

**BEETHOVEN RECOVERY CENTRE  
DAILY PROGRAMME (PSYCH) – 2023**

Time	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday	Day 6 Saturday	Day 7 Sunday
6:30 -7:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:30 -7:45	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
8:00 -8:45	Medication	Medication	Medication	Medication	Medication	Medication	Medication
8:00 -9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45–09:00	---//-----	---//-----	---//-----	House Meeting	---//-----	---//-----	---//-----
9:00 -10:00	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u>	Recreation (own initiative)
10:00 -10:30	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
10:30 -12:15	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u> Psycho-Social Education	<u>Group Session</u>	Free Time
12:15 –12:30	Break Self-group & recovery work	Break Self-group & recovery work	Break Self-group & recovery work	Break Self-group & recovery work	Break Self-group & recovery work	Free Time	
12:00 -12:45	Medication	Medication	Medication	Medication	Medication	Medication	Medication
12:00 -13:00 <b>Sat, Sun &amp; Public Holidays</b>	---//-----	---//-----	---//-----	---//-----	---//-----	Lunch	Lunch
13:00- 16:00	---//-----	---//-----	---//-----	---//-----	---//-----	<b>Visitors</b>	---//-----
12:30 -13:30	Lunch	Lunch	Lunch	Lunch	Lunch	---//-----	---//-----
13:15 -15:00	Occupational Therapy	Occupational Therapy	Occupational Therapy	Occupational Therapy	Occupational Therapy		
15:05 - 16:45	Occupational Therapy	Occupational Therapy	Occupational Therapy	Occupational Therapy	Occupational Therapy		
17:00 -17:30	Medication	Medication	Medication	Medication	Medication	Medication	Medication
16:45 -17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>18:00-19:00</b>	---//-----	---//-----	---//-----	---//-----	---//-----	---//-----	Spiritual session in Crafts hall
18:15 –21:00	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
21:00 -21:15	Night snack tea & coffee	Night snack tea & coffee	Night snack tea & coffee	Night snack tea & coffee	Night snack tea & coffee	Night snack tea & coffee	Night snack tea & coffee
21:00 -21:30	Medication	Medication	Medication	Medication	Medication	Medication	Medication
21:15 -22:30	Retire for the day	Retire for the day	Retire for the day	Retire for the day	Retire for the day	Retire for the day	Retire for the day
23:00 –06:30	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out
<b>8:00 –16:30 Consultations</b>	Individual consultation with Psychiatrist/Therapist	Individual consultation with Psychiatrist/Therapist	Individual consultation with Psychiatrist/Therapist	Individual consultation with Psychiatrist/Therapist	Individual consultation with Psychiatrist/Therapist	Individual consultation with Psychiatrist/Therapist	---//-----
<b>8:00 –16:30 Patients/Families</b>	Therapist Sessions with Families	Therapist Sessions with Families	Therapist Sessions with Families	Therapist Sessions with Families	Therapist Sessions with Families	Therapist Sessions with Families	---//-----