EDUCATION'S FOOTPRINT IN THE TERRITORY

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