

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 22 nd Dec	Open 09:00	Weekend Reflection Group 10:30 – 12:00 Explore feelings and reflect on your weekend.	Cleaning 12:00	Lunch 12:20	Quiz 1:00 – 2:00	Yoga 2:00 – 3:00 Adapted for every person and ability.	Table Tennis 3:00 – 4:00 Relaxed game for social fun.	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
Tues 23 rd Dec	Open 09:00	Topic Group 10:30 – 12:00 A check-in and introduction to the theme of the week.	Cleaning 12:00	Lunch 12:20	Mindfulness 1:00 – 2:00 Learn techniques to find inner peace	Stop the Bus 2:00 – 3:00 Fast paced word game for all.	Badminton 3:00 – 4:00 Inclusive game for all.	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
SMART Recovery Evening Group: 7:00 – 8:30pm								
Wed 24 th Dec	Open 09:00	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.	Trampoline 3:00 – 4:00 Bounce!	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.	
Thurs 25 th Dec	Open 10am – 6pm Drop in for community members who have already engaged with Hamoaze						Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.	
Fri 26 th Dec	Open 10am – 6pm Drop in for community members who have already engaged with Hamoaze						Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.	

Mon 29th Dec	Open 09:00	Weekend Reflection Group 10:30 – 12:00 Explore feelings and reflect on your weekend.	Cleaning 12:00	Lunch 12:20	Quiz 1:00 – 2:00 Have your say!	Yoga 2:00 – 3:00 Adapted for every person and ability.	Trampoline 3:00 – 4:00 Bounce!	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
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Tues 30th Dec	Open 09:00	Topic Group 10:30 – 12:00 A check-in and introduction to the theme of the week.	Cleaning 12:00	Lunch 12:20	Mindfulness 1:00 – 2:00 Learn techniques to find inner peace	Stop the Bus 2:00 – 3:00 Fast paced word game for all.	Skittles 3:00 – 4:00 Inclusive game for all.	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
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SMART Recovery Evening Group: 7:00 – 8:30pm

Wed 31st Dec	Open 09:00	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 – 4:00 Relaxed game for social fun.	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
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Evening Opening 5:00 – 10:00pm

Open for community members who have already engaged with Hamoze.

Thurs 1st Jan	CLOSED Bank Holiday							
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Fri 2nd Jan	Open 09:00	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 1:30 – 2:30 Creative, Decorative, Personalized, Artistic, (Peer led)	Badminton 2:30 – 4:00 Inclusive game for all.	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
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SMART Family & Friends 1:00 – 3:00
Support for those affected by a loved one's 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.

Reset Group will resume on the week of 12/01/2026

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:

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Mobile: 07561 852 080

Email: adultteam@hamoazehouse.org.uk