

## RECHARGE PROGRAMME 2020 – QE HEALTH

*Our programme is very intensive and is split into three, week- long blocks.*

*We also include individual physiotherapy, occupational therapy and psychology and/or counselling sessions based on each client’s individual needs.*

**WEEK 1 : Focuses the client on setting goals, identifying barriers and discovering baseline measures for physical activities.**

Week 1- Monday	Tuesday	Wednesday	Thursday	Friday
<b>0815:</b> Welcome to QE <b>0915:</b> Tour of QE <b>0930:</b> Intro to QE Health (Learning contract) <b>1000:</b> Intro to Values <b>1115:</b> Spa - Mud <b>1200 – 1230: Lunch</b> <b>1230 – 2.30 :</b> Multi Assessment (Physio, nursing, fit test) <b>1430:</b> Relaxation <b>1530:</b> Spa – Rachel Pool	<b>0800:</b> Morning Meeting <b>0815:</b> Intro to Te Whare tapa Wha & Goal setting <b>0900:</b> Intro to Gym <b>1000:</b> Stress & the Nervous System <b>1100:</b> Hand Class 1 <b>1200 – 1230: Lunch</b> <b>1230:</b> Intro to Leisure <b>1400:</b> Dims & Sims (Pain Education) <b>1500:</b> Spa – Massage /Pool <b>1600:</b> Spa – Massage /Pool	<b>0800:</b> Hydrotherapy <b>0900:</b> Spa– Hand & Foot Wax <b>1000:</b> Psychology of Pain 1 <b>1100:</b> Mindfulness 1 <b>1200 – 1230: Lunch</b> <b>1230:</b> Pain Neurophysiology 1 <b>1330:</b> Specialist Class: Fibromyalgia <b>1500:</b> Intro to Self-Massage 1 <b>1600:</b> Spa – Rachel Pool	<b>0800:</b> Morning Meeting <b>0830:</b> Spa– Hand & Foot Wax <b>0900:</b> Leisure <b>1000:</b> Gym <b>1100:</b> Pain Neurophysiology2 <b>1200 – 1230: Lunch</b> <b>1230:</b> Psychology of Pain 2 <b>1330:</b> Spa – Massage /Pool <b>1430:</b> Grief & Loss <b>1600:</b> Spa – Massage /Pool	<b>0815:</b> Hydro Pool <b>0930:</b> Specialist Class: Movement & Stabilisation <b>1100:</b> Energy Management <b>1200 – 1230: Lunch</b> <b>1230:</b> Closing Meeting <b>1245:</b> Spa – Rachel Pool

**WEEK 2 : Building on the foundations of education and activities in week 1. Problem solving barriers, learning how to progress baseline measures, reinforcing understanding about self-management.**

Week 2 – Monday	Tuesday	Wednesday	Thursday	Friday
<b>0800:</b> Morning Meeting <b>0830:</b> Specialist OA, RA & AS <b>0930:</b> Pacing and Graded Exposure <b>1015:</b> Spa - Mud <b>1100:</b> Gym <b>1200 – 1230: Lunch</b> <b>1230:</b> Leisure <b>1330:</b> AQUATICS <b>1500:</b> Individual Nurse Review <b>1600:</b> Spa – Rachel Pool	<b>0815:</b> Spa– Hand & Foot Wax <b>0900:</b> Psychology of Pain 3 <b>1000:</b> Gym <b>1100:</b> Spa Mud <b>1200 – 1230: Lunch</b> <b>1230:</b> Mindfulness 2 <b>1330:</b> Pain Medications <b>1500:</b> Mental Health Wellbeing <b>1600:</b> Spa – Rachel Pool	<b>0800:</b> Morning Meeting <b>0830:</b> Sleep Hygiene <b>1000:</b> Hydro Pool <b>1100:</b> Back Health <b>1200 – 1230: Lunch</b> <b>1230:</b> Leisure <b>1330:</b> Self Massage 2 <b>1430:</b> Specialist Class: Feet <b>1530:</b> Spa – Massage /Pool <b>1630:</b> Spa – Massage /Pool	<b>0800:</b> Spa– Hand & Foot Wax <b>0830:</b> Hand Class 2 <b>1000:</b> Gym <b>1115:</b> Spa Mud <b>1200 – 1230: Lunch</b> <b>1230:</b> Nutrition <b>1330:</b> Orthotics <b>1500:</b> Specialist Class: Neck & Shoulders <b>1600:</b> Spa – Rachel Pool	<b>0800:</b> Skills <b>0900:</b> Spa – Massage /Pool <b>0945:</b> Spa – Massage /Pool <b>1030:</b> General Health & Wellbeing <b>1200 – 1230: Lunch</b> <b>1230:</b> Spa – Rachel Pool

**WEEK 3 : Planning for transferring new skills and activities into home.**

Week 3 – Monday	Tuesday	Wednesday	Thursday	Friday
<b>0800:</b> Morning Meeting <b>0815:</b> Posture & Positioning <b>0915:</b> Spa - Mud <b>1000:</b> Individual Nurse Review <b>1100:</b> Gym <b>1200 – 1230: Lunch</b> <b>1230:</b> Leisure <b>1330:</b> AQUATICS <b>1500:</b> Reinforcing Success <b>1600:</b> Spa – Rachel Pool	<b>0800:</b> Hydrotherapy <b>0930:</b> Spa– Hand & Foot Wax <b>1000:</b> Flare Ups <b>1100:</b> Establishing a Fitness Goal <b>1200 – 1230: Lunch</b> <b>1230:</b> Spa – Massage /Pool <b>1330:</b> Mindfulness 3 <b>1430:</b> Leisure <b>1600:</b> Spa – Rachel Pool	<b>0815:</b> Spa– Hand & Foot Wax <b>0900:</b> Leisure <b>1000:</b> Gym <b>1100:</b> Breaking Down the Walls <b>1200 – 1230: Lunch</b> <b>1230:</b> Self Massage 3 <b>1330:</b> Physio Completion Assessments <b>1500:</b> Maintaining the Changes <b>1600:</b> Spa – Rachel Pool	<b>0830:</b> Final Fitness Test <b>1000:</b> Psychology Review <b>1100:</b> Specialist Class: Hips & Knees <b>1200 – 1230: Lunch</b> <b>1230:</b> Leisure <b>1330:</b> Pain Neurophysiology3 <b>1500:</b> Spa – Massage /Pool <b>1600:</b> Spa – Massage /Pool	<b>0800:</b> Medications 2 <b>0900:</b> Strength & Balance <b>1000:</b> Celebrating Success <b>1100:</b> Return Questionnaires <b>1200 – 1230: Lunch</b> <b>1230:</b> Spa – Rachel Pool