

Timetable 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08.00 – 08.45	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30	Morning Hikoi Staff meet 08.30
08.45 - 09.30	Morning meeting Residents activity	Morning meeting Residents activity	Morning meeting Residents activity	Morning meeting Residents activity	Morning meeting Residents activity
09.30 - 10.30	Junior, Senior meeting Clinical meeting	Wānanga 2	Yoga/Fitness Staff time	shopping	Culture Unity
10.30 - 10.45	Break	Break	Break	Break	Break
10.45 - 11.45	House meeting Clinical meeting	Wānanga 3	Therapeutic Duties	Personal Development 1:1 sessions	Culture Unity or Graduation
11.45 – 12.00	Meds Start cooking lunch	Meds Start cooking lunch	Meds Start cooking lunch	Meds Lunch	Meds Start cooking lunch
12.15 – 13.00	Lunch	Lunch	Lunch	Rational Recovery 12pm	Lunch
13.00 - 14.15	Wānanga 1	Guest speaker Or Activity	Wānanga 4	Gender Therapy	Art Therapy
14.15 - 14.30	Break	Break	Break	Break	Break 2-2.15pm
14.30 - 15.30	Group Therapy	Group Therapy	Wānanga 5	Group Therapy	Week reflections: 3 things I have learnt and a challenge for next week.
15.30 - 16.30	Personal Development 1:1 sessions	Personal Development 1:1 sessions	Personal Development 1:1 sessions	3 chairs	Yoga Nidra 3pm – 4pm

Programme may change according to circumstances.