



Participant and Friend

What you are Doing

Before Residential 3 we want to encourage you:

- To focus on the impact of Arrow on the participant, and the implications that it raises for him/her.
- To consider the issues this might raise for your friendship and how you can support one another in the future.

How to Do It

There are several ways you could approach this time.

1. Dive straight in to chat about Arrow and its impact on the participant. This may well continue a previous conversation.
2. Use the attached worksheet to help the participant reflect on their experience of Arrow. It has a range of activities. Instinctively you'll find some of the exercises easier than others. Some are also more serious, others more fun! The friend can offer their thoughts on things they have observed, and together you can share issues, ideas and insights that might be helpful for future development.

Any questions or concerns, do get in touch with one of the programme team.