

		09:00-11:00		11:30-13:00		14:00-15:00		15:30-17:00		Evening	
	8:30		11:15		13:00		15:15		17:30		20:15
Monday	Breakfast	Book Group 10:00-11:00 Denise	Snacks		Lunch	Peer support/ triggers group 14:00-15:00 Alice & Kirsty	Snacks		Tea		Snacks
Tuesday	Breakfast	Ward Round 09:00-13:00	Snack	Ward Round Baking group 11:30-13:00 Leah	Lunch		Snack	Movement and meditation 16:00-17:00 Vicky	Tea		Snack
Wednesday	Breakfast	Community Meeting 10:00-11:00 Clair/ Amy	Snacks	Transition Group (time varies based on activity check lounge board) Sophie & Amy	Lunch	Adult learners 14:00-16:00 Denise	Snacks	Adult learners 14:00-16:00 Denise	Tea	Trip out/ activity group (Time varied based on activity) Sarah	Snacks
Thursday	Breakfast		Snack	Compassion Group 12:00-13:00 Amy & Alice	Lunch		Snack	Healthy ways with food 16:00-17:00 Leah	Tea		Snack
Friday	Breakfast		Snack	Patient led group 11:30-12:30 Amy and Jenny	Lunch		Snack		Tea		Snack