

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**

Hamoaze House Structured Day Care Programme

Reset Group 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 – 2:30pm

Wednesday 1:30 – 2:30pm

Friday 10:30 – 12:00am

What is a Therapeutic Community? A therapeutic community is a structured, supportive environment where people work together to make positive changes in their lives. Instead of relying only on staff, the whole community plays an active role in each person's growth. Members support one another, take shared responsibility for the community, and learn through everyday interactions. The aim is to build healthier relationships, develop self-awareness, practise new behaviours, and create a safe space where everyone can contribute, learn, and recover together.

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