

Friendship Group

Prior to the start of this group it was observed that some of the service users required help to increase their skills to enable them to communicate on a social level without being prompted by staff. With this in mind an idea was born to start a Friendship Group to begin to address this issue.

The Friendship Group has now ended and in that time some of the following topics were discussed:

- ❖ How to form a friendship
- ❖ What qualities a person values in a friend
- ❖ Benefits from having friends
- ❖ Where can I meet friends?

This has been a useful tool in encouraging dialogue and the participants have really been able to take on board friendships and what it means to be a friend. As a result 2 women have forged a friendship. The aim is that more relationships like this can be made within this group.

Feed-back from this group was on-going and many of the evaluations were positive.