



# A day in the life of Headway House



## The daily time table:

- The centre opens at 8.30, most clients arrive between 9.30 and 10.00 depending on their transport arrangements
- We start each day with a morning meeting at 10am tea and coffee are served.
- Morning activities begin at 10.30 but everyone will have an individual activity plan that suits their needs and choices
- Lunch 12.30
- Tea and coffee are served
- Afternoon session begins between 1 and 1.30 and ends between 3 and 4 pm dependent on the individual activity plans
- The afternoon session closes between 3 and 4.15 depending on transport arrangements

## Activity options:

Clinical Therapies include art, music and speech therapies group and individual sessions.

Practical activities include gardening, carpentry, yoga, cookery, pottery, creative writing and computer classes

We also have regular social activities for clients and their carers

## Sample time table:

Morning meeting followed by woodwork session.

Lunch

Group art therapy session

Home

## Sample time table:

Morning meeting followed by individual music therapy session then rest and refreshment time.

Lunch

Creative writing session

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