

SEFTON PARK: A TYPICAL WEEKLY ROSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30 Breakfast 8.15 Therapeutic Duties	7.30 Breakfast. 8.15 Therapeutic Duties	7.30 Breakfast 8.15 Therapeutic Duties	7.30 Breakfast 8.15 Therapeutic Duties	7.30 Breakfast 8.15 Therapeutic Duties	8.00 Breakfast 8.45 Therapeutic Duties	8.00 Breakfast 8.45 Therapeutic Duties
10.25 Group house business 10.30- 12.30 Counsellors to group. Split into diary groups.	10.25 Group house business 10.30- 12.30 Counsellors to group therapy.	10.25 Group house business 10.30- 12.30 Counsellors to group therapy.	10.25 Group house business 10.30- 12.30 Counsellors to group therapy	10.25 Group house business 10.30- 12.30 Counsellors to group therapy/ Assertiveness/ Self esteem.	9.30 Jobs completed. 10.00 Free time 11.00. Visitors. Phones/TV 12.45 Residents back to house	9.30 Jobs completed. 10.00 Free time 11.00 Visitors. Phone/TV 12.45 Residents back to house
1.00 Lunch 2.00-2.25 Assignment 2.25- 4.30 Back to diary groups. 1-1s during the day 5.00 Dinner 6.30 Phones open	1.00 Lunch 2.00-2.25 Assignment 2.25- 4.00 As the morning group. 5.00 Dinner 6.30 Phones open	1.00 Lunch 2.00-2.25 Assignment 2.25- 4.00 Share Life story 1-1s during the day 5.00 Dinner 6.30 Phones open	1.00 Lunch 2.00-2.25 Assignment 2.25- 4.00 As the morning group. 5.00 Dinner 6.30 Phones open	1.00 Lunch 2.00-2.25 Assignment 2.25- 4.00 Reflective Learning. 5.00 Dinner 6.30 Phones open	1.00 Lunch 2.00-4.45 Free time 4.45 All residents to return 5.00 Dinner	1.00 Lunch 2.00-4.45 Free time 4.45 All residents to return 5.00 Dinner
7.00 Choice of going out. 7.00 T.V. can be on. 9.30 Supper 10.00 All residents to be back to house. 11.30 Bed	7.00 Choice of going out. 7.00 T.V. can be on. 9.30 Supper 10.00 All residents to be back to house 11.30 Bed	7.00 Choice of going out. 7.00 T.V. can be on. 9.30 Supper 10.00 All residents to be back to house 11.30 Bed	7.00 Choice of going out. 7.00 T.V. can be on. 9.30 Supper 10.00 All residents to be back to house 11.30 Bed	7.00 Choice of going out. 7.00 T.V can be on. 9.30 Supper 10.30 All residents to be back to house 12.30 Bed	7.00 Choice of going out 9.30 Supper 10.30 All residents to be back to house 12.30 Bed	7.00-7.30pm House meeting. 7.30 Free time 9.30 Supper 10.00 All residents to be back to house 11.30 Bed