



DAILY AGENDA

Saturday 4th April 2020

(For those who've completed introductory programme)

Wake up 07.00am

7.30am Breakfast and Meds

Morning Meeting & Mindfulness

9.30am – 10.30am Group Room (Cath)

Long Nature Walk

10.30am – meet in the sitting room

12.30pm Lunch and Meds

Former Client Share

2.00pm in the sitting room (Charlotte)

Study Time and Keywork

5.30pm Supper & Meds

Film Night

7.00pm in the sitting Room

Evening Snacks at 9.00pm

10pm Evening Meds

(Daily Significant Events Prior To Retiring)

**Clients are encouraged to retire around 12.00am to help
establish a good sleeping pattern**



DAILY AGENDA

Thursday 9th April 2020

(For those who've completed introductory programme)

Wake up 07.00am

7.30am Breakfast and Meds

Morning Meeting & Mindfulness

9.30am – 10.15am Group Room (Stuart)

Group – Self Esteem

10.30am to 11.15pm in the Group Room (Caroline)
break

Step One Presentation

11.30am to 12.30pm in the Group room (Caroline)

12.30pm Lunch and Meds

Community Forum

1.15pm in the sitting room (Stuart)

Presentation: Benefits of Mindfulness

2.30pm in Sitting Room (Stuart)

Counselling, Keywork, Meetings with Aftercare Co-Ordinator

4.00pm -5.30pm

Study Time/Walk

5.30pm Supper and Meds

Mutual Aid Meeting

7.30pm (Meet in Sitting Room)

Evening Snacks at 9.00pm

10pm Evening Meds

(Daily Significant Events Prior To Retiring)

**Clients are encouraged to retire around 12.00am to help
establish a good sleeping pattern**



DAILY AGENDA

Tuesday 14th April 2020

(For those who've completed introductory programme)

Wake up 07.00am

7.30pm Breakfast and Meds

Morning Meeting & Extended Mindfulness

9.30am – 10.15am Group Room (Stuart)

Process: Group

10.30am -11.15 in the Group Room (Caroline)
break

Topic Group

11.45am -12.30 in the Group Room (Caroline)

12.30pm Lunch and Meds

**2.00pm – 4.00pm Counselling, Meetings with
Aftercare Co-ordinator and Keywork**

Alanon Presentation

4.00pm – 5.00pm In the Sitting Room (Stuart)

5.15 Progress Meeting in Sitting Room

5.30pm Supper & Meds

Women's NA Meeting

AA: Meeting

Time TBC

Evening Snacks at 9.00pm

10pm Evening Meds

(Daily Significant Events Prior To Retiring)

**Clients are encouraged to retire around 12.00am to help
establish a good sleeping pattern**