

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 23rd June	Weekend Reflection Group 10:30 – 11:45 Process group where you can reflect on your weekend and learn new ways to manage your feelings.	Cleaning 11:45 Cleaning is an essential part of a Therapeutic Community	Lunch After cleaning Sandwiches provided. £1 donation if possible	Coastal Walk 1:00 – 3:30 A calm, scenic walk for all ages and abilities. Devils Point	Frisbee Golf 3:30 – 4:30 Socialize with others in a fun, safe and interactive way. (Peer led)
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Enhanced learning & Skills	
IPS (Work support)	All Day

Tues 24th June	Single Sex Group 10:30 – 11:45 A check-in and introduction to the theme of the week in separated groups for men and women.	Cleaning 11:45 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	Croquet 2:15 – 4:30 Socialize with others in a fun, safe and interactive way. (Peer led)
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Enhanced learning & Skills	
Gardening	Speak to Keyworker

Wed 25th June	Informative Group 10:30 – 11:45 Learn information and skills on a recovery topic.	Cleaning 11:45 Cleaning is an essential part of a Therapeutic Community.	Lunch After cleaning Sandwiches provided. £1 donation if possible	Creative Session 1:00 – 3:00 Guided art / craft activity designed to help people at all levels of creativity.	Trampolining 3:00 - 3:30 Socialize with others in a fun, safe and interactive way	Boules 3:30 – 4:30 Socialize with others in a fun, safe and interactive way. (Peer led)
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Enhanced learning & Skills	
IPS (Work support)	All day
Gardening	Speak To Keyworker

Thurs 26th June	Informative Workshop 10:30 – 11:45 Practical group applying recovery skills to your own situation	Cleaning 11:45 Cleaning is an essential part of a Therapeutic Community.	Lunch After cleaning Sandwiches provided. £1 donation if possible	Activities Meeting 12:30 – 1:00 Have your say in the activities we have to offer	SMART Recovery 1:00 – 2:15 Self-empowering group that teaches tools for recovery.	Frisbee Golf 2:30 – 3:30 Socialize with others in a fun, safe and interactive way.	Badminton 3:30 – 4:30 Socialize with others in a fun, safe and interactive way. (Peer led)
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Peer Support & Skills	
IPS (Work support)	All day
Gardening	Speak to Keyworker

Fri 27th June	Weekly Reflection Group 10:30 – 11:45 A group to reflect on the week and set goals for the weekend	Cleaning 11:45 Cleaning is an essential part of a Therapeutic Community.	Lunch After Cleaning Sandwiches provided. £1 donation if possible	Trip to Deer Park Farm (Fully booked) Speak to your keyworker / Sam & Jaz about future events. Hamoaze is still open for community members who do not go on the trip. We will offer skittles or a quiz or both for an activity
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Other Support	
Affected Others	1:00 – 3:00