

# 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**

<b>Mon 2<sup>nd</sup> Mar</b>	<b>Open 09:00</b>	<b>RESPOND: Weekend Reflection Group 10:30 – 12:00</b> Explore feelings and reflect on your weekend.	Cleaning 12:00	Lunch 12:20	<b>Activities Foulston 1:00 – 2:00</b> Casey will be meeting with cm's re physical activities	<b>Yoga 2:00 – 3:00</b> Adapted for every person and ability.	<b>Badminton 3:00 – 4:00</b> Relaxed game for social fun	<b>Check-out Group 4:00 – 4:30</b> Closing session to share thoughts and feelings.
<b>Tues 3<sup>rd</sup> Mar</b>	<b>Open 09:00</b>	<b>IDENTIFY: Topic Group 10:30 – 12:00</b> A check-in and introduction to the theme of the week.	Cleaning 12:00	Lunch 12:20	<b>Mindfulness 1:00 – 2:00</b> Learn techniques to find inner peace	<b>Stop the Bus 2:00 – 3:00</b> Inclusive game for all. Come have a laugh!	<b>Volleyball 3:00 – 4:00</b> Inclusive game for all.	<b>Check-out Group 4:00 – 4:30</b> Closing session to share thoughts and feelings.
					<b>SMART Recovery Evening Group: 7:00 – 8:30pm</b>			
					<b>Garden Project (Speak to your keyworker)</b>			
<b>Wed 4<sup>th</sup> Mar</b>	<b>Open 09:00</b>	<b>INFORM: Informative Group 10:30 – 12:00</b> Learn information and skills on a recovery topic.	Cleaning 12:00	Lunch 12:20	<b>Creative Session 1:00 – 3:00</b> Guided art / craft activity designed to help people at all levels of creativity.	<b>Table Tennis 3:00 – 4:00</b> Relaxed game for social fun		<b>Check-out Group 4:00 – 4:30</b> Closing session to share thoughts and feelings.
					<b>Eddystone Trust 1:00 – 2:00 * (Yana)</b>			
<b>Thurs 5<sup>th</sup> Mar</b>	<b>Open 09:00</b>	<b>EXPLORE: Single Sex Group 10:30 – 12:00</b> Practical group applying recovery skills to your own situation	Cleaning 12:00	Lunch 12:20	<b>SMART Recovery 1:00 – 2:30</b> Self-empowering group that teaches tools for recovery.	<b>The BIG Quiz 2:30 – 4:00</b> A quiz bursting with topics and laughs		<b>Check-out Group 4:00 – 4:30</b> Closing session to share thoughts and feelings.
		<b>Community Member Consultation 10:30 – 11:30</b> Meet Lily and discuss the service and your thoughts in a small group			<b>Garden Project (Speak to your keyworker)</b>			
<b>Fri 6<sup>th</sup> Mar</b>	<b>Open 09:00</b>	<b>PREPARE: Weekly Reflection Group 10:30 – 12:00</b> Reflect on the week and set goals for the weekend	Cleaning 12:00	Lunch 12:20	<b>Creative Writing 1:00 – 2:00</b> Share, laugh, and inspire.	<b>Acupuncture 2:00 – 3:00</b> Auricular (Ear) acupuncture	<b>Pictionary 3:00 – 4:00</b> Sketch, guess, laugh — repeat for fun	<b>Check-out Group 4:00 – 4:30</b> Closing session to share thoughts and feelings.
		<b>Community Member Consultation 10:30 – 11:30</b> Meet Lily and discuss the service and your thoughts in a small group			<b>SMART Family &amp; Friends 1:00 – 3:00</b> Support for those affected by a loved one's substance use			

## 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**

Amanda or Esme are available to work with you to reach your employment goals. Please speak to your keyworker.

### **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: Alternate 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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### **Referrals: Lindzie Krygier**

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