

SAMPLE TIMETABLE 3 – SUPPORTED LIVING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Morning	Up at 7am. Make sandwiches/lunch & breakfast. 8am Fleet/bus to GREENACRES FARM	Up at 7am. Make sandwiches/lunch & breakfast. Leave 9:15am to walk or get bus - pick up 'Match of the Day' magazine on way to Shire Hall for WILD TEAM Volunteering	Household Chores/FOOD SHOPPING.	Leave 9:15am to get bus to WILDLIFE TRUST 10:00am –12:00pm Volunteering 12:18pm no. 8 bus home (Support initially for travel until trained/ready)	Up at 7am. Make sandwiches/lunch & breakfast. 8am Fleet /bus to GREENACRES FARM	Trip to town some weeks. Visits to family. Sunday mornings TV "Match of the Day"
Lunch	Packed lunch	Packed lunch	Out	Lunch at home	Packed lunch or ££ for chip shop	
Afternoon	GREENACRES FARM Fleet Transport home	WILD PROJECT All day. Walk/bus home from Shire Hall 3-4pm. (Travel with other housemate.)	GYM/GOLF and lunch with housemate and support worker 1:2	Laundry/bed linen, HOUSEHOLD CHORES. Prepare tea for after swimming	GREENACRES FARM Fleet Transport home	Football when Shrewsbury Town play at home – go with dad. Gold driving range – open till 9pm.
Evening Suggestions	Household chores / Meal preparation	Keep free for Shrewsbury Town Football Matches with family	Buttermarket and Hive DISCO fortnightly.	5:00 – 7:00pm SHARKS Swimming Need transport/lift to & from but independent there.	Help with household chores or shopping	Film nights Take-away and house meeting nights

* Transport to/from Greenacres funded. All other transport costs, i.e. swimming, disco etc... to be funded by individual via their PI/DLA mobility £. Payment for mileage usually 45pence per mile; support provider to keep records. 24/7 support including shared sleep in.