

Appendix A - Typical Weekly Primary Programme

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A8.00 - 8.45 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast & Cleaning by 11.00 a.m.	Breakfast & Cleaning by 11.00 a.m.
9.00 - 9.30	9.00 - 10.00 Cleaning Duties	Cleaning Duties	Cleaning Duties	Cleaning Duties	Cleaning Duties		
9.30 - 9.45	10.00 - 10.15 House and	Reflections	Reflections	Reflections	Reflections (Optional)	9.30 - 12.30	9.30 - 1.00
9.45 - 10.00	Room Inspection	<i>Therapy Team Preparation Meeting</i>					
10.00 - 11.15 approx.	10.00 - 11.15 Community Group	Group - Life-skills Topic - Presentation and discussion	Interpersonal Group or Peer Evaluation	Group - Life-Story or Lifeskills Topic	Group - Relapse Prevention		
	Tea / coffee Break					Free Morning	Free Time for Sunday Services
11.30 am -12.30 pm	Peer Support Groups and Relaxation	Group - Life-skills Topic	Interpersonal Group (cont'd) ----- 12.00 - 12.30 Relaxation	Group - Life-story feedback or Lifeskills Topic	Group - Check-out and Relaxation		
12.30- 2. 00 pm	Lunch					Snack lunch	Snack lunch
2.00 - 3.00	Workshops (OT) Initial (Assessment) Visits at 2, 3 & 4 pm.	<i>Staff Meeting,</i> Steps Session and/or Smoking Cessation Class	Workshops (OT). Basic Skills and One-to-ones	Activity After-noon (every third week) or Step Session and Stepwork	Workshops (OT) One-to-ones,	1.30 - 5.00	1.30 - 4.00
3.00 - 3.30	Tea / coffee Break					Free afternoon	Free afternoon
3.30 - 5.00	Workshop and One-to-ones	Step work	Workshop , Basic Skills and One-to-ones	<i>Therapy Team Meeting</i>	Workshop and One-to-ones		
5.00 - 5.30	Free Time					Evening Meal	4.00 - 5.00 pm Evening Meal
5.30 - 6.15	Evening Meal						
6.15 to Lights out	Free time, attendance at Fellowship meetings, writing Life-Story or completing assignments and Step work as applicable					Free evening	7.30 pm <b>CA</b> meeting
Lights out	Free Time						
Lights out	11.00 p.m.	11.00 p.m.	11.00 p.m.	11.00 p.m.	Midnight	Midnight	11.00 p.m.

- Notes: 1) Details liable to change - e.g., types of groups, times of 12 Step fellowship meetings (AA, CA, GA, NA), etc.  
2) Service users are required to attend at least two fellowship meetings per week.  
3) Programme amended on Monthly Review days.