

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 19 th Jan	Open 09:00	RESPOND: 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 A playful challenge all can enjoy.	Yoga 2:00 – 3:00 Adapted for every person and ability.	Table Tennis 3:00 – 4:00 Relaxed game for social fun – Peer led	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
Tues 20 th Jan	Open 09:00	IDENTIFY: 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	Volleyball 3:00 – 4:00 Inclusive game for all. (Peer led)		Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
SMART Recovery Evening Group: 7:00 – 8:30pm								
Wed 21 st Jan	Open 09:00	INFORM: 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 – Peer led	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
					Eddystone Trust 1:00 – 2:00 * (Yana)			
Thurs 22 nd Jan	Open 09:00	EXPLORE: Single Sex Group 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.	Badminton 2:30 – 4:00 Active, fun, and competitive sport. (Peer led)	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.	
					Garden Project (Speak to your keyworker)			
Fri 23 rd Jan	Open 09:00	PREPARE: 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 Share, laugh, and inspire. (Peer led)	Acupuncture 2:00 – 3:00 Auricular (Ear) acupuncture	Table Tennis 3:00 – 4:00 Relaxed game for social fun – Peer led	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
					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 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:

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