



Set Sail Trust – Sunflower Project Weekend in Herm 2016

‘We’re here to have fun’

As the project worker for The Sunflower Project (The Barnardo’s bereavement service based at The HUB) ‘We’re here to have fun’ is not a phrase I usually say. But on Saturday that is exactly what I said as we set off on the Travel Trident with five bereaved families, for a weekend of outdoor activities, eating at The Mermaid and staying in the cottages. We were accompanied by Grace (Sunflower Volunteer) and Rob Moore (Channel TV reporter) armed with his camera to capture the fun.



Grace being interviewed by Rob Moore for Channel TV

The morning got under way with a hearty breakfast of bacon butties and some interviews about our plans and the value of such events. Then off to Shell Beach for some kayaking. Alfie and Ash from Outdoor Guernsey got us onto the water for some speedy training and then straight round to Belvoir. The sunny morning provided the perfect setting and the tide was in our favour. There were challenges for everyone and some very brave efforts, including standing up and tipping in! (Sorry to Grace). We even managed to spot some puffins. On our return to the beach one of the boys said ‘when we were out there I wanted it to finish, I had had enough but as soon as we stopped I wanted another go.’ There really was a sense of achievement when we had finished and some great team work with parents and children working together.

Demonstration of some impressive balancing skills





After a very welcome lunch it was off for more fun with Outdoor Guernsey. The group was split and the two teams battled it out. I think everyone had some great hits and some random shots, the bull's eye was scored and balloons were popped. Emma from The HUB joined us to take up the bow and provide encouragement for everyone.



Lunch at The Mermaid followed by some archery



I was very sorry to leave the group at teatime but the fun continued with more food at The Mermaid and an opportunity for some creative time with Emma and Grace at the cottages. All the children wrote a post card to their loved one who had died which they then posted in a special ceremony at the end of the trip.

Sunday morning sped by and it was off to the boat but there was a sense of friendships made and a team spirit. Everyone had participated 100% and there was an air of achievement. For some it was the first time in Herm since the loss of their family member and being able to have those memories with others who really understand was very helpful. One family emailed me with 'We are both glad we went and plan to get involved in more Outdoor Guernsey activities soon.'



Saying good bye to Herm, new friends made, challenges accomplished and fun had!



Thank you to everyone who made this trip such a success: Set Sail Trust, Channel Islands Co Operative Society, Travel Trident, Outdoor Guernsey, Herm Cottages, The Mermaid, The Partnership Agency, Emma, Grace, Denise and most of all 5 very special families.

