NIGHTINGALE HOSPITAL
LONDON

EATING DISORDER UNIT

Example timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30-09:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09:00-09:15	Supervision	Supervision	Supervision	Supervision	Supervision	Supervision	Supervision
09:15-10:15	Weekend review and weekly goal-setting	Psychology group	Rolling group (OT)	Ward round until 12:30	Dance and movement psychotherapy	Meditation if eligible	Gentle yoga if eligible
10:15-10:30	Social snack	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time
10:30-11:00		Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision
11:00-12:00	Body image	Nutrition	Shop and cook if eligible	Meal planning	CBT-E	Leisure time	Leisure time
12:30-13:15	LUNCH	Social lunch if eligible	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13:15-14:00	Supervision community meeting	Supervision	Supervision	Community feedback group	Post meal reflection	Supervision	Supervision
14:00-15:00	Dietetic drop-in clinic	OT skills	Ward wound / Emotions and feelings	Art therapy	Weekly review and weekend planning	Leisure time	Leisure time
15:00-15:30	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time		
15:30-16:00	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision
16:00-17:00	Meditation	DBT	Creative writing	Psychology check-in 30 minutes	Managing compulsive exercise	Leisure time	Leisure time
17:00-17:30	Leisure time	Collect WR form	Leisure time	Leisure time	Collect WR form		
17:30-18:15	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
18:15-19:00	Supervision	Supervision	Supervision	Supervision	Supervision	Supervision	Supervision
19:00-21:30	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time
21:30-22:00	Snack and mini-group Nurse led	Snack and mini-group Nurse led	Snack and mini-group Nurse led	Snack and mini-group Nurse led	Snack and mini-group Nurse led	Snack and mini-group Nurse led	Snack and mini-group Nurse led