

## CYGNET LODGE WESTLANDS OCCUPATION THERAPY PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9.00	MEDICATION,	SELFCARE,	BREAKFAST		
9.30-10.00 <b>MINDFULNESS/ PLANNING MEETING</b>	9.30-10.00 <b>MINDFULNESS PLANNING MEETING</b>	9.30-10.00 <b>MENU PLAN/ PLANNING MEETING</b>	9.30-10.00 <b>MINDFULNESS PLANNING MEETING</b>	9.30-10.00 <b>MINDFULNESS COMMUNITY MEETING</b>	1000-1200 RECREATION TIME	RECREATION TIME And (organised wkd activities)
10.20-1200 <b>WARD ROUND/ VARIABLE GROUP</b>	10.15-1100 <b>RECOVERY STAR A</b>  1115-1200 <b>RECOVERY STAR B</b>	10.15-1100 <b>(GP-A)STRESS MANAGEMENT</b>  1115-1200 <b>Individual OT</b>	1030- 1130 <b>CREATIVE GROUP</b>	10.30-11.30 <b>ANGER MANAGEMENT (6WKS)/ DRAMA THERAPY</b>		
		LUNCH	MEDICATION			
13.00-1345 <b>Individual OT</b>	13.00-1345 <b>DBT/ Individual OT</b>	1300-1345 <b>(GP- B)STRESS MANAGEMENT</b>	13.00-1345 <b>BUDGETING (6WKS)/ MUSIC GP</b>	1300-1345 <b>DBT SKILLS</b>	RECREATION TIME	RECREATION TIME
15.00-1545 <b>WELL WOMAN GROUP</b>	1400-1500 <b>FITNESS GROUP</b>  1600-1700 <b>YOGA</b>	1400-1600 <b>LEISURE TRIP</b>	1500-1600 <b>UNIT SHOPPING</b>	1400-1445 <b>HEALTHY LIVING/COOKING</b>  1500-1545 <b>LESUIRE GP PLANNING</b>		