

# Shanty Creek Residential Rehabilitation weekly timetable

Last Updated 21/08/2024

Times	Monday	Tuesday	Wednesday	Thursday	Friday	
6:30am	Wakeup call	Wakeup call	Wakeup call	Wakeup call	Wakeup call	
6:45am – 7:30am	Breakfast & kitchen clean					
7:30am – 7:45am	Morning medication	Morning medication	Morning medication	Morning medication	Morning medication	
8am – 8:30am	Staff handover	Staff handover	Staff handover	Staff handover	Staff handover	
8:30am – 9am	Room checks	Room checks	Room checks	Room checks	Room checks	
9am – 9:30am	Residents Morning Meeting	Residents Morning Meeting	Residents Morning Meeting	Residents Morning Meeting	Residents Morning Meeting	
9:30am – 10am	GP (Dr) on visits 9:30am – 12pm	Creative change United Care 9:30am - 10:30pm	Random Drug tests 9:30am – 10am	Numeracy & Literacy Well Spring Social Support (Deb) 9:30am - 11.00am	Probation & Parole on-site visit P+P Residents only 9:30am – 10:15am	HEALTHY RECOVERY ACTIVITY (C/W) 9:30am – 10:30am
10am – 11am	HEALTHY RECOVERY (C/W - TD) 10am - 11am		Art/Activity group (Jenni or S/W) 10am - 11am			
11am – 12:00pm	GP (Dr) On Visits 9:30 – 12pm		REFRAME (C/W) 11:00am – 12:00pm	Shopping & appt - transition residents only 9:30am - 1pm	GRIT (C/W) 11:00am – 12:00pm	
12pm – 12:30pm	Lunch & kitchen clean/duties					
12:45pm – 1pm	Medication	Medication	Medication	Medication	Medication	
1:30pm – 2:30pm	Family Wellbeing S/W 1:30pm – 2:30pm	Family Wellbeing S/W 1:30pm – 2:30pm	Family Wellbeing S/W 1:30pm – 2:30pm	Family Wellbeing S/W 1:30pm – 2:30pm	Red Dust Healing (Every 3 weeks) 1:00pm – 3:00pm LLW Gambling (4th Friday of the month) 1:30pm – 2:30pm Men & Women Group (1st two weeks of the month) 1:30pm – 2:30pm	Kitchen Induction
2:30pm–3:30 pm	Afternoon project/activity	Community Health 2:30pm – 3:30pm	Afternoon project/activity	Afternoon project/activity		
3pm – 4pm				Meditation with Jasmyn 3pm - 4pm		
3:30pm – 4pm	Staff handover	Staff handover	Staff handover	Staff handover	Staff handover	
4pm to 6pm	Reflect and relax	Reflect and relax	Reflect and relax	Reflect and relax	Reflect and relax	
6pm – 6:45pm	Dinner & kitchen clean/duties					
6:30pm – 6:45pm	Dinner medications	Dinner medications	Dinner medications	Dinner medications	Dinner medications	
8:30pm - 9pm	Bedtime medication	Bedtime medication	Bedtime medication	Bedtime medication	Bedtime medication	
9:30pm	Lights out	Lights out	Lights out	Lights out	Lights out	

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Times	Saturday	Times	Sunday
7am	Wakeup call	7.30am	Wakeup call
6:45am – 7:45am	<b>Breakfast &amp; Kitchen clean</b> Put outing items in bus	6:45am – 7:45am	<b>Breakfast &amp; Kitchen clean</b>
7:30am – 7:45am	Morning medication	7:30am – 7:45am	Morning medication
8am – 8:15am	Staff handover	8am – 8:15am	Staff handover
8:15am – 3pm	<b>SATURDAY On Country Healing</b>	8:30am – 8:45am	<b>Residents Morning Meeting</b> Put all outing items away. Water bottle & Esky to go into Willy wag Storeroom
12pm – 12:45pm	<b>Outing lunch</b>		
12:45pm – 1pm	Lunch medication	8.45am – 11:00	<b>SUNDAY Chores, Cleaning of Rooms &amp; Residents areas</b>
		12.00 – 12.45	<b>Lunch &amp; Kitchen clean up</b>
3pm – 3:30pm	Unpack Bus and Clean outing items. Wash Esky & water bottle & leave to dry. (Put all outing items away on Sunday when dry)	12.45pm – 1pm	Lunch medication
3.30pm – 6pm	Residents free time	1:00pm – 6pm	Staff to check areas if clean if so residents free time
		2pm	Staff to put roast on for dinner
3:30pm - 4pm	Staff handover	3.30pm - 4pm	Staff handover
6pm – 7:15pm	<b>Dinner &amp; Kitchen cleaning duties</b>	6pm – 7:15pm	<b>Dinner &amp; Kitchen cleaning duties</b>
6:30pm – 6:45pm	Dinner medications	6.30pm – 6.45pm	Dinner medications
8:30pm - 9pm	Bed medication	8.30pm - 9pm	Bed medication
9:30pm	Lights out	9:30pm	Lights out