

Inpatient Programme – Effective from 11th September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.30 – 10.00	Community Meeting Maple			9.15 – 10.00 Healthy Living Alternate Weeks Maple		10.15 – 11.00 Circuit Training [Sinead/Lisa] Knight's Chamber	10.00 – 11.30 Art & Craft Canterbury
10.00 – 10.45	Mindfulness Skills Practice Knights Chamber	Mindfulness Skills Practice Knights Chamber	Applying Mindfulness Skills Maple	Mindfulness Skills Practice Knights Chamber	Mindfulness Skills Practice Knights Chamber	11.30 – 12.15 Nurse Led Activities	
11.00 – 12.00	Compassionate Mind & DBT Skills Maple	Assertion Skills Maple	Music Therapy Knights Chamber [or 11.30 AA]	Reflective Group Maple	Self Esteem Maple		
12.15-1.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12.30 LUNCH	12.30 LUNCH
1.15 – 2.15	Managing Depression Maple	Reflective Group Maple	Understanding CBT Maple	Anger Management Maple	Therapeutic Writing Maple	3.00 – 4.00 Music Appreciation Knight's Chamber	1.30 – 3.30pm Zentangle Canterbury
2.30– 3.30	Flower Arranging Canterbury	Art Psychotherapy Canterbury	Anxiety Management Maple	Art & Craft Canterbury	Art & Craft Canterbury	4.00 TEA	
3.30 – 4.15	TEA	TEA	TEA	TEA	TEA	or	TEA
4.15 – 5.00 Or 4.30 – 5.30	Exercise/Yoga Knights Chamber Alcohol Recovery/Awareness Group Maple	4.15-5.15 Drama Knights chamber Or 4.15-5.15 Art & Craft Canterbury	Exercise/Yoga Knights Chamber Alcohol DVD Group Maple	Exercise/Yoga Knights Chamber Alcohol Awareness/Recovery Group Maple	Exercise/Yoga Knights Chamber Alcohol Awareness/Recovery Group Maple	4.00- 5.00 AA Support Session Maple or 4.30 Self-Reflection on the week's sessions	4.30 Self-Reflection on the week's sessions, also reading, journal entries
6.30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER

TUESDAY 7.30-9.00pm Alcohol Support Group (*Maple*)

WEDNESDAY 6.30-7.30pm Relatives Support Group (*Maple*) Nurse Led