

A typical day in First Stage

The wake-up bell is rung at 6.45 and the get-up bell at 7.00. At 7.45 the group comes together for a morning reading before breakfast which is at 8.00. At 8.30 residents do their therapeutic duties, such as tidying and cleaning bedrooms and communal areas, and helping prepare food in the kitchen.

At 9.00 Group Leader attends the staff meeting, acting as liaison between residents and staff. At 9.15 there is a lecture or video followed by a short discussion. Group therapy starts at 10.00 and lasts for one hour, sometimes slightly longer. For the rest of the morning residents work on their reading and written assignments, or may see their focal counsellor for one-to-one counselling. Lunch is served at 1.00pm. Residents doing kitchen duties help clear away afterwards.

In the afternoon there is a workshop or outdoor activity from 2.00 – 4.00pm. This may be Art, Singing, Yoga, Gardening, Sport, or going for a walk, depending on the day. This is followed at 4.00pm by afternoon tea. At 4.00pm the unit shop is opened, when residents can buy tobacco, soft drinks, confectionary and basic toiletries. Between 4.00 – 6.00pm residents can work on their assignments or talk with their counsellors. The evening meal is served at 6.00pm.

In the evening a Process group is held where residents can discuss the events of the day and deal with any feelings arising. Assignment work can continue until 9.00pm, after which is time for rest and relaxation. Residents may watch TV between the hours of 9.00-10.30pm. Bedtime is at 11.00pm and lights out at 11.15.

On Tuesday, Wednesday and Thursday evenings transport is provided for senior residents to attend AA, NA and OA meetings in Aberystwyth. On Saturday afternoons senior residents may go to Aberystwyth from 2.00 – 5.00pm.

Residents are expected to keep to the timetable and to be punctual. Routine gives structure to people whose lifestyle in active addiction has been chaotic. Most residents find that they have to work hard to achieve all this in a day and are ready to go to bed at any time from 10.00pm onwards. This is good practice for the future when residents will be preparing to re-enter the world of work, study or training.