

Hamoaze House Structured Day Care Programme

Cleaning is from **12:00 - 12:20 PM**, and all community members staying for lunch are required to take part. Lunch will be served from **12:20 to 12:40 PM**

Mon 24 th Nov	Weekend Reflection Group 10:30 – 12:00 Process group where you can reflect on your weekend and learn new ways to manage your feelings.	Cleaning 12:00	Lunch 12:20	Quiz 1:00 – 2:00 Lively questions, teamwork, laughs—everyone can join in!	Badminton 2:15 – 5:00 Inclusive racket sport—shuttlecock fun for all abilities.
					Music Group 2:00 – 4:00 Relaxed session to either learn or just have fun
Tues 25 th Nov	Single Sex Group 10:30 – 12:00 A check-in and introduction to the theme of the week in separated groups for men and women.	Cleaning 12:00	Lunch 12:20	Mindfulness 1:00 – 2:00 Learn techniques to find inner peace	Acupuncture 2:00 – 3:00 Auricular (Ear) acupuncture – speak to Nicky / Sue / Isabel
					Coastal Walk 3:00 – 5:00 Scenic seaside stroll with fresh air and smiles.
					SMART Recovery Evening Group: 7:00 – 8:30pm
				Garden Project (Speak to your keyworker)	
Wed 26 th Nov	Informative Group 10:30 – 12:00 Learn information and skills on a recovery topic.	Cleaning 12:00	Lunch 12:20	Creative Session 1:00 – 3:00 Guided art / craft activity designed to help people at all levels of creativity.	Table Tennis 3:00 – 5:00 Inclusive paddle sport—fast reflexes, fun for all abilities.
				Eddystone Trust 1:00 – 2:00 * (Yana)	
Thurs 27 th Nov	Informative Workshop 10:30 – 12:00 Practical group applying recovery skills to your own situation	Cleaning 12:00	Lunch 12:20	SMART Recovery 1:00 – 2:30 Self-empowering group that teaches tools for recovery.	Stop the bus 2:30 – 3:30 Category-based word game—think fast, stop the bus!
					Walking Kickball 3:30 – 5:00 Fun kickball for all: walking makes it easy!
				Garden Project (Speak to your keyworker)	
Fri 28 th Nov	Weekly Reflection Group 10:30 – 12:00 Reflect on the week and set goals for the weekend	Cleaning 12:00	Lunch 12:20	Creative Writing 1:00 – 2:00 Imaginative writing, shared stories, laughter, and inspiration.	Acupuncture 2:30 – 3:30 Auricular (Ear) acupuncture - speak to Nicky / Sue / Isabel
					Skittles 3:00 – 5:00 Lively bowling fun with friends and laughter.
				SMART Family & Friends 1:00 – 3:00 Support for those affected by a loved one's substance use	

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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 – 12:00am

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 attend morning therapeutic groups, 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 attend morning therapeutic groups. 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 doesn't attend 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.