

# **friendship**

**what is this course about?** This is a three day residential for those of us who would like to look more deeply at the crucial importance of friendship in our lives. We'll explore four areas: *a.)* the fascinating, and growing evidence that friendship is such an important contributor to our physical mortality risk, to our psychological resilience, and to our well-being & joy in life. *b.)* review how we've got to where we are – how our attitudes to friendship itself have evolved over our lives, and look at our past & present patterns in building relationships – exploring what obstructs & what nourishes how we are as friends. *c.)* use practical exercises to chart our current friendship networks, and try out ways of working with conflict, building enjoyment, & deepening intimacy. We'll aim to clarify our relationship needs more fully, and plan how we would ideally like our friendships to grow in the future. *d.)* learn from the experiences of others in the group, including reflecting and sharing feedback on the here-and-now of our evolving group interactions. Friendship is so important. Pretty much all of us could enjoy and benefit from exploring how we want to nourish our friendships even better.

**who will be there?** We plan to have up to 16 participants plus the 2 facilitators – James Hawkins & Larry Butler. Larry & James have been friends for nearly 30 years and have worked together over this time with a variety of interpersonal groups both in Scotland and in the UK more generally. Larry was born in Illinois and has been living in Glasgow since 1981. His day job is teaching tai-chi in healthcare settings and leading life-story groups at the Maggie Cancer Care Centre. He is convenor for Lapidus Scotland: [www.lapidus.org.uk](http://www.lapidus.org.uk) and his current major project is creating an arts-eco village: [www.bodhi-eco-project.org.uk](http://www.bodhi-eco-project.org.uk). James is a medical doctor & psychotherapist. He works in Edinburgh seeing clients on a one-to-one basis and running life skills and interpersonal groups, as well as providing education and training for other health professionals. His evidence-based blog on stress, health & wellbeing is at [www.goodmedicine.org.uk](http://www.goodmedicine.org.uk).

**course dates & location?** This is a three day residential group running from a shared supper at 7.30pm on Thursday evening 25<sup>th</sup> until 3.00pm on Sunday 28th November. We'll be staying at Stroove House, 38 Montgomerie Terrace, Skelmorlie, North Ayrshire, PA17 5DT. Stroove – [www.ymcaglasgow.org/stroove.asp](http://www.ymcaglasgow.org/stroove.asp) – is on the coast between Greenock and Largs, less than an hour's journey by car or train from central Glasgow. There are bus & rail links to Wemyss Bay which is close by.

**enrolment & cost?** To reserve a place on the course, you will need to have spoken with either Larry or James to make sure the residential is likely to suit you. James can be reached via [jh@goodmedicine.org.uk](mailto:jh@goodmedicine.org.uk) and 0131 337 8474; Larry via [info@bodhi-eco-project.org.uk](mailto:info@bodhi-eco-project.org.uk) and 0141 946 8096. Payment should be made to the Bodhi Eco Project. Suggested donation for the course plus full board and lodging for three days is £210 waged, £180 low waged, and £150 unwaged. Accommodation is mostly in twin rooms. There are a few single rooms available at an extra charge of £30 (£10 per night). If you're coming with someone you would like to share a room with, please let us know. Also let us know if you have any special dietary requirements. Cheques should be made payable to "Bodhi". If you cannot afford these rates then please feel free to give what you can. Likewise, if you feel able to give more then please consider doing so. To book a place send a non-returnable deposit of £50 – with your name, phone number, land & email addresses to the Bodhi Project, 2/1, 14 Garrioch Drive, Glasgow G20 8RS.

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