

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 9 th Feb	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.	Badminton 3:00 – 4:00 Relaxed game for social fun	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
Tues 10 th Feb	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	Stop the Bus 2:00 – 3:00 Inclusive game for all. Come have a laugh!	Table Tennis 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	
					Garden Project (Speak to your keyworker)			
Wed 11 th Feb	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.		Volleyball 3:00 – 4:00 Relaxed game for social fun	Check-out Group 4:00 – 4:30 Closing session to share thoughts and feelings.
					Eddystone Trust 1:00 – 2:00 * (Yana)			
					Smoking Cessation 1:00 – 2:00 * (Camilla)			
Thurs 12 th Feb	Open 09:00	GROUP WITH ANDY 10:30 – 12:00	Cleaning 12:00	Lunch 12:20	SMART Recovery 1:00 – 2:30 To be confirmed	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.
Please note: The Adult Team will be in staff training all day on Thursday and Friday. The programme will run as usual but with limited 1:1 support or telephone calls. In emergencies please speak to available staff or phone 111					Garden Project (Speak to your keyworker)			
Fri 13 th Feb	Open 09:00	GROUP WITH ANDY 10:30 – 12:00	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	Frisbee Golf 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			

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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:

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