Structured Day Care Programme Hamoaze House **Reset Group** Monday Wednesday Friday (Main Group) Tel: 01752 566 100 1:30 - 3:00pm 1:30 - 3:00pm 10:30 - 11:45am office@hamoazehouse.org.uk **Weekend Reflection Group Coastal Walk Frisbee Golf** Mon Cleaning Lunch 23rd 11:45 After cleaning 10:30 - 11:45 1:00 - 3:30 3:30 - 4:30Enhanced learning & Skills Cleaning is an Sandwiches Socialize with others June Process group where you can A calm, scenic walk for **IPS** (Work support) All Dav reflect on your weekend and essential part of provided. £1 all ages and abilities. in a fun, safe and a Therapeutic donation if learn new ways to manage your **Devils Point** interactive way. Community possible (Peer led) feelings. Mindfulness Tues Single Sex Group Cleaning Lunch Croquet Enhanced learning & Skills 24th After cleaning 10:30 - 11:4511:45 1:00 - 2:002:15 - 4:30 Speak to Keyworker Gardening Sandwiches A check-in and introduction to the Cleaning is an Socialize with others in a Learn techniques June provided, £1 theme of the week in separated essential part of and exercises to fun. safe and interactive donation if groups for men and women. a Therapeutic find inner peace way. Community. possible (Peer led) **Enhanced learning & Skills** Wed **Informative Group** Lunch Creative Trampolining **Boules** Cleaning 25th 10:30 - 11:45 11:45 After cleaning Session 3:00 - 3:30 3:30 - 4:30 IPS (Work support) All dav Sandwiches 1:00 - 3:00 Socialize with others Learn information and Cleaning is an Socialize with June Speak To Keyworker Gardening provided. £1 skills on a recovery essential part of a in a fun, safe and others in a fun. Guided art / craft donation if Therapeutic interactive way safe and topic. activity designed possible Community. interactive way. to help people at (Peer led) all levels of creativity. Peer Support & Skills **IPS** (Work support) All day Thurs Informative **Activities** SMART Frisbee Golf **Badminton** Cleaning Lunch 26th Speak to Keyworker Workshop 11:45 After Meeting Recovery 2:30 - 3:303:30 - 4:30Gardening cleaning Cleaning is 12:30 - 1:00 1:00 - 2:15 Socialize with Socialize 10:30 - 11:45 June Sandwiches an essential others in a fun, with others Practical group Have your say Selfprovided, £1 part of a safe and in a fun. safe applying recovery in the empowering donation if Therapeutic interactive way. and skills to your own activities we group that possible Community. interactive situation have to offer teaches tools for way. recovery. (Peer led) Fri **Weekly Reflection Trip to Deer Park Farm** Cleaning Lunch Other Support 27th After Cleaning Group 11:45 (Fully booked) 1:00 - 3:00Affected Others Sandwiches Cleaning is an Speak to your keyworker / Sam & Jaz about future events. 10:30 - 11:45 June provided. £1 essential part of a Hamoaze is still open for community members who do A group to reflect on donation if Therapeutic not go on the trip. We will offer skittles or a quiz or both the week and set goals possible Community. for the weekend for an activity