

The Sand Rose Project Aims:

- To provide a setting where visitors, who have experienced bereavement, can take a break within an environment that is beneficial to their needs
- To raise awareness of the natural course of grief, which people have to live and work through in a society which tends to ignore this need
- To establish a nationwide linked network of venues which provide a suitable environment for people to take a break



For further information about The Sand Rose Project please contact us at:

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 Web: www.sandrose.org.uk

Or return this slip to the above address

Name _____
 Address _____

Individual Family Not-for-profit Organisation
 Other organisation (please specify)

The Sand Rose Project



Providing a break for bereaved families



What is the Sand Rose Project?

Sand Rose provides a place where bereaved families can start to rebuild their lives. It offers a quiet, peaceful haven where families can be independent but know that they are in a suitable environment.

The project, which works in collaboration with local and national bereavement organisations, extends to anyone who has experienced bereavement; although there is a particular emphasis on young families.



What the Sand Rose Project offers

One or two week breaks at our venue in Cornwall. We can also offer short breaks, if required.

Sand Rose does not provide a therapeutic or counselling programme. We simply provide a venue for a break.

Spindrift Cottage, near Penzance, Cornwall, is available as one four-bedroom or 2 two-bedroom self-contained cottages. Situated in a quiet side street in the town of Marazion, Spindrift looks out across the sea to St Michael's Mount. It has a wonderful south facing garden that includes a sunny patio, secluded lawns, Victorian folly, games room and children's area.

Why take a break?

During bereavement a break can seem a daunting prospect, even an unwelcome intrusion. It is sometimes easier to just 'carry on' and forget to take time out. However, a break can make all the difference, especially if it is in an environment that encourages rest, reflection and recuperation.



Why is it called 'Sand Rose'?

A sand rose, sometimes called a desert rose, is a flower-like mass of crystals often found in arid areas. The sand rose, formed by the wind and shaped by water, symbolises growth and beauty in a difficult situation.

The name also brings together the two main features of our project - a break by the sea and the provision of a special garden.



Cost

Breaks are offered free of charge to families. Any organisation may apply. Travel to and from Spindrift Cottage is not provided.

The charity relies on fundraising and donations to further the aims of the project.