

Abbeycare 2nd Stage Programme Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 08:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:05 – 08:30	Medication	Medication	Medication	Medication	Medication	Medication	Medication
08:30 - 09:00	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness (peer)	Mindfulness (peer)
09:00 - 09:30	Staff Handover	Staff Handover	Staff Handover	Staff Handover	Staff Handover	Significant Events	AA meeting at Sober Parrot, Cheltenham
09:30 – 10:30	Process Group	Process Group	Process Group	Process Group	Process Group	AA/NA Inhouse Share/or affirmations	
10:30 – 11:30	KW 1-1	KW 1-1	KW 1-1	KW 1-1	KW 1-1		
11.30 – 12:30	Step 1	Psych - Ed	Step 1	Psych - Ed	Psych - Ed		
12:30 – 13:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13:00 – 13:30	Medication	Medication	Medication	Medication	Medication	Medication	Medication
13:30 – 14:00	Goals Group	Peer Forum	Community Meeting	KW 1-1	Outing for all those over 7 days stay.	KW1-1	KW1-1
14:00 – 15:00		Experiential group	KW 1-1 Or Own Assignments	Experiential Group		Visits In or Assignment Work	Visits In/ Group Activity/Quiz
15.00 – 15.15							
15:15 – 16:00	KW 1-1 Or Own Assignments						
16:00 – 16.45	KW 1-1 Or Aftercare Pod	KW 1-1 Or Aftercare Pod	KW 1-1 Or Aftercare Pod	KW 1-1Or Aftercare Pod			
16.45 – 17.30	KW 1-1	KW 1-1	KW 1-1	KW 1-1	KW 1-1	KW 1-1	
17:30 – 18:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
18:00 – 18:15	Medication	Medication	Medication	5.45 Medication	Medication	Medication	Medication
18:15 – 20:00	KW 1-1	N/A (7.00pm)	CA/AA In house (7.15pm)	C/A (6.15pm)	KW 1-1	KW1-1	KW1-1
20.30	Significant Events	Significant Events	Significant Events	Significant Events	Significant Events	Significant Events	Significant Events

- KW = Key Work Slots – Details on board in conservatory

- ALL GROUPS ARE COMPULSORY
- Subject to change as per circumstances

Explanation of Timetable

Morning Groups:

- Mindfulness (8.30 - 9.00 everyday) - 10–15-minute mindfulness meditation. **MINDFULLNESS IS COMPULSARY!**
- Process group (9.30-10.30 every weekday) -group therapy- starting with reading of group rules, one word to describe how you are feeling - followed by therapeutic discussion facilitated by 2 qualified therapists creating a safe space for thoughts feelings and behaviours' to be freely processed.
- Psycho-education group (11.30-12.30 Tuesday, Thursday, and Friday) - Psychoeducational groups are designed to educate clients about substance abuse, and related behaviours and consequences. Psychoeducational groups provide information designed to have a direct application to clients' lives, supporting self-awareness, suggest options for growth and change, identify community resources that can assist clients in recovery, develop an understanding of the process of recovery, and prompt people using substances to take action on their own behalf. facilitated by experienced group facilitator.
- Step one group (11.30-12.30 Monday and Wednesday) - residents who have completed their step one will read it out to the group for identification, relatability and to offer feedback and emotional support - facilitated by therapist.

Afternoon groups:

- Goals group (13.30 Monday) - every week residents will be set goals, by both the therapeutic team and the peer group combined, to be completed that week and to be evidenced in the following weeks session.
- Aftercare Pod (16.00 – 16.45 Monday to Thursday) – A place where clients get to read out their aftercare plan to their peers just before they leave. This is managed by the aftercare team, and they invite 2 or 3 peers into the group to listen and offer feedback.
- Experiential/creative groups (14.00-16.00 Tuesday and Thursday) - Therapeutically themed groups which allow for both groupwork and creative exercises leading to a deeper understanding of self and the recovery journey.
- Weekly Outing (13.30 Friday) - A trip away from Abbeycare Gloucester for a couple of hours, and the destination will vary each week dependent on weather and residents wishes.

Mutual aid meetings – Sunday, Tuesday, and Thursday externally and Wednesday and Saturday in house - times vary please see timetable.