

Manor Clinic

Addiction Treatment Programme

Example timetable



manor
clinic
EMPOWERING
RECOVERY

It is a requirement to be on time for all groups

MONDAY	TUESDAY	WEDNESDAY AFTER CARE DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00	07:00-08:00	07:00-08:00	07:00-08:00	07:00-08:00	07:00-08:00	07:00-08:00
Rise and medications	Rise and medications	Rise and medications	Rise and medications	Rise and medications	Rise and medications	Rise and medications
08:00-09:00	08:00-09:00	08:00-09:00	08:00-09:00	08:00-09:00	08:30-09:30	08:30-09:30
Breakfast and inventories to be written	Breakfast and inventories to be written	Breakfast and inventories to be written	Breakfast and inventories to be written	Breakfast and inventories to be written	Breakfast and inventories to be written	Breakfast and inventories to be written
09:30	09:30	09:30	09:30	09:30	09:30	09:30
Group morning meditation	Group morning meditation	Group morning meditation	Group morning meditation	Group morning meditation	Group morning meditation	Group morning meditation
10:00	10:00	10:00	10:00	10:00	10:00	10:00
Diaries/ group therapy/ step work/ lectures	Diaries/ group therapy/ step work/ lectures	Diaries/ group therapy/ step work/ lectures	Reading group or lecture and MDT	Diaries/ group therapy/ step work/ lectures	Group therapy or AA	Yoga 12:00
						Free time
13:00-14:00 LUNCH	13:00-14:00 LUNCH	13:00-14:00 LUNCH	13:00-14:00 LUNCH	13:00-14:00 LUNCH	13:00-14:00 LUNCH	13:00-14:00 LUNCH
14:00	14:00	14:00	14:00	14:00	14:00	14:00
Group therapy/ step work	DVD on Neuroscience of addiction	Aftercare In-patients and ex-clients	Group therapy	Group therapy/ weekend planning	Family group every fortnight or personal Trainer	Community meeting 15:00
						Free time or assignments to be written
16:00	16:00	16:00	16:00	16:00	16:00	16:00
Group walk to shops when permission is given. Free time	Group walk to shops when permission is given. Free time	Group walk to shops when permission is given. Free time	Group walk to shops when permission is given. Free time	Group walk to shops when permission is given. Free time	Group walk to shops when permission is given. Free time	Group walk to shops when permission is given. Free time
18:00-19:00 DINNER	18:00-19:00 DINNER	18:00-19:00 DINNER	18:00-19:00 DINNER	18:00-19:00 DINNER	18:00-19:00 DINNER	17:45
19:00	19:00	19:00	19:00	19:00	19:00	Taxi AA Winchester
Free time	Free time	Free time	Free time	Taxi AA meeting/ NA meeting	Free time or assignments to be written	
19:30	19:30	19:30	19:30			20:00
Work assignments and diaries to be written	In-house NA meeting fortnightly and diaries to be written	Work assignments and diaries to be written	Work assignments and diaries to be written			Buffet

During COVID, Yoga, Outside Meetings and Visitors are either cancelled or restrictions in place.