	Monday		Tuesday			Wednesday		Thursday		Friday		Saturday		Sunday		
8:30 Breakfast			8:30 Breakfast			8:30 Breakfast		8:30 Breakfast		8:30 Breakfast				8:30 Breakfast		
9:00 Planning Mtg	11:30 Body Image ge Therapy		9:00 Planning Mtg	Body Image, Family + CBT Therapy			Therapy	9:00 Planning Mtg	Body Image, Family + CBT Therapy	9:00 Planning Mtg	Family Therapy	9:00 Planning Mtg	Peer Outing To	9:00 Planning Mtg	Family + Friends Visting	
10:30+11:30 Massage Treatments - Marla		2	1:1 OT Sessions - Rebekah		Ward Round 9:45 - 13:00			9:00 Creative Arts (Including Fired Arts)		10:30 + 11:30 Massage Treatments - Marlia			Local Community Venue	Social activities, Reflection and Relaxation		
11:15 Snack			11:15 Snack			11:15 Snack		11:15 Snack		11:15 Snack				11:15 Snack		
	Body Image Therapy			Body Image, Family + CBT Therapy	Ward Round 9:45 - 13:00	11:45 - 12:45 Gardening /Horticulture	Family + CBT Therapy		Body Image, Family + CBT Therapy		Family Therapy	Social activities, Reflection and Relaxation	Family + Friends Visting	Social activities, Reflection and Relaxation	Family + Friends Visting	
13:00 Lunch			13:00 Lunch			13:00 Lunch		13:00 Lunch		13:00 Lunch		13:00 Lunch		13:00 Lunch		
Dog Walking	Body Image Therapy	1:30 - 17:00 Individual OT Sessions	14:15-15:15 Movement and Meditation	Body Image, Family + CBT Therapy		2:15 - 3:15 Volunteer Reading at Nether Green Junior School	Family + CBT Therapy		Body Image, Family + CBT Therapy	13:30 - 17:30 Massage Treatments - Marlia	Family Therapy	Social activities, Reflection and Relaxation	Family + Friends Visting	Social activities, Reflection and Relaxation	Family + Friends Visting	
15:15 Snack				15:15 Snack			15:15 Snack		15:15 Snack		15:15 Snack		15:15 Snack		15:15 Snack	
	Body Image Therapy	1:30 - 17:00 Individual OT Sessions		Body Image, Family + CBT Therapy		16:00-17:00 Healthy Ways With Food /Discussion Forum	Family + CBT Therapy		Body Image, Family + CBT Therapy	13:30 - 17:30 Massage Treatments - Marlia	Family Therapy	Social activities, Reflection and Relaxation	Family + Friends Visting	Social activities, Reflection and Relaxation	Family + Friends Visting	
17:30 17:30 Tea/Evening Meal Tea/Evening Meal				17:30 Tea/Evening Mea	1	17:30 Tea/Evening Meal		17:30 Tea/Evening Meal		17:30 Tea/Evening Meal		17:30 Tea/Evening Meal				
18:00 Baking Group - Sarah	Body Image Therapy	Social activities, Reflection and Relaxation		Body Image, Family + CBT Therapy	Social activities, Reflection and Relaxation	18:30-19:30 Social Enterprise Group Social activities, Reflection and Relaxation	Family + CBT Therapy	Social activities, Reflection and Relaxation	Body Image, Family + CBT Therapy	Social activities, Reflection and Relaxation	Family Therapy	Social activities, Reflection and Relaxation		Social activities, Reflection and Relaxation		
20:30 Snack			20:30 Snack					20:30 Snack		20:30 Snack				20:30 Snack		

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
8:30 Breakfast			8:30 Breakfast			8:30 Breakfast		8:30 Breakfast		8:30 Breakfast		8:30 Breakfast		8:30 Breakfast	
9:00 Planning Mtg		9:30 Community Mtg	9:00 Planning Mtg	Body Image,		9:00 Planning Mtg		9:00 Planning Mtg	Body Image,	9:00 Planning Mtg		9:00 Planning Mtg	Peer Outing To	9:00 Planning Mtg	
10:30+11:30 Massage Treatments - Marla	<mark>ge</mark> Therapy	10:30-11:15 Goal Setting Group	1:1 OT Sessions - Rebekah	Family + CBT Therapy	Ward Round 9:45 - 13:00	9:30 - 10:30 WRAP Group	Family + CBT Therapy	9:00 Creative Arts (Including Fired Arts)	Family + CBT Therapy	10:30 + 11:30 Massage Treatments - Marlia	Family Therapy		Local Community Venue	Social activities, Reflection and Relaxation	Family + Friends Visting
11:15 Snack			11:15 Snack			11:15 Snack		11:15 Snack		11:15 Snack		11:15 Snack		11:15 Snack	
	Body Image Therapy			Body Image, Family + CBT Therapy	Ward Round 9:45 - 13:00	11:45 - 12:45 Gardening /Horticulture	Family + CBT Therapy		Body Image, Family + CBT Therapy		Family Therapy	Social activities, Reflection and Relaxation	Family + Friends Visting	Social activities, Reflection and Relaxation	Family + Friends Visting
13:00 Lunch			13:00 Lunch			13:00 Lunch		13:00 Lunch		13:00 Lunch		13:00 Lunch		13:00 Lunch	
Dog Walking	Body Image Therapy	1:30 - 17:00 Individual OT Sessions	14:15-15:15 Movement and Meditation	Body Image, Family + CBT Therapy		2:15 - 3:15 Volunteer Reading at Nether Green Junior School	Family + CBT Therapy		Body Image, Family + CBT Therapy	13:30 - 17:30 Massage Treatments - Marlia	Family Therapy	Social activities, Reflection and Relaxation	Family + Friends Visting	Social activities, Reflection and Relaxation	Family + Friends Visting
15:15 Snack			15:15 Snack			15:15 Snack		15:15 Snack		15:15 Snack		15:15 Snack		15:15 Snack	
	Body Image Therapy	1:30 - 17:00 Individual OT Sessions	Sheek	Body Image, Family + CBT Therapy		16:00-17:00 Healthy Ways With Food /Discussion Forum	Family + CBT Therapy	Sheek	Body Image, Family + CBT Therapy	13:30 - 17:30 Massage Treatments - Marlia	Family Therapy	Social activities, Reflection and Relaxation	Family + Friends Visting	Social activities, Reflection and Relaxation	Family + Friends Visting
17:30 17:30 Tea/Evening Meal Tea/Evening Meal			1		17:30 Tea/Evening Meal		17:30 Tea/Evening Meal		17:30 Tea/Evening Meal		17:30 Tea/Evening Meal		17:30 Tea/Evening Meal		
18:00 Baking Group - Sarah	Padulmaga	Social activities, Reflection and Relaxation	6:00 Peer Support	Body Image, Family + CBT Therapy	Social activities, Reflection and Relaxation	18:30-19:30 Social Enterprise Group Social activities, Reflection and Relaxation	Family + CBT Therapy	Social activities, Reflection and Relaxation	Body Image, Family + CBT Therapy	Social activities, Reflection and Relaxation	Family Therapy	Social activities, Reflection and Relaxation		Social activities, Reflection and Relaxation	
20:30 Snack			20:30 Snack					20:30 Snack		20:30 Snack				20:30 Snack	