

HOW TO BE A SNOW FRIEND.

At the end of Willow's Story, Tommy was telling us about his life over the last ten years. He had grown up and lived on a narrow boat on the canals. From there, he used to take children, who were often having problems like he used to have, for boat roads along the canals to the Willow Animal Sanctuary, so they could meet and make friends with the animals there. Two years after the film was made, it came true for me when I was invited to set up a HET retreat for families at the Willow Bridge Family Centre, an Eco Village and animal sanctuary in Somerset.



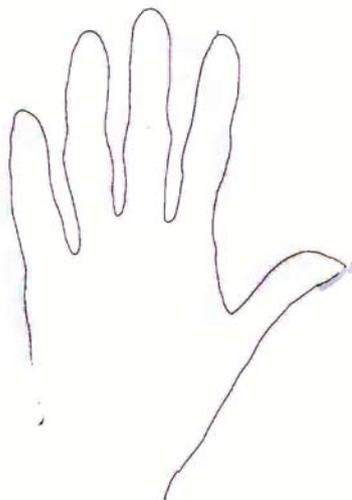
During those two years I used to take children with problems to meet the animals at an animal sanctuary in Wolverhampton. This would be after Ruby had made friends with them and shared her story with them.

See www.HETwebsite.com/ruby

This is where I learned all about running an animal sanctuary – even before I knew I was going to run one myself. Green Meadow is a special place to be. All the animals there have got a story to tell about how they came to be looked after, just like Buster!

These animals need friends to help them – just like we all do.... a 'helping hand'

Have you got a 'helping Hand'?



Think of 5 people who you know and trust and like and who would be there to help you with any problem or worry that you might have and write their name on each finger of this helping hand. This is called a 'Personal Network'.

When Ruby came with me to Willow Bridge, she helped me set up the animal sanctuary there. This is where we meet Daisy the Pig and between them they set up the SNOW FRIENDS programme, ways to help others often through a RANDOM ACT OF KINDNESS!

Being a SNOW FRIEND is about become part of a helping hand to someone (This means they could write your name on the hand of their personal network). It also means that you could befriend an animal too.

Can you think of some different ways you could do that? Write your ideas here:



Here are some ideas you may have thought of:

Perhaps you have a pet of your own that you help? Feed? Look after? Exercise?

Perhaps you know of someone who would appreciate some help with a pet?
Walking it? Cleaning it?

Perhaps you could go to an animal rescue centre or a local animal sanctuary and help to look after them or help to raise some money? Food? Blankets? etc

If you are thinking of going to an animal sanctuary there are some directions that we have to follow:

You will need to arrange to go with an adult

You will need to arrange when it is convenient to go.

When an animal goes to an animal sanctuary, this means that they there have all had a bad time in some way and needed to find a safe place. They did this with people who run the sanctuary who work together very hard to look after them and keep them safe.

Because of this we need to be very calm when we are around the animals, walk calmly and quietly around them and follow the directions that we are given when we arrive, in case they become worried or frightened. Can you think of a time when you felt like this?

What did it feel like?

When you are at an animal sanctuary, you will meet many of the animals. You will need to find which one you are going to be a special friend to.

What is his or her name?

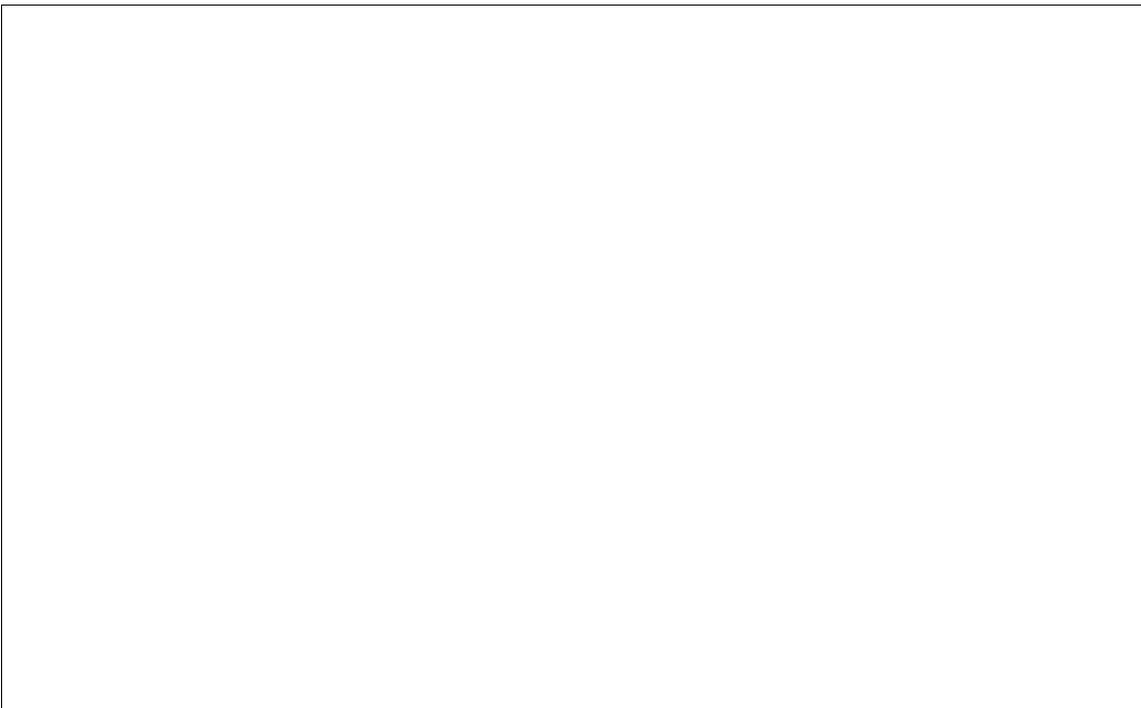
What is their story? What happened to them before they came to the sanctuary?

Very often, because animals cannot speak to us directly as you and I can speak... they show us how they are feeling in the way that they behave. We can do that sometimes when it is hard for us to speak about how we feel inside and then we behave in ways that sometimes makes the problems worse.

Can you think of a time when that happened and draw a picture or write about it here?



How is your SNOW friend showing us how they are feeling by the way they behave?



Buster became a special friend of mine when I went to Green Meadow. This is his story:

Buster is a sheep, he lived with a family when he was a lamb. When he was a year old they didn't want him any more because he grew too big. And they took him to Green Meadow and never came back to see him. Buster felt very unhappy,

unwanted and unloved – we call this feeling ‘rejection’..... when we love someone so much and we want to be with them but we think they don’t want us.



Buster showed his feelings because he keeps following people around the sanctuary and nudging them with his nose because he wants people to love him.

Buster is on a HET programme and had some drops to help him feel better about things... ‘Willow’ drops help us when we feel like that – so can look forward and make new friends and be happy again.

What did you do to help them today?

FOLLOW UP ‘TO DO’S:

- Find out all about the kind of animal your friend is? What do they like to eat? What do they like to do? What do they need to be looked after and cared for? *You can always make a start with Daisy the German Micro Pig, who came back with me when I left Willow Bridge to be with Ruby.*
- Can you help your special friend in any of these ways?
- What HET remedies would help your friend? Ask your HET to help you with this? We can send some to you for FREE if you let us know your Snow friend’s story and you can tell us how they help.
- Do you take HET remedies? If so, which ones and how are they helping you?
- Can you help your new friend take theirs?
- Write about your Snow friend on www.HETwebsite.com and send us photographs to share. We will post them on Ruby and Daisy’s Snow friends page.

- What happens? Visit your friend regularly or ask your HET or find out about how they are getting on or visit www.HETwebsite.com to see how they are getting on.
- Keep a diary or a project of your friend.