

Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08.15 – 08.45	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30
08.45 - 09.30	Morning meeting Residents activity	Morning meeting Residents activity	Morning meeting Residents activity	Morning meeting Residents activity	Morning meeting Residents activity
09.30 - 10.30	Junior, Senior meeting Clinical meeting	Art & Creativity	Yoga/Fitness Staff Meeting/Workshop	Doctors Clinic Residents shopping Personal Development	Cultural Unity
10.30 - 10.45	Break	Break	Break	Break	Break
10.45 - 11.45	House meeting Clinical meeting	Art & Creativity	Therapeutic Duties	Personal Development 1:1 sessions	Culture Unity
11.45 – 12.00	Meds Start cooking lunch	Meds Start cooking lunch	Meds Start cooking lunch	Meds Lunch	Meds Start cooking lunch
12.15 – 13.00	Lunch	Lunch	Lunch	Rational Recovery 12pm	Lunch
13.00 - 14.15	Group Therapy	Guest speaker	Wānanga	Wānanga	Art Therapy
14.15 - 14.30	Break	Break	Break	Break	Break
14.30 - 15.30	Wānanga	Group Therapy	Group Therapy	Group Therapy	Week reflections: 3 things I have learnt and a challenge for next week.
15.30 - 16.30	Personal Development 1:1 sessions	W Personal Development 1:1 sessions	Personal Development 1:1 sessions	Group Therapy	Group Activity

Programme may change according to circumstances.