



THE SWALLOW PROJECT

The.SwallowProject is an Instagram account created by a former student of Cowbridge which offers a place for young people to share their experiences and coping mechanisms when dealing with the death of a loved one from cancer.

We aim to make sure that no one feels alone, and to try and open up communication about cancer.

If you would like to learn more, visit the account on Instagram at The.SwallowProject, or email projectswallow@hotmail.com

Anyone can contribute a post to the account. If you would like to do so, you can either message the account directly or email. The message should include the text and picture you would like to be posted. All posts will be kept anonymous unless the face is included in the picture.

