


General Schedule – Monday 28 August 2023

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)
8:00-8:45am	Supervised Gym with Christie	Gym, Ground Floor 
9:00am	Veterans Liaisons Meeting	Level 4, Common Room <i>Come and meet your Veterans Liaison officer</i>
12:00-8:00pm	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
2:30-3:30pm	Tea Break	Dining Room
4:15-5:15pm	Yoga with Emily	Gym, Ground Floor 
4:30-5:30pm	Meditation practice with Dr Thorburn	Windang Room, Ground Floor 
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	AA (Alcoholics Anonymous) Meeting	Mystics Room, Ground Floor (This is an externally run meeting by AA but open to all patients in the hospital).
7:00-8:30pm	Al-Anon Meeting (A community resource providing support to anyone affected by a relative or friend's drinking)	Belmore Room, Level 1 (This is an externally run meeting by Al-Anon but open to all patients in the hospital).
7:30-8:30pm	Medication	See nursing staff for evening medication
9:00-10:00pm	Wind down and bedtime routine  TVs off – 9:30pm  Lights out- 10:00pm	Get a good night's sleep in preparation for a positive following day  

### Kitchen Menu

Meal Time	Menu
Lunch	<b>Option 1:</b> Chicken noodle soup
	<b>Option 2:</b> Tofu noodle soup
	<b>Side:</b> Bread roll
Dinner	<b>Entrée:</b> Vegetable Samosa with mango chutney
	<b>Option 1:</b> Lamb Rogan Josh with steamed rice and greens
	<b>Option 2:</b> Vegetable and lentil Rogan Josh with steamed rice and greens

**Additional Notes:**

- Smoking: Please be advised there is no smoking out the front of the hospital along the disability ramp or where there are 'No Smoking' signs. The smoking room is open daily (limit of 5mins). Please be mindful of other patients and refrain from having inappropriate discussions.
- If you have not been orientated on your admission please see your nursing staff
- The gym will be closed for cleaning from 3:30 – 4:00pm.
- The gym is available for unsupervised use until 8pm- 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 Christie (Exercise Physiologist).

Programs Schedule – Monday 28 August 2023

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

**ACT**

Times	Activity	Location
9:00-10:00am	ACT 1 & 2 Gym Session	Gym, Ground Floor
10:30-12:30pm	ACT 1 Group Session	Stanwell Room, Level 1
1:00-3:00pm	ACT 2 Group Session	Warilla room, Ground Floor

**Mood and Anxiety Program**

Time	Activity	Location
2:00-4:00pm	Mood & Anxiety Group	Stanwell room, Level 1

**Addictions Program**

Time	Activity	Location
9:00-10:30am	Addictions Group 1 Session	Belmore Room, Level 1
12:30-2:00pm	Addictions Group 1 Session	Belmore Room, Level 1

**PTSD**

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

**Managing Distress**

Times	Activity	Location
10:30-12:30pm	Managing Distress 1 Group Session	Belmore Room, Level 1
10:30-12:30pm	Managing Distress 2 Group Session	Warilla Room, Ground Floor
2:00-3:00pm	Managing Distress 1 & 2 Gym Session	Gym, Ground Floor