

Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700 0900	Lights on Wash & breakfast	Lights on Wash & breakfast	Lights on Wash & breakfast	Lights on Wash & breakfast	Lights on Wash & breakfast	Lights on Wash & breakfast	Lights on Wash & breakfast
0700 0930	Handover group	Handover group	Handover group	Handover group	Handover group	Handover group	Handover group
0930 1015	Therapeutic duties	Therapeutic duties	Therapeutic duties	Therapeutic duties Double scrub	Therapeutic duties	Therapeutic duties	Therapeutic duties
1015 1030	Coffee/tea	Coffee/tea	Coffee/tea	Coffee/tea	Coffee/tea	Cooked breakfast	Coffee/tea
1030 1200	Concerns and community	Therapeutic group/ morning out	Objectives or therapeutic group	Objectives or therapeutic group	Therapeutic group	Consequences	Optional church service at renewal Christian centre/ visit to the temple
1200 1300	Lunch Thoughts/feelings	Lunch Thoughts/feelings	Lunch Thoughts/feelings	Lunch Thoughts/feelings	Lunch Thoughts/feelings	Step work Assignments Individual time	Sunday lunch
1300 1400	Health group	Therapeutic duties	Therapeutic duties	Therapeutic duties	Therapeutic duties	Visit in & out of Livingstone House with family members	Therapeutic duties

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1400 1500	Peer led handover group	Peer led handover group	Peer led handover group	Peer led handover group	Peer led handover group	Free time	Visit in & out of Livingstone House with family members / Face time / Skype call to family
1500 1600	Showers	Showers	Showers	Showers	Showers	Showers	Showers
1600 1700	Evening meal wash/dry up General tidy up	Evening meal wash/dry up General tidy up	Evening meal wash/dry up General tidy up	Evening meal wash/dry up General tidy up	Evening meal wash/dry up General tidy up	Evening meal wash/dry up General tidy up	Fortnightly takeaway/high tea snack
1700 1800	Phone calls	Free time	Free time	Free time	Phone calls	Free time	Free time
1800 1900	Phone calls	Free time	Free time	Free time	Phone calls	Free time	Fortnightly H&I NA Meeting / Free Time / Step Work Assignments / 1-1 key working
1900 2130	Free Time/ Step Work Assignments/ 1-1 key working	Zoom/AA Meeting/ free Time 1-1 key working	H&I AA Meeting at Livingstone House 1-1 key working	Zoom/NA Meeting/ Free Time/ Step Work Assignments/ 1-1 key working	Faith Group / 12 step group 1-1 key working	Life story group	Fortnightly H&I NA Meeting / Free Time / Step Work Assignments / 1-1 key working
2130 2300	Free Time, supper and significant event forms	Free Time, supper and significant event forms	Free Time, supper and significant event forms	Free Time, supper and significant event forms	Free Time, supper and significant event forms	Free Time, supper and significant event forms	Free Time, supper and significant event forms
	Lights out 11.30pm	Lights out 11.30pm	Lights out 11.30pm	Lights out 11.30pm	Lights out midnight	Lights out midnight	Lights out 11.30pm

Notes

All Residents must be appropriately dressed for groups and on time for them.

1. Everything is subject to change. Check with leaders and they will check with staff.
2. Structure and Routine is an essential component of recovery.
This timetable is part of helping you to help yourself get better.
3. Adhere to the Rules and Expectations of Livingstone House
4. Adhere to your Conditions of Residence at Livingstone House.
5. Understand that you are choosing to be a resident at Livingstone House and this inevitably will require restrictions on freedom and choice in order to provide effective treatment and rehabilitation from substance misuse.