

## IN PATIENT PROGRAMME EXAMPLE

### Monday

9.45 - 10.15	Exercise Class	Knight's Chamber
10.30-11.05	Community Meeting	Maple
11.15-12.15	Flower Arranging	Canterbury
12.30-1.30	Lunch	Dining Room
1.30 - 2.30	Assertion	Maple
3.00 - 3.45	Creative Writing	Maple
4.00 - 4.30	Tea	Music Room
4.30 - 5.30	Occupational Therapy (Craft)	Canterbury
<u>OR</u>	Alcohol Group	Maple

### Tuesday

10.15-11.15	Feldenkrais	Knight's Chamber
11.15-12.15	Art Group	Canterbury
12.30-1.30	Lunch	Dining Room
1.30 - 2.30	Anger Management	Maple
3.00 - 4.00	Group Therapy	Maple
4.00 - 4.30	Tea	Music Room
4.30 - 5.15	Taking Care of Yourself	Maple
7.30 - 9.00	Alcohol Support Group	Maple

### Wednesday

10.30-11.00	Exercise Class	Knight's Chamber
11.15-12.30	Drama	Knight's Chamber
12.30-1.30	Lunch	Dining Room
1.30 - 2.30	Art therapy	Canterbury
3.00 - 4.00	Group Therapy	Maple
4.00 - 4.30	Tea	Music Room
4.30 - 5.30	Relaxation	Knight's Chamber

### Thursday

10.15-11.00	Yoga	Knight's Chamber
11.15-12.15	Occupational Therapy (Craft)	Canterbury
12.30-1.30	Lunch	Dining Room
1.30 - 2.30	Anxiety Management	Maple
3.00 - 4.00	Personal Trainer	Knight's Chamber
3.00 - 4.00	Music Appreciation (Please bring music) (e.g. CD, iPod, MP3)	Maple
4.00 - 4.30	Tea	Music Room
4.30 - 5.30	Relaxation	Knight's Chamber
<u>OR</u>	Alcohol Recovery Plan Group	Maple
6.30 - 7.30	Relatives Support Group	Maple

### Friday

10.30-11.00	Exercise Class – Dynamic Yoga	Knight's Chamber
11.15-12.15	Group Therapy	Maple
12.30-1.30	Lunch	Dining Room
2.00 – 2.50	Raising Self Esteem	Maple
3.00 - 3.45	Relaxation	Knight's Chamber
<u>OR</u>	Aromatherapy by Appointment	Meet in Reception
4.00 - 4.30	Tea	Music Room
4.30 - 5.30	Art & Craft	Canterbury



Saturday

10.00-11.15  
11.30-12.15

Drama  
Group Therapy

Knight's Chamber  
Maple

**NB**    **Saturday/Sunday**    3.00-4.00    *Craft (Staff & Patient Numbers Permitting)*    Canterbury