


General Schedule- Thursday 2<sup>nd</sup> September 2021

Time	Activity	Details
7:15-7:30am	Morning Routine	Time to start the day 
7:30-8:30am	Medication	See nursing staff for morning medication
7:00-9:00am	Cold Breakfast	Breakfast served in the dining room
7:30-9:00am	Hot Breakfast	Breakfast served in the dining room (Last orders taken at 8:55am)
8:00-8:40am	Gym- Group Circuit Session with Katelyn	Gym, Ground Floor 
8:45-9:00am	Patient Liaison Meeting	Common Room, Level 3 Welcome new patients, discuss schedule for day, meet & greet with Kitchen Manager and Dietitian Bring your 'Program Manual'
9:00-8:00pm	Open Art Studio	Art room, Ground Floor <i>See door for program session times</i> 
10:30-11:00am	Tea Break	Dining Room
12:00-1:00pm	Lunch	Lunch served in dining room
3:00-3:30pm	Tea Break	Dining Room
5:00-5:30pm	Homework Time	Self-directed homework from Therapy group session in preparation for next session (if applicable) 
5:30-7:00pm	Dinner	Dinner served in dining room
7:00-8:00pm	Relaxation Time	Watch TV, read, diary writing, chilling out
7:30-8:30pm	Relaxation Therapy	Stanwell Room, Level 1

		(Nursing supervision coordinated by Nurse in Charge Level 3)
8:00-9:00pm	Medication	See nursing staff for evening medication
9:00-10:00pm	Wind down and bedtime routine	Courtyard closes at 10pm
10:00-11:00pm	Bedtime- 10:00pm Lights out- 11:00pm	Get a good night's sleep in preparation for a positive following day 

## Kitchen Menu

Meal Time	Menu
Lunch	<i>Option 1:</i> Open lamb burgers with beetroot hummus, and sweet potato fries
	<i>Option 2:</i> Open mushroom and haloumi burgers with beetroot hummus, and sweet potato fries
Dinner	<i>Entrée:</i> Vegetable soup
	<i>Option 1:</i> Pork saltimbocca with mash potato with vegetables
	<i>Option 2:</i> Vegetable ball saltimbocca with mash potato with vegetables

### Additional Notes:

- If you have not been orientated on your admission please see your nursing staff
- The gym will be closed for cleaning from 4:30 – 5:00pm.
- The gym is available for unsupervised use - check gym timetable on notice boards for availability.

To use the gym unsupervised patients must have completed the following conditions:

1. Medical clearance from the General Practitioner.
2. Treating Psychiatrist approval to use gym unsupervised.
3. Completed gym orientation and pre-exercise screening tool.
4. Complete and returned unsupervised gym use disclaimer to Katelyn (Exercise Physiologist).

## Programs Schedule – Thursday 2<sup>nd</sup> September 2021

*Please speak to nursing staff if you are unsure of your group allocations*

### Mood and Anxiety Program

Time	Activity	Location
9:00-10:00am	Mood & Anxiety Groups 2 & 3 Gym Time	Gym, Ground Floor
2:00-4:00pm	Mood & Anxiety Group 2 Session	Stanwell room, Level 1
2:00-4:00pm	Mood & Anxiety Group 3 Session	Belmore room, Level 1

### Alcohol and Other Drugs

Time	Activity	Location
9:00-10:30am	Alcohol & Other Drugs Group 1 Session	Belmore Room, Level 1
12:30-2:00pm	Alcohol & Other Drugs Group 1 Session	Belmore Room, Level 1
3:00-4:00pm	Alcohol & Other Drugs Gym Session	Gym, Ground Floor

### PTSD/CPTSD 1

Time	Activity	Location
9:00 – 10:30am	PTSD/CPTSD 1 Group Session	Stanwell Room, Level 1
11:00 – 12:00pm	PTSD/CPTSD 1 Gym Session	Gym, Ground Floor
12:30-2:00pm	PTSD/CPTSD 1 Group Session	Stanwell Room, Level 1

### PTSD/CPTSD 2 Group

Time	Activity	Location
9:15 – 10:45am	PTSD/CPTSD 2 Group Session	Austinmer Room, Ground Floor
1:00-2:30pm	PTSD/CPTSD 2 Group Session	Austinmer Room, Ground Floor
3:30 – 4:30pm	PTSD/CPTSD 2 Gym Session	Gym, Ground Floor

### Managing Distress

Time	Activity	Location
10:30-12:30pm	Managing Distress Session	Belmore Room, Level 1