

Sample Weekly Group Programme

DAILY MEDS 0800-0900			DAILY MEDS 1230-1300				DAILY MEDS 1715-1800	DAILY MEDS 2210-2230
	0915 - 0935	1000 - 1100	1130 - 1230	1300	1400 - 1500	1530 - 1630	1800	1900 - 2000
MONDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 0900. Gym open 0700-0800.	Registration and Reading in Honeysett Residents to complete therapeutic duties 0950 – 1000 BREAK	Butterfly (Leaving) Group 11.00 – 11.30 BREAK	Recovery Maintenance Weekend Process Group	LUNCH All in Dining Room 1345 registration	LIFE STORY 1500 - 1530 BREAK	My Recovery Sculpt 1630 End of working day TV and Pay phones can be used SHOP RUN UNTIL 1640 - 1745 (Yalding shops only)	TEATIME Rec Room 1630 - 2100 2100 Reg'n in Downstairs Dining room 2300 - TVs off	Senior peer lead recovery discussion group: Different theme each week
TUESDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 09.00. Gym open 07.00-08.00.	Registration and Reading in Honeysett Residents to complete therapeutic duties 0950 – 1000 BREAK	LIFE STORY 11.00 – 11.30 BREAK	Recovery Maintenance 17b Factors leading to relapse	LUNCH All in Dining Room 1345 registration	Therapeutic Gardens and Workshops 1530 BREAK	Therapeutic Gardens and Workshops 1630 End of working day TV and Pay phones can be used SHOP RUN UNTIL 1640 - 1745 (Yalding shops)	TEATIME 9pm Reg in Dining room GYM 4.30pm - 9pm 2300 TVs off	1900-2000 Fellowship Honeysett
WEDNESDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 09.00. Gym open 07.00-08.00.	Registration and Reading in Honeysett Residents to complete therapeutic duties 0950 – 1000 BREAK	Therapeutic Gardens & Workshops 11.00 – 11.30 BREAK	Therapeutic Gardens & Workshops	LUNCH All in Dining Room 1345 registration	Weekly Objectives Review Yalding in Yalding Group Room Wateringbury in Honeysett 1500 - 1530 BREAK	Weekly Objectives Review Yalding in Yalding Group Room Wateringbury in Honeysett 1630 End of working day TV and Pay phones can be used SHOP RUN UNTIL 1640 - 1745 (Yalding shops only)	TEATIME Rec Room 1630 - 2100 9pm Regn in Downstairs Dining room 2300 TVs off	1900 - 2000 Yalding Group Room - Relaxation with Di
THURSDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 09.00. Gym open 07.00-08.00.	Registration and Reading in Honeysett Residents to complete therapeutic duties 0950 – 1000 BREAK	Weekend Planning 1100-1130 BREAK BUTTERFLY GROUP	Weekly Objective Setting Yalding in Yalding Group Room Wateringbury in Honeysett	LUNCH All in Dining Room 1345 registration	1400 – 1500 Therapeutic Gardens and Workshops 1500 - 1530 BREAK	Therapeutic Gardens and Workshops 1630 - End of working day TV and Pay phones can be used SHOP RUN UNTIL 1640 - 1745 (Yalding shops only)	TEATIME 2100 Regn in Downstairs Dining room GYM 1630 - 2100 2300 TVs off	Senior peer lead recovery discussion group: Different theme each week
FRIDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 09.00. Gym open 07.00-08.00.	Registration and Reading in Honeysett Residents to complete therapeutic duties 0950 – 1000 BREAK	PSYCHOEDUCATION 7 - Cocaine 1100 - 1130 BREAK	LIFESKILLS 1 - Introduction to Feelings	LUNCH All in Dining Room 1345 registration	Weekend Encounter Group All together in the Honeysett 1500-1530 BREAK	Tidy Friday 1630 End of working day TV and Pay phones can be used SHOP RUN UNTIL 1640 - 1745 (Yalding shops)	TEATIME in Dining Room Downstairs lounge 2100 Regn in dining room TVs OFF AT midnight	
SATURDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 09.00. Gym open 07.00-08.00.		Honeysett over 14 days can leave site 0930-1700		LUNCH All in Dining Room 1345 registration	Own time over 14 days can leave site 0930 - 1700, food will not be held, if meals are required return prior to meal time as per the weekend plan		Rec Room 1630 - 2100 1800 TEA TIME All in Dining Room 2100 Regn in Dining room TV OFF AT midnight	
SUNDAY Working day begins at 0700 when residents are expected to be up and breakfasted by 0800. TV off by 09.00. Gym open 07.00-08.00.	Registration and Reading in Honeysett Residents to complete therapeutic duties 0950-1000 Break	RULES GROUP - residents to bring their blue files (delivered by recovery worker) For all residents that have arrived this week. Tour of site and explanation of the fire evacuation procedures - note - record on Nourish	Relaxation Activities with Di	LUNCH All in Dining Room 1345 registration	Own time over 14 days can leave site 0930 - 1700, food will not be held, if meals are required return prior to meal time as per the weekend plan	Gym 1630 - 2100	TEA TIME All in Dining Room 2100 Regn in dining room 2300 TV off	