

Day Programme Autumn/Winter 2020

	Mondays	Tuesdays	Thursday
08:30-09:30	Scheduled Keyworker reviews	Scheduled Keyworker reviews	Scheduled Keyworker reviews
09:30-10:00	Arrival time at Saxons Barn to have temperature taken & sign in	Arrival time at Saxons Barn to have temperature taken & sign in	Arrival time at Saxons Barn to have temperature taken & sign in
10:00-11:00	Loss & Change <i>Facilitated by Claire Winchurst</i>	Low Self-Esteem <i>Facilitated by Phoebe Pearson-Hall</i>	Yoga <i>Facilitated by Sarah Swan</i>
11:00-11:15	Break	Break	Break
11:15-12:15	Yoga <i>Facilitated by Sarah Swan</i>	Healthy Living/Eating <i>Facilitated by Jackie Keen</i>	Dialectical Behaviour Therapy skills <i>Facilitated by Siobhan Blackwell</i>
12:15-1:15	Lunch (Time for scheduled keyworker reviews)	Lunch (Time for scheduled keyworker reviews)	Lunch (Time for scheduled keyworker reviews)
1:15-2:15	Assertiveness Group <i>Facilitated by Andrew Kuczmierczyk</i>	Cognitive Behaviour Therapy & Compassion Focussed Therapy <i>Facilitated by Toria Tutt</i>	Cognitive Behaviour Therapy <i>Facilitated by Anita Merry</i>
2:15-2:30	Break	Break	Break
2:30-3:30	Anger Group <i>Facilitated by Louise Watson</i>	Cognitive Behaviour Therapy & Compassion Focussed Therapy <i>Facilitated by Toria Tutt</i>	Cognitive Behaviour Therapy <i>Facilitated by Anita Merry</i>
3:30-17:00	Scheduled Keyworker reviews <i>Aimee Keith/Phoebe Pearson-Hall</i>	Scheduled Keyworker reviews <i>Aimee Keith/Phoebe Pearson-Hall</i>	Scheduled Keyworker reviews <i>Aimee Keith/Phoebe Pearson-Hall</i>

Please note groups may be subject to change. This programme should be considered to be indicative only.