Structured day care programme

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

Mon **Weekend Reflection Group** 12th 10:30 - 11:45 Process group where you can May 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 - 2:30An opportunity to have your voice heard.

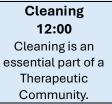
Croquet 2:30 - 4:00 Socialize with others in a fun, safe and interactive way

Hamoaze House

Tel: 01752 566 100 office@hamoazehouse.org.uk

Enhanced learn	ing & Skills
IPS (Work support)	07/05/25

Tues 13 th	Single Sex Group 10:30 – 11:45
May	Separate groups for
	men and woman.



Lunch After cleaning Sandwiches provided, £1 donation if possible

Mindfulness 1:00 - 2:00Learn 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.

Enhanced lea	rning & Skills
City Collage	1:00 – 3:00
Nutrition	

Informative Group
10:30 – 11:45
Learn information and
skills on a recovery
topic.

Informative Croup

• 10 a
12:00
Cleaning is an
essential part of
a Therapeutic
Community.

Cleaning

Lunch
After cleaning
Sandwiches
provided. £1
donation if
possible

Creative Session 1:00 - 2:30Guided art / craft activity designed to help people at all levels of creativity.

2:30 - 3:30 Socialize with others in a fun, safe and interactive way

Trampolining

Enhanced learning & Skills	
IPS (Work support)	All day
Smoking Cessation	1:00 – 2:30

Thurs
15 th
May

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Informative
Workshop
10:30 – 11:45
Practical group applying
recovery skills to your
own situation

12:00
Cleaning is an
essential part
of a
Therapeutic
Community.

Cleaning

Lunch
After cleaning
Sandwiches
provided. £1
donation if
possible

1:00 – 2:15		
Self-empowering		
group that teaches		
tools for recovery.		

SMART Recovery

2:30 - 4:30Socialize with others in a fun, safe and interactive way

Frisbee Golf

Peer Support & Skills		
SWCP Walk	11:00 – 2:00	
IPS (Work support)	All day	
Dental Health	1:00 – 2:00	

Fri
16 th
May

Group
10:30 – 11:45
A group to reflect on the
week and set goals for the
weekend

Weekly Reflection

Otcaring		
12:00		
Cleaning is an		
essential part of		
a Therapeutic		
Community.		

Cleaning

Lunch		
After Cleaning		
Sandwiches		
provided. £1		
donation if		
possible		

1:00 – 2:30
Learn a way to express
yourself in a way that
is fun and creative.

Creative Writing

ı	Dauminton		
	2:30 – 4:30		
ı	Socialize with others in a		
	fun, safe and interactive way		
п			

Radminton

Other Support		
Affected Others	1:00 – 3:00	