

St Annes Timetable

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
9.30 – 11.30a.m.	Journals	Journals	CV1 – Education all day CV4/5 – self facilitated journals CV5 – relocating networking (9-2p.m.)	Journals	Men's/Women's Group CV5 relapse prevention (6 month programme)	Journals	Journals
11.30 – 12.00p.m. Wellbeing	Walk	Walk	Walk	Big House Clean	Walk	BRUNCH	Big House Clean
12.00 – 2.00p.m.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Visits (1.00-4.00p.m.) Phased access to time	LUNCH
2.00 – 3.30p.m.	CV 3 CV4 CV5	CV3 CV4 CV5	CV1 CV4 CV5	CV3 CV4 CV5	CV3 CV4 CV5		Walk/ Topic driven groups
3.45p.m.	Community	Community	Community	Community	Community		Community
5.00 – 6.00p.m.	TEA	TEA	TEA	TEA	TEA	Community/ TEA	TEA
7.00 – 8.00p.m.	Psycho educational group	Psycho educational group	Psycho educational group	Psycho educational group CV4/5 – SMART group	Psycho educational group/ Movie night	Relapse Prevention group/ Movie night	Quiz night
Bedtime 11.30p.m.							

CV1 – Education – Realisation

CV3 – Psycho social – Processing & Integration

CV4 – Choice Theory- Personal responsibility

CV5 – Relapse Prevention – Building Resilience

Psycho educational groups consist of 84 individual topics which rotate 4 times a year

Monday evenings – 1 hour time off site after 3 calendar months

Wednesday evening – 4.30 – 7.30p.m. Residents can leave the site in groups of 3 or 3 after 21 days

Sundays – End of month outing – risk assessed and agreed by staff and residents