

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

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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 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

Referrals: Lindzie Krygier

Office No: 01752 566 100

Mobile: 07708 404 496

Email: referral@hamoazehouse.org.uk