**Highfield young person timetable**

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| **DAY/TIME** | **8:30-9:00am** | **9:45** | **10:00-11am** | **11:00-11:20am** | **11:20-12:15pm** | **12:30-1pm** | **1-1:30pm** | **1:30-2:30pm** | **2:30-3:30pm** |  | | **5-6pm** | **6:30-7:30pm** | **8:30pm** | **9pm** |
| **Monday** | **Breakfast** | MORNING  MEETING  (lounge) | School / Therapy slot | **Break** | School / Therapy slot | **Lunch** | Free time | School / Therapy slot | School / Therapy slot | **HUG  3:45-4:30pm** | **Break 4:30-4:50pm** | **Sandwich club** | OT Evening group | **Break** | Sundown meeting (lounge) |
| **Tuesday** | **Breakfast** | MORNING  MEETING  (lounge) | **DBT Skills Group**  (Dining Room) | **Break** | School / Therapy slot | **Lunch** | Free time | School / Therapy slot | School / Therapy slot | **Break 4:00-4:20pm** | | After school club | OT Evening group | **Break** | Sundown meeting (lounge) |
| **Wednesday** | **Breakfast** | MORNING MEETING  (lounge) | School / Therapy slot | **Break** | School / Therapy slot | **Lunch** | Free time | School / Therapy slot | School / Therapy slot | **EDP Group 3:40-4:25pm** | **Break 4:30-4:50pm** | **Pizza club** | OT Evening group | **Break** | Sundown meeting (lounge) |
| **Thursday** | **Breakfast** | MORNING MEETING  (lounge) | School / Therapy slot | **Break** | School / Therapy slot | **Lunch** | Free time | School / Therapy slot | School / Therapy slot | **DBT Skills Group 3:30-4:30pm**  (Dining Room) | **Break 4:30-4:50pm** | Free time | Music Evening group | **Break** | Sundown meeting (lounge) |
| **EDP ROUND TABLE Individual slots from  10.00-12.00pm** (conference room) | | |
| **Friday** | **Breakfast** | MORNING MEETING  (lounge) | School / Therapy slot | **Break** | School / Therapy slot | **Lunch** | Free time | **Art Group** | School / Therapy slot | **Break 4:00-4:20pm** | | Free time | Film club | **Break** | Sundown meeting (lounge) |

**Visiting hours are: 6:30pm-8:30pm  
  
Bed times: 22:00 Bedtime for Under 13’s  
 22:30 Lights out for Under 13’s and bedtime for all other young people   
 23:00 Lights out for over 13’s.**