

Hamoaze House Structured Day Care Programme

Mon 6 th Oct	<div><div>Weekend Reflection Group 10:30 – 12:00</div><div>Process group where you can reflect on your weekend and learn new ways to manage your feelings.</div></div>	Cleaning	Lunch 12:30	<div><div>Coastal Walk (Devils Point) 1:00 – 3:30</div><div>Relaxed walk for all abilities</div></div>	<div><div>Music Group 2:00 – 4:00</div><div>Relaxed session to either learn or just have fun</div></div>
Tues 7 th Oct	<div><div>Single Sex Group 10:30 – 12:00</div><div>A check-in and introduction to the theme of the week in separated groups for men and women.</div></div>	Cleaning	Lunch 12:30	<div><div>Mindfulness 1:00 – 2:00</div><div>Learn techniques to find inner peace</div></div>	<div><div>Acupuncture 2:00 – 3:00</div><div>Auricular (Ear) acupuncture – speak to Nicky / Sue / Isabel</div></div> <div><div>Badminton 3:00 – 5:00</div><div>Socialise with others</div></div> <div><div>SMART Recovery Evening Group: 7:00 – 8:30pm</div></div>
Wed 8 th Oct	<div><div>Informative Group 10:30 – 12:00</div><div>Learn information and skills on a recovery topic.</div></div>	Cleaning	Lunch 12:30	<div><div>Creative Session 1:00 – 3:00</div><div>Guided art / craft activity designed to help people at all levels of creativity.</div></div> <div><div>Eddystone Trust 1:00 – 2:00 *</div></div> <div><div>Smoking Cessation 1:00 – 2:00 *</div></div>	<div><div>Quiz 3:00 – 4:00</div><div>Socialize with others in a fun & safe way.</div></div>
Thurs 9 th Oct	<div><div>Informative Workshop 10:30 – 12:00</div><div>Practical group applying recovery skills to your own situation</div></div>	Cleaning	Lunch 12:30	<div><div>SMART Recovery 1:00 – 2:30</div><div>Self-empowering group that teaches tools for recovery.</div></div>	<div><div>Light Fitness Circuit 2:30 – 4:30</div><div>Light exercise that is fun and inclusive</div></div> <div><div>Garden Project (Speak to your keyworker)</div></div>
Fri 10 th Oct	<div><div>Weekly Reflection Group 10:30 – 12:00</div><div>Reflect on the week and set goals for the weekend</div></div>	Cleaning	Lunch 12:30	<div><div>Foraging at Hamoaze 12:00 – 3:00</div><div>Fun activity searching for wild food resources</div></div> <div><div>Creative Writing 1:00 – 2:00</div><div>Learn to express yourself in a fun way.</div></div> <div><div>SMART Family & Friends 1:00 – 3:00</div><div>Support for those affected by a loved ones substance use</div></div>	<div><div>Table Tennis 2:00 – 3:00</div><div>Socialise with others</div></div>

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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:

Cooked lunches are available for community members who have attended morning therapeutic group, we do ask for £1 donation if you are able to contribute.

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:

Office No: 01752 566 100

Mobile: 07561 852 080

Email: adultteam@hamoazehouse.org.uk



Community Lunch Guidelines

Who Can Have Lunch?

Hot lunch is available to community members who have attended the morning therapeutic group. This helps us stay focused on recovery, connection, and mutual respect

Suggested Donation?

We ask for a £1 donation if you're able to contribute.

Please Don't Challenge Others Around Food!

If you're concerned that someone hasn't attended group or isn't donating:

- Please don't say anything directly to them.
- Instead, speak to the House Leader-they will inform staff.

We'll check in with the person privately and supportively-they may be having problems we can help with.

Why It Matters?

Lunch isn't just food – it's part of our recovery journey. By sharing a meal after group, we build community, trust, and a sense of belonging.

Thank you for helping make Hamoaze House a safe, respectful space for everyone.