 **Parkinson’s Centre for Integrated Therapy Timetable Spring 2023**

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| **Times** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Early Morning** | * Group Exercise (3 x 6 PPP)

Sarah Frow* 1-1 Occupational Therapy SessionsKatie Skelton
 |  |  | * Group Exercise (High Intensity)Clare Proctor
 | * Group Speech and Language TherapyJane Horan
 |
| **Late Morning** | * Group Exercise (Circuits)Sarah Frow
* 1-1 Occupational Therapy SessionsKatie Skelton
 | * Group Counselling SessionsFaversham Counselling Service
 | * 1-1 Speech and Language TherapyJane Horan
 | * 1-1 PhysiotherapyClare Proctor
 | * Group Speech and Language TherapyJane Horan
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| **Early Afternoon** | * 1-1 Occupational Therapy SessionsKatie Skelton
 | * Group Occupational Therapy Sessions Katie Skelton
 | * 1-1 Speech and Language TherapyJane Horan
* 1-1 Massage TherapyTrainee Therapists
 | * 1-1 PhysiotherapyClare Proctor
 | * Group Speech and Language TherapyJane Horan
* Group Exercise (Chair-Based)Sarah Frow
 |
| **Late Afternoon** | * Group Exercise

(Low Intensity) Sarah Frow | * Group Occupational Therapy Sessions Katie Skelton
* Group Singing (\*fortnightly)Skylarks
 | * 1-1 Speech and Language TherapyJane Horan
* 1-1 Massage TherapyTrainee Therapists
 | * 1-1 PhysiotherapyClare Proctor
 | * Group Exercise (3 x 6 PPP) Sarah Frow
* 1-1 Personal TrainingSarah Frow
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