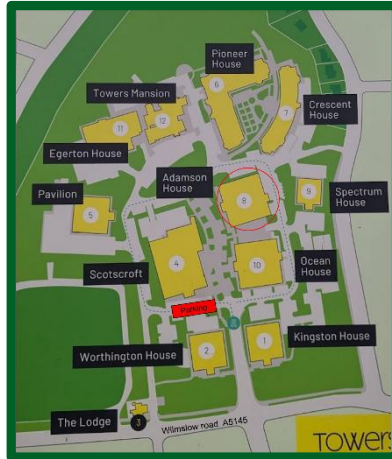


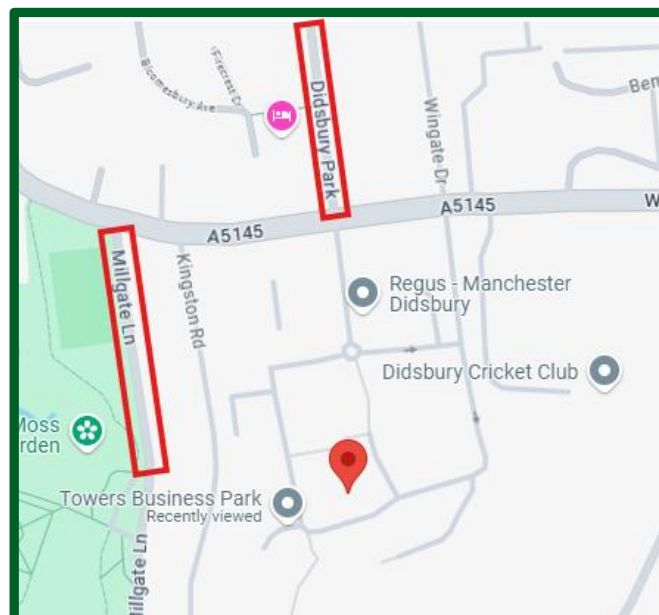


Location: The Mind & Motion clinic is based at Adamson House, which is situated in the Towers Business Park (Didsbury, Manchester M20 2YY).



Upon arrival: For appointments earlier than 17:00pm, please press option 1 on the building intercom and the building's receptionist will give you access. There are sofas on the righthand side where you can relax until your appointment time when a member of staff will come and collect you. For appointments later than 17:00pm, a member of staff will be waiting in the reception area upon your arrival.

Parking information: There is a small amount of paid visitor bays available to use which cost approximately £1.50 per hour. Alternatively, the nearest free on-road parking is available on Didsbury Park (M20 5LH) or Kingston Road (M20 2RZ). Both are less than a 5-minute walk to the clinic. Please see below images for further information.





What to wear (Physiotherapy/sports massage clients only): For your session, we recommend wearing comfortable, loose-fitting clothing that allows for easy movement. If we'll be assessing a specific area, such as the knee or shoulder, please wear clothing that allows access to that area.

Payment options: For self-funding clients, we accept cash, bank transfer and card payments. Payment is due at the time of your appointment unless otherwise arranged. For insurance clients, the process differs between suppliers, and we will communicate to this you. If you have any questions regarding payment, feel free to ask. Mind & Motion is a trading name for Jasmine Cheema Psychotherapy LTD; thus, this information may appear on your bank statement.

Rescheduling appointments: If you need to reschedule an appointment, please do so giving as much notice as possible (at least 24 hours). Please do so by replying to your appointment confirmation email or contacting a member of staff directly on **07525466250 (Joshua)** or **07743780539 (Jasmine)**. Failure to attend a scheduled appointment without sufficient notice really hurts small businesses, and we still may have to charge accordingly.