

Structured day care programme

Hamoaze House

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Reset Group	Monday	Wednesday	Friday (Main Group)
	1:30 – 3:00pm	1:30 – 3:00pm	10:30 – 11:45am

Mon 12th May	Weekend Reflection Group 10:30 – 11:45 Process group where you can reflect on your weekend and learn new ways to cope with your feelings.	Cleaning 12:00 Cleaning is an essential part of a Therapeutic Community.	Lunch After cleaning Sandwiches provided. £1 donation if possible	Service User meeting 1:00 – 2:30 An opportunity to have your voice heard.	Croquet 2:30 – 4:00 Socialize with others in a fun, safe and interactive way
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Enhanced learning & Skills	
IPS (Work support)	07/05/25

Tues 13th May	Single Sex Group 10:30 – 11:45 Separate groups for men and woman.	Cleaning 12:00 Cleaning is an essential part of a Therapeutic Community.	Lunch After cleaning Sandwiches provided. £1 donation if possible	Mindfulness 1:00 – 2:00 Learn techniques and exercises to find inner peace	Coastal Walk 2:30 – 4:30 A calm, scenic walk around the nearby coastal line, for all ages and abilities.
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Enhanced learning & Skills	
City Collage Nutrition	1:00 – 3:00

Wed 14th May	Informative Group 10:30 – 11:45 Learn information and skills on a recovery topic.	Cleaning 12:00 Cleaning is an essential part of a Therapeutic Community.	Lunch After cleaning Sandwiches provided. £1 donation if possible	Creative Session 1:00 – 2:30 Guided art / craft activity designed to help people at all levels of creativity.	Trampolining 2:30 – 3:30 Socialize with others in a fun, safe and interactive way
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Enhanced learning & Skills	
IPS (Work support)	All day
Smoking Cessation	1:00 – 2:30

Thurs 15th May	Informative Workshop 10:30 – 11:45 Practical group applying recovery skills to your own situation	Cleaning 12:00 Cleaning is an essential part of a Therapeutic Community.	Lunch After cleaning Sandwiches provided. £1 donation if possible	SMART Recovery 1:00 – 2:15 Self-empowering group that teaches tools for recovery.	Frisbee Golf 2:30 – 4:30 Socialize with others in a fun, safe and interactive way
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Peer Support & Skills	
SWCP Walk	11:00 – 2:00
IPS (Work support)	All day
Dental Health	1:00 – 2:00

Fri 16th May	Weekly Reflection Group 10:30 – 11:45 A group to reflect on the week and set goals for the weekend	Cleaning 12:00 Cleaning is an essential part of a Therapeutic Community.	Lunch After Cleaning Sandwiches provided. £1 donation if possible	Creative Writing 1:00 – 2:30 Learn a way to express yourself in a way that is fun and creative.	Badminton 2:30 – 4:30 Socialize with others in a fun, safe and interactive way
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Other Support	
Affected Others	1:00 – 3:00