WOMEN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00 am	Get up, clean room Wash and dress	Get up, clean room Wash and dress	Get up, clean room Wash and dress	Get up, clean room Wash and dress	Get up, clean room Wash and dress	Get up, clean room Wash and dress	Get up, clean room Wash and dress
7.30-8.15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.30-9.15	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
9.15-10-00	House Cleaning	House Cleaning Tesco delivery	House Cleaning	House Cleaning	House Cleaning	House Cleaning	9.30 SOCIAL INTERACTION OR WORK PROGRAMME
10.00-10.15	* TEA BREAK *						
10.15-11.30	Life Story / Seminar / Focus Group	Focus Group / P.P.P	Farm Day / P.P.P	Focus Group / P.P.P	Focus Group / P.P.P	Focus Group / P.P.P	
11.30-11.40	* TEA BREAK *	* TEA BREAK*	*TEA BREAK*				
11.40-12.15	Essays Encounters / P.P.P	Essays / Encounters / P.P.P	Farm Day / P.P.P	Essays/ Encounters / P.P.P	Essays/ Encounters / P.P.P	Concept Essays Encounters / P.P.P	
12.15-1pm	Office Appt's /Work / P.P.P	Office Appt's /Work / P.P.P	Office Appt's /Work / P.P.P	Office Appt's /Work / P.P.P	Office Appt's /Work / P.P.P		
1.00-2.00	LUNCH/ENCOUNTERS /PRAYER	LUNCH/ENCOUNTERS /PRAYER	LUNCH/ENCOUNTERS /PRAYER	LUNCH/ENCOUNTERS /PRAYER	LUNCH/FREEDOM GYM /OUTWARD BOUND	LUNCH	LUNCH
2.00-3.15	Work / P.P.P	Work/ Music / P.P.P	Farm Day / P.P.P	Work / P.P.P	FREEDOM GYM / Outward Bound etc	TOWN VISIT FAMILY VISITS WORK PROGRA- MME / P.P.P	OUTING WITH STAFF OR FAMILY VISITS
3.15-3.30	* TEA BREAK *	* TEA BREAK*	*TEA BREAK*				
3.30-4.45	Work / P.P.P	Work/ Music / P.P.P	Farm Day / P.P.P	Work / P.P.P	FRREDOM GYM / Outward Bound etc		
4.45.00	*TEA BREAK*						
5.00-5.45	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting
6.00-6.30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7.00-9.30	Computers/ Peer Support /seminars	Music/ Peer Support/seminars	Music/ Peer Support/seminars	Music/ Peer Support/seminars	Outside Meetings /Bible Study	Computers/ Relationship/seminars	Bible Study
10.30	T.V ROOM CLOSED QUIET TIME	T.V ROOM CLOSED QUIET TIME	T.V ROOM CLOSED QUIET TIME	T.V ROOM CLOSED QUIET TIME	T.V ROOM CLOSED QUIET TIME	T.V ROOM CLOSED QUIET TIME	T.V ROOM CLOSED QUIET TIME