

**PCIT - Interim timetable of therapies – Autumn & Winter 2023/2024 **

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| **Day** | **Session** | **Therapist(s)** |
| **Monday** | 1-1 Occupational Therapy - AM | Katie (OT) |
|  | “Arty Crafter Shakers” session - midday | Katie (OT), Sarah (PT), Francis – Pathway Champion |
|  | Seated Neuro-Circuit class - PM | Katie (OT), Sarah (PT) |
| **Tuesday** | Sports massage - PM | Kyra and team |
|  | (limited slots Oct/Nov) |  |
|  | Skylarks singing group – PM (fortnightly) |  |
| **Wednesday** | Speech & Language Therapy |  |
|  | re-launch – start date coming soon |  |
| **Thursday** | Physiotherapy assessments and follow-ups – all day | Sarah and Helen (Neuro-physiotherapists) |
|  | Physio-based exercise class - am | Sarah Helen |
| (From Thurs 7th Dec) | Zumba Gold – 6pm | Melanie |
| **Friday** | Qigong classes and Amma Massage slots  | Geoff – Massage and Movements Therapist |
| **Saturday**(From Sat 9th Dec) | Seated Dance – 10am | Melanie |
| **New member assessments take place Tuesday - Friday** |

**Amma Massage and Qigong – coming soon!**