

KENWARD BARN SAMPLE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15	WAKE UP						
8.00	BREAKFAST						
8.30	THERAPEUTIC DUTIES and DIARIES – To be completed every day including weekends						
9.00	MORNING EXERCISE						
9.20	GROUP REPRESENTATIVE TO GIVE FEEDBACK TO STAFF						
9.30	FAITH & HOPE GROUP						
9.50	BREAK						
10.15	HERE & NOW GROUP	HERE & NOW GROUP	HERE & NOW GROUP OR 'CHAIR'	HERE & NOW GROUP	HERE & NOW GROUP		
11.15	BREAK						
11.45	GROUP	GROUP	GROUP or 'CHAIR'	GROUP	GROUP		
12.45	BREAK						
13.00	LUNCH						
14.00	Key working and Step work						
14.15	GROUP	GROUP	RECREATION	Key working and Step work	GROUP		
15.15	BREAK						
15.30	GROUP	Key working	RECREATION		Domestic and Step Group followed by Peer Group		
16.30	RECREATION						
19.15	DINNER						
20.00	FREE TIME						
22.30	QUIET TIME						

Residents are expected to do their Step work in the evenings and at weekends. Weekly objective sheets are written over the weekend.