

## Example timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00—8.45	Breakfast Club	Cafe breakfast	Cafe breakfast	Breakfast Club	Cafe breakfast	Breakfast Club	Newspapers / current affairs and Continental Breakfast
9.00—10.00	Physio	Occupational Therapy (OT)	Hydrotherapy	Speech and language Therapy (SALT)	Physio	Physio	Hydrotherapy
10.15—11.15	Hydrotherapy	Physio	Occupational Therapy (OT)	Physio	Occupational Therapy (OT)	Occupational Therapy (OT)	Physio
11.30—12.15	Free time	Pilates / yoga	Free time	Craft Hub	Free time	Free time	Free time
12.15—13.15	Cafe lunch	Lunch Club	Cafe lunch	Cafe lunch	Lunch Club	Lunch with family / friends	Cafe lunch
13.30—14.30	Cognitive Behavioural Therapy (CBT)	Speech and language Therapy (SALT)	Physio	OT	Cognitive Behavioural Therapy (CBT)	Free time	Free time
14.45—15.45	(OT) Gardening club	Physio	Hypnotherapy	Physio	Hydrotherapy	Free time	Free time
16.00—16.45	Wheelchair Skills	Free time	Craft Hub	Free time	IT Skills	Free time	Free time
17.00 onwards	Dinner and book club	Dinner and games night	Dinner and Free time	Dinner and strictly wheels	Take away and quiz night	Dinner and film night	Dinner and Free time