

# THERAPIES ON THAMES NEWS

[therapiesonthames.co.uk](http://therapiesonthames.co.uk)



April 2025

## Introduction

We are now into Spring, and Easter passed in the blink of an eye. It's been so lovely to see the sunshine and get out and about. We've been busy meeting more people and building relationships with some great organisations.

We want to introduce Katie Palmer, Client Relationship Manager. She will be in touch over the coming weeks to introduce herself. We hope you will join us and wish her a warm welcome. Good luck to Jo in her new role, and thank her for all her hard work over the past year.

We've also said goodbye to Amy, Senior Administrator, and have welcomed Claire Morgan, our new administrator, who will introduce herself in due course. We want to thank Amy for doing a fantastic job and wish her well in her new role.



## Exciting News

We are excited to share the news that we have started providing Occupational Therapy on a weekly basis at The Devonshire Care Home.

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# Out And About

We've been out and about over the last few weeks and thought we'd share some of the highlights:

We went to the Later Living Show in Windsor where we had a chance to share lots of useful information about the benefits of physiotherapy and occupational therapy. We met lots of local residents and made new connections with businesses from in and around the area.



It was a pleasure for Raj and Tanya to attend the Goring Parkinsons group a couple of weeks ago. They reached out to us as a Parkinsons specialists to share information and advice.

It was good to meet people with Parkinson's as well their carers. We had some great conversation and covered lots of topics.

Including:

- What services are available in the NHS and how to access them
- The importance of medication and how it affects daily routines
- On/off periods and how to manage daily tasks during on/off periods
- The importance of keeping moving and active
- The importance of being positive and anxiety management
- Fatigue management in Parkinson's disease

It was a very interactive session with lots of questions asked by members. We're looking forward to attending more events like this in the future.



We were delighted to provide a Falls Prevention session for the residents at Stoneham Grove as well as members of the local community.

A great opportunity to talk about different ways to prevent falls and share some key exercises to maintain strength and balance.





## Introducing: Emma

**Physiotherapist at  
Therapies on Thames**

My name is Emma Smith and I've worked for Therapies on Thames for just over 3 years.

I trained at UWE in Bristol, qualifying in 2002. Throughout my career, I have worked in lots of different areas of physiotherapy in both the NHS and the private sector. This has allowed me to gain valuable experience which I can apply on a daily basis when working with the elderly.

I love the flexibility of this job and find it particularly fulfilling to know that I've made a difference in the daily lives of my patients.

I have 2 sporty sons so I spend much of my time outside of work on football side lines or at gymnastic competitions. When I do find a bit of time for myself, I enjoy going to the gym and heading off on my annual ski trip!

## Patient Feedback

Following my fathers 3rd hip replacement surgery he has received exceptional care from Therapies on Thames. Raj provided post fracture and pre-surgery care and advice to enable him to stay at home. Following admission and surgery Simon has provided at home physiotherapy of the highest standard. This has had an impact not only on Dad's ability to walk again, but also on his mental well-being. I cannot recommend this team highly enough.