



# TRANSFORMATIONS PROGRAMME

Rescue | Revive | Renew

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## Resident Manual

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**P:** 07506 462 421

**E:** [hello@transformationsprogramme.co.uk](mailto:hello@transformationsprogramme.co.uk)



Havering Christian  
Fellowship

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## WELCOME & INTRODUCTION

At Transformations, we are fiercely passionate about revitalising change. Deep quote from Leonard Sweet:

"What is the difference between a living thing and a dead thing? In the medical world, a clinical definition of death is a body that does not change. Change is life. Stagnation is death. If you don't change, you die. It's that simple. It's that scary." ..... Ouch.

The change Sweet is talking about is the ongoing process of growth; all things start dying the moment they stop growing.

Choosing to join the Transformations Programme demonstrates your decision to **embrace** life-saving change and life-giving growth.

We applaud your courageous admission that your life has become unmanageable, that you need drastic change and that you can't turn things around without help. Many people refuse this step and remain stuck. (Think a moment; you know someone like this, don't you?). We want you to know that by committing to the Transformations Programme you're giving yourself the best possible opportunity to develop all the attitudes, attributes and skills you need to live a life of physical, emotional and spiritual wholeness. We are committed to providing you with the space and support you need to help you heal and the inspiration to document your journey creatively.

So, we welcome you into a community of men under renovation. It won't always be easy facing up to facts and there will be times when the Programme will pinch. But that's ok, because that pinch just reveals that you need to be here. You might call it 'growing pains'. Remember, you're not going through any of this alone, recovery *requires* community; you'll have the guidance and encouragement of our excellent staff and volunteers plus the other residents alongside cheering you on.

We hope the following will help navigate you through the practices and patterns of life at Transformations. Welcome to life revitalised.

"One cannot alter a condition with the same mindset that created it in the first place"

Albert Einstein

"...keep letting yourselves be transformed by the renewing of your minds; so that you will know what God wants and will agree that what he wants is good, satisfying and able to succeed."

Romans 12:2 (CJB)



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## GROWING IN PHASES

The Transformations Programme is designed to lead you through a rigorous and structured process of spiritual growth and personal development to help you overcome the underlying causes of self-defeating habitual behaviours. The focus will be on studying the Bible and worship of the God who inspired it. We believe that the words contained in the Bible are *active* and *invigorating*; when you apply them to your daily life they become transformational.

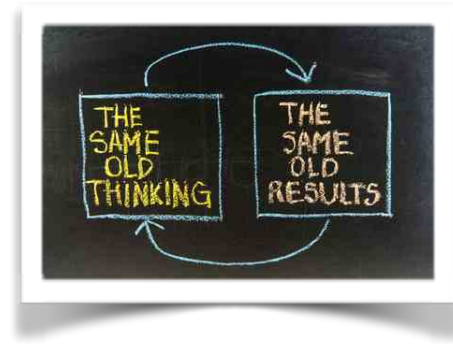
Growth is gradual and this is reflected in the Phases of the Programme:

- Induction** Min of 28 days. The aim here is to get you physically healthy and mentally alert. You will become acclimatised to the rhythm of the Programme and establish a routine. Phone calls will not be permitted, but post can be sent and received.
- Phase 1** Min of 12 weeks. Emphasis is on development of your character, responsible attitude, willingness to take instruction and abide by rules. Beginning to identify and work through root issues. 2 x 15 min phone calls per week are permitted, plus a visit from immediate family or close friend.
- Phase 2** Min of 12 weeks. Focus on demonstrating self-discipline, personal responsibility, solid work ethic and ability to cope with on-going demands of living in a disciplined community. 4 x 15 min phone calls weekly and after 4 weeks a 12 hr day out with an appropriate adult, once a month.
- Phase 3** Min of 16 weeks. Aims are to show increasing levels of maturity towards staff & other students and permanence of positive attitudes & habits. Demonstrating integrity and commitment to those on earlier Phases and beginning to set goals for your future. After 4 weeks you can request a 48 hr weekend pass to spend away from the centre.
- Phase 4** Min of 26 weeks. Your improved confidence, reliability, self-discipline, initiative, leadership and submission will be demonstrated by your ability to live in a low structured environment without direct supervision and a minimum of rules or organisation. We will provide an individually tailored contract. You will have freedom of movement outside of the centre and will have benefits paid directly to you. Opportunities will be provided for skills training and volunteering in agreed ministries.



# PROGRAMME TIMETABLE

Below is the daily schedule at Transformations:



## Monday to Friday

07:15 - 07:45 Wake-up, shave, shower  
 07:45 - 08:00 Morning Devotions  
 08:00 - 08:30 Breakfast  
 08:30 - 09:30 Washing-up & Duties  
 09:30 - 10:00 Chapel  
 10:00 - 10:45 Morning Teaching  
 10:45 - 11:15 Tea-break  
 11:15 - 12:15 Morning Teaching  
 12:30 - 13:30 Lunch & Clear-up  
 13:30 - 17:00 Work Programme  
 17:00 - 17:30 Free-time  
 17:30 - 18:00 Dinner & Clear-up  
 19:00 - 20:30 Personal Studies  
 20:30 - 22:00 Free-time  
 22:00 - 22:15 Chapel  
 22:15 - 22:30 In room & quiet  
 22:45 Lights out

## Saturday

07:45 - 08:15 Wake-up, shave, shower  
 08:15 - 08:30 Morning Devotions  
 08:30 - 09:00 Breakfast  
 09:00 - 10:00 Washing-up & Duties  
 10:00 - 10:30 Chapel  
 10:30 - 11:30 Cleaning Duties  
 11:30 - 12:30 Free-time  
 12:30 - 13:30 Lunch & Clear-up  
 13:30 - 17:00 Organised Activities  
 17:00 - 17:30 Free-time  
 17:30 - 18:00 Dinner & Clear-up  
 19:00 - 22:00 Free-time/DVD  
 22:00 - 22:15 Chapel  
 22:15 - 22:30 In rooms & quiet  
 22:45 Lights out

## Sunday

08:15 - 08:45 Wake-up, shave, shower  
 08:45 - 09:00 Morning Devotions  
 09:00 - 09:30 Breakfast  
 09:30 - 10:00 Washing-up & Duties  
 10:00 - 13:00 Church  
 13:00 - 15:00 Lunch & Clear-up  
 15:00 - 18:30 Free-time  
 18:30 - 21:00 Evening Church Service  
 21:00 - 22:00 Supper & Clear-up  
 22:00 - 22:15 Chapel  
 22:15 - 22:30 In room & quiet  
 22:45 Lights out

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## PROGRAMME TIMETABLE: EXPLAINED



There is a canyon that stretches between the life you have and the life you want, who you have been and who you can become. The *structure* of the Programme schedule will form the base of a bridge and the individual *activities* that make up a day at Transformations will build on that base to connect you to a new way of thinking and a fresh vitality in your daily living.

We believe that you establish a personal relationship with Jesus Christ and unite to other people in relationship with Him if you want to find freedom from life-controlling impulses. The Programme therefore provides space for you to seek God personally and corporately throughout every day, coupled with the opportunity to share life with staff and other residents on the Programme.

**Morning Devotions** - Quiet time set aside each morning for prayer and Bible reading.

- This is your own *individual* time to spend hearing from God.
- No talking, no other activities... simply reading the Bible.

**Chapel** - Gathering together for short time of worship, prayer and brief devotional message.

- This is an opportunity to meet with God in a *group* setting.
- You will need your Bible, notebook/journal and pen. We encourage you to take notes.

**Morning Teaching** - Courses designed to challenge old ways of thinking and equip with new ones.

- Structured courses containing crucial truths.
- Will lead you to confront issues that cause compulsive behaviours and provide you with new ways of understanding truth and applying it to your life.
- Course titles include: *Attitudes, Temptation, Quick Look at the Bible, Love and Accepting Myself, Anger and Personal Rights, Growing Through Failure* plus others.
- You will need your Bible, notebook/journal, pen and course materials. We *expect* you to take notes.
- It's ok if you're not very academic. You just need to engage with sessions and remain teachable.

**Work Programme** - Time devoted to productive activity, learning new skills and creative pursuits.

- Aims are to cultivate excellent work ethic, develop hands-on skills and nurture creativity.
- Projects include GrowthGarden, carpentry, bicycle repair, interior decorating and art classes.

**Personal Studies** - Individual written projects that supplement and expand on Morning Teaching.

- Purpose is to demonstrate comprehension and promote personal expression.
- Reflecting on and working through difficult personal experiences.
- Developing a posture of learning and ownership of personal growth.

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## DAILY ROUTINES

The smooth rhythm of life on the Programme is maintained by our daily routines, which require the cooperation and collaboration of all residents. The emphasis is on combined effort - working and participating together; you'll find that doing your bit is both vital and satisfying.



**House Chores & Duties** - Sharing the burden lightens the load.

- One of your key practical contributions to the running of the house are the chores and duties that will be assigned to you each day.
- Chores include basic household tasks such as washing/drying up after meals, cleaning kitchen/bathrooms, hoovering, polishing, etc.
- You will be given a day/time slot to do your own personal laundry each week.
- Full cooperation and a positive attitude towards your work is expected at all times.

**Bedrooms** - Sharing the space you sleep in.

- It's your responsibility to work with your roommate to keep the room clean/tidy/smelling fresh.
- Regular bedroom checks will help you comply.
- Bedrooms are mainly to sleep in and for quiet times only. Communal areas are for hanging out.

**Meal Times** - Sharing food, enjoying fellowship.

- We take all our meals - breakfast, lunch and dinner - together as a group.
- Most meals are prepared by residents because we're keen for you to develop a decent repertoire of cookery skills.
- Don't worry if you think you can't cook at first, you'll learn by assisting before you make any meals unsupervised.
- We value hospitality. There will be opportunities for you to enjoy the company of guests who sometimes join us for lunch, dinner or maybe conversation over coffee.

**Exercise** - Sharing recreation

- We encourage taking regular exercise as an important part of a healthy lifestyle.
- Light exercise - cycling, walking - is built into the Programme as scheduled activities, but you will also have access to gym facilities after Induction if you're a little more energetic.

**Free Time** - Sharing rest and relaxation.

- This is space carved out of the schedule for leisure and relaxing activities.
- We believe in *active* rest, so no sleeping till bedtime.

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## MONEY MATTERS

Money is a part of your life that you may or may not have a healthy relationship with. Wherever you're at, we want to promote a positive and responsible attitude towards your financial affairs. This may show itself in the various ways that we assist you in taking a pro-active approach to getting yourself financially organised. Some points to note regarding money on the Programme:



Access to cash is restricted. It will be kept in a personal locked cabinet which is only accessible by Transformations staff.



To encourage responsible spending the use of credit cards will not be permitted for any reason whilst on the Programme.



You will be responsible for toiletries and clothes, etc. We encourage you to keep to a budget that includes saving too.



We will require a supplementary £30 top-up for rent, collected weekly. This covers cost of utility bills, food and course materials.

## DISTRACTIONS, DISTRACTIONS

Distraction disables development. Working the Programme will require your full attention, so we have helped by removing the most diverting media distractions.



Mobile phones are not permitted on the Programme. Your mobile will be stored in the same locked cabinet as your cash.



We love to *share* music, so personal mp3 or CD players are not permitted. We listen to worship music only.



During free-time we watch the news, plus sporting events when available. Saturday evening is Movie Night.



There will be no access to the internet for the duration of the Programme.