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Jessica is an independent occupational therapist based in Yorkshire with over 30 years extensive experience of working with children and adults with complex disabilities. Her NHS career was mainly in Leeds and spanned adult rehabilitation and Leeds Children's hospital (PICU, neurosciences, neonates, orthopedics). Jessica had a year acting as the Head of Occupational Therapy for Leeds Teaching Hospitals NHS Trust and was involved in the planning for the Major Trauma Centre and securing the funding for a 7 day occupational therapy service.

Jessica left the NHS in 2019 to focus on her independent caseload with CPPS expert care and occupational therapy services as a treating occupational therapist and since 2020 she has provided expert witness reports in cases of clinical negligence and personal injury and also for education tribunals.

In August 2024 she joined a newly formed network of experienced independent Occupational Therapists called OT United with shared values to support CPD, professional standards and to provide high quality occupational therapy interventions.