

Hamoaze House Structured Day Care Programme

Mon 21st July	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	Lunch	Quiz 1:00 – 2:00 A light-hearted bit of fun	Music Group 2:00 – 4:00 Relaxed session to either learn or just have fun
Tues 22nd July	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	Lunch	Mindfulness 1:00 – 2:00 Learn techniques to find inner peace	Acupuncture 2:00 – 3:00 Auricular (Ear) acupuncture – speak to Nicky / Sue / Isabel
					Basketball 3:30 – 5:00 Relaxed sporting fun
				Garden Project (Speak to your keyworker)	
Wed 23rd July	Informative Group 10:30 – 11:45 Learn information and skills on a recovery topic.	Cleaning	Lunch	Creative Session 1:00 – 3:00 Guided art / craft activity designed to help people at all levels of creativity.	Frisbee Golf 3:00 – 4:30 Socialize with others in a fun & safe way. (Peer led)
	DWP: Supporting Families 10:00 – 11:00			Smoking Cessation 1:00 – 2:00 *	
				Eddystone Trust 1:00 – 2:00 *	Garden Project (Speak to your keyworker)
Thurs 24th July	Informative Workshop 10:30 – 11:45 Practical group applying recovery skills to your own situation	Cleaning	Activities Meeting 12:30 Have your say in activities	SMART Recovery 1:00 – 2:30 Self-empowering group that teaches tools for recovery.	Walk: Devils point 3:15 – 5:00 A calm scenic walk for all ages and abilities.
				Garden Project (Speak to your keyworker)	
Fri 25th July	Weekly Reflection Group 10:30 – 11:45 Reflect on the week and set goals for the weekend	Cleaning	Lunch	Creative Writing 1:00 – 2:00 Learn to express yourself in a fun way.	Acupuncture 2:00 – 3:00 Auricular (Ear) acupuncture – speak to Nicky / Sue / Isabel
					Badminton 3:15 – 5:00 Socialize with others in a fun & safe way.
				SMART Family & Friends 1:00 – 3:00 Support for those affected by a loved ones substance use	

Hamoaze House Structured Day Care Programme Reset Group

Reset is an opportunity to integrate into Hamoaze House in a small group, learn and understand how we work and what to expect. It is an introduction to a Therapeutic Community and gives you the best chance of successful engagement. You are welcome to engage in afternoon activities whilst attending Reset.

Monday 1:30 – 3:00pm

An introduction to Hamoaze and what to expect in your journey

Wednesday 1:30 – 3:00pm

An introduction to Hamoaze and what to expect in your journey

Friday 10:30 – 11:45am

An introduction to Hamoaze and what to expect in your journey

IPS Employment support: Thursdays 11:00 – 2:00

Amanda or Esme are available to work with you to reach your employment goals.

Smoking Cessation: Alternate Wednesdays 1:00 – 2:00

Smoking cessation offers support, tools, and guidance to help you quit smoking and improve your health.

Eddystone Trust: Wednesdays 1:00 – 2:00

Offers sexual health support.

Group:

Group starts at 10:30 and group doors are closed from 10:40, if you are late, please speak to a member of staff, as you will not be allowed in.

Cleaning:

Cleaning is a therapeutic duty, and all members of the community are required to participate. This promotes responsibility & accountability and fosters community & co-operation.

Lunch:

We currently offer lunch in the form of sandwiches. (We are currently refurbishing our kitchen and hope to offer cooked lunches in the near future.)

Activities:

Please be aware that to ensure safety and risk management there is specific criteria for attending external activities, please speak to Sam, Jaz or your key worker to find out more.

Contact us:

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