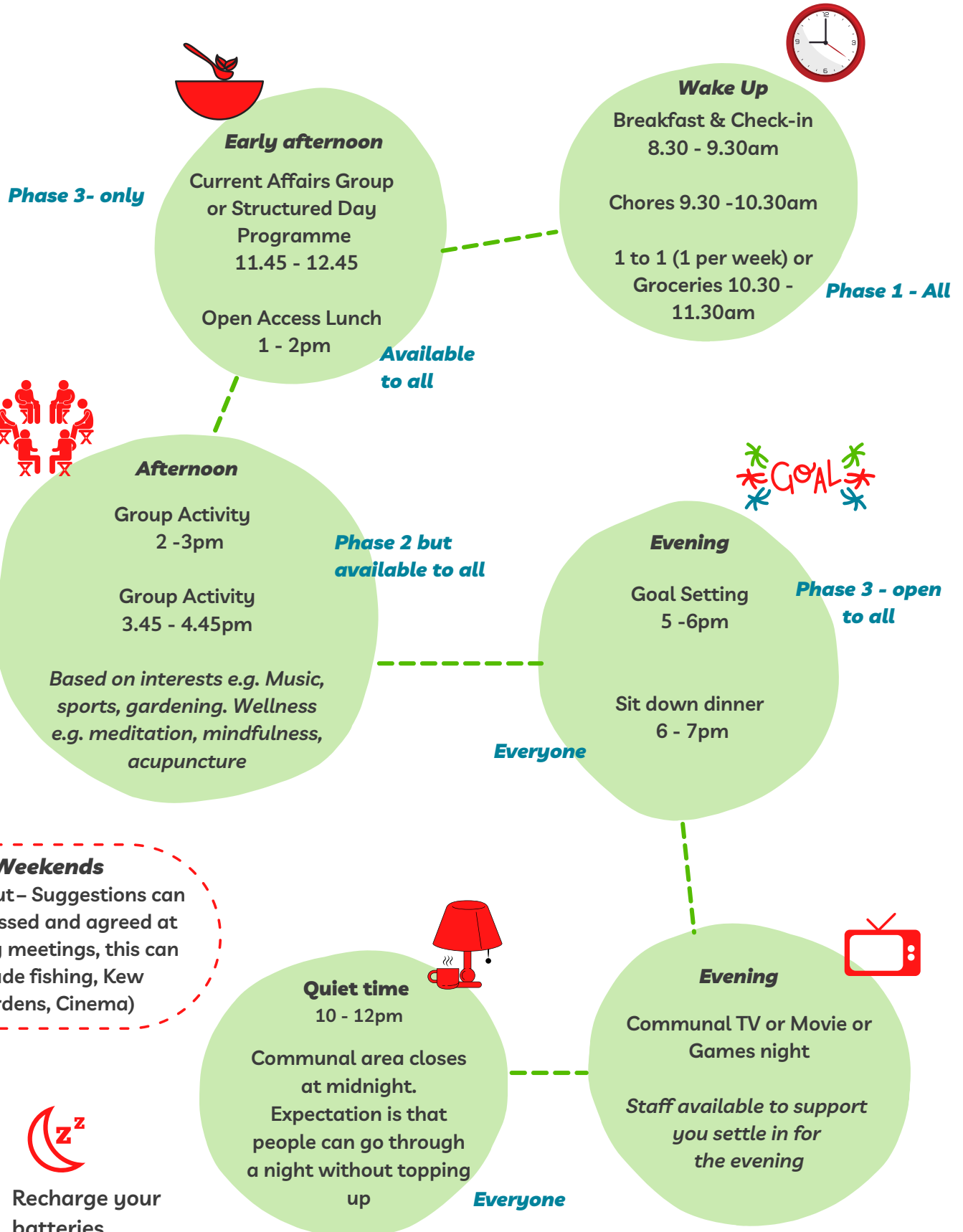


A DAY AT JOEL



All residents are expected to be up & to have had breakfast by 9.30am ready to engage with the day's activities.



Every day

All residents are expected to be up & to have had breakfast by 9.30am ready to engage with the day's activities.

Meals

Breakfast Food will be served on the breakfast bar in the communal area.

Lunch Food and facilities will be left on the breakfast bar.

Dinner A sit down meal. It will be discussed and agreed as a community, what will be cooked for dinner the following day.

Cleaning/housekeeping

Everyone gets involved with the cleaning. We are all responsible for keeping the whole project clean and tidy. There is a rota so that everyone takes a turn cleaning all the different communal areas. Staff will support with this and oversee the rota.

We will put some music on to get everyone moving and motivated!

Groups

Mindfulness/acupuncture/meditation - anyone at any phase can access these but those in Phase 2 & 3 are expected to attend. They will be offered on rotation throughout the week. There are benefits to all of these activities. Come along and give them a try!

Grocery shopping - 1 resident (on rotation everyday) supported by staff will make a list of what is required to cook dinner, go shopping together and then also assist with cooking.

Communal

TV or movie viewing/games - Every evening residents will be encouraged to come together to watch TV or a movie or play a game. We have terrestrial TV, a subscription to Netflix and an array of popular board games. Each resident can take turns choosing what will be watched or played that evening. This can be on a rota to be fair and discussed at breakfast.

Other group activities will change depending on what everyone is interested in. If you have something that you'd like us to be doing, let us know, we'll do our best to get it in the timetable!

Structured

Group work around substance use is explored a bit more in the explanation of "phases" in the separate phases sheet. . If you are already attending groups outside of Joel that are working for you, please let us know.

JOEL 4 PHASES



At Joel we have 'phases'. We will give you the tools, techniques and opportunities you need to move through the phases to work towards your personal goals and lead to a healthier life. The one-to-one support will be an opportunity to make this a tailor-made programme just for you!

Most people join us at phase 1. when you move through the next phases you will be adding to phase 1 and building on your day.

Phase 1 Calming the chaos

Attending breakfast and dinner daily is essential. We also look after our home, this includes daily chores. One to one focused work around your recovery journey.

Move - in

You have your own bedroom, 3 meals a day, communal TV

Phase 2 Slow down and enjoy the simple pleasures in life

Joining in activity groups
The timetable will evolve depending on the resident interests. Get active as we all know the benefits of exercise on mental wellbeing or to do something practical and gain a sense of achievement. 2 group activities per day.

Phase 3 Addressing substance use

Current Affairs/Topic Groups
Exploration of your identity, confidence and self-esteem based on discussion groups, connecting with your community and valuing your place within it.

Structured day - 12-week program
Exploring recovery, tools, techniques and your own personal goals.

Solution Focused Recovery Group.
Practicing tools together in real life scenarios.

Phase 4 Preparing for independent living

Move into vestry flat and live more independently.
Offering peer support at Joel and Asset building such as training, employment, or voluntary work.
Attend 3 meals per week

Move - on

Sadly you can't stay at Joel forever. We can help with the next part of your journey