

FFWPU London, UK: River South 1-Day HARP Workshop

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Hear about the River South 1 day HARP Workshop!



On Saturday 20 December, RSC HARP hosted a one-day workshop titled Home Away from Home, centred on the theme of siblinghood.

Originally envisioned as a social, bond-building event within the River South Community, the organisers felt that geographical distance should not limit the expression of sibling love. As a result, the workshop was opened to HARP members from across the UK. We were delighted to welcome 20 participants, including one attendee all the way from Japan.

The day began with a thoughtful talk delivered by our sister, Ruth. Drawing on personal stories from her own childhood, her message resonated deeply with many participants as she reflected on the journey of siblinghood its challenges, joys and lasting impact.

Following her talk, Ruth led a reflective activity that, while simple in structure, encouraged meaningful self reflection. Participants were invited to consider their role within their families and reflect on

questions such as whether they felt overlooked, unheard or received less attention than others. This was followed by small group discussions, allowing participants to share and explore their reflections together.



One challenge of a one-day workshop is creating a comfortable and welcoming atmosphere in a limited time. To help break the ice, participants took part in an oversized game of Articulate!, which brought plenty of energy and laughter. This was followed by a well balanced and much appreciated lunch, generously prepared by our elder sister Betty, with assistance from Amabel and Ilmi.



The afternoon programme was dedicated to games and team activities. Participants were also able to enjoy brief moments outdoors during breaks. The games were led by our brother Achan M., who did an excellent job guiding participants through a range of activities, from one-on-one challenges to larger group games.

As the day came to a close, participants gathered for a time of worship an especially fitting way to reflect on the bonds formed throughout the day. This was led by Resonance Worship, who also shared an original song titled Home, bringing the workshop's theme full circle. It was a moving and memorable conclusion to the day.



The workshop ended with a commemorative group photo, farewells, and shared memories that we hope will stay with participants for a long time to come. Much gratitude was shared for all those from the River South HARP Team, Bea, Manbok, Holly and Benjy for all of their effort in organising this workshop, initiated by Grace M.

