

THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



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Introduction

Welcome to the final edition of our newsletter for 2024.

We're delighted to have had such a successful year and to have had the pleasure of working with so many of you on a regular basis. We're excited about how we can help even more people in 2025 and continue to build relationships so that elderly people receive the care and support they deserve.

We wish you a Merry Christmas and Happy New Year and look forward to seeing you in 2025.

Exciting News



Kingsbury Court Launch

We're thrilled to announce our partnership with Kingsbury Court in Bisley, offering specialised rehabilitation for older patients recovering from surgery, illness or injury.



Keeping Well in Winter

The shortest day is fast approaching and we've had some very cold days already. Here are five top tips for keeping well over the winter period:

Eat well: some lovely warm soups and stews full of nutritious ingredients are a great idea.

Stay hydrated: it may feel harder to drink water in the cold weather so hot water and lemon or herbal tea might be more appealing.

Get vaccinated: keep up to date with vaccinations that are available, including flu and Covid 19.

Keep moving: continue to move around indoors and for those that can, get out for a short walk or bit of fresh air when possible.

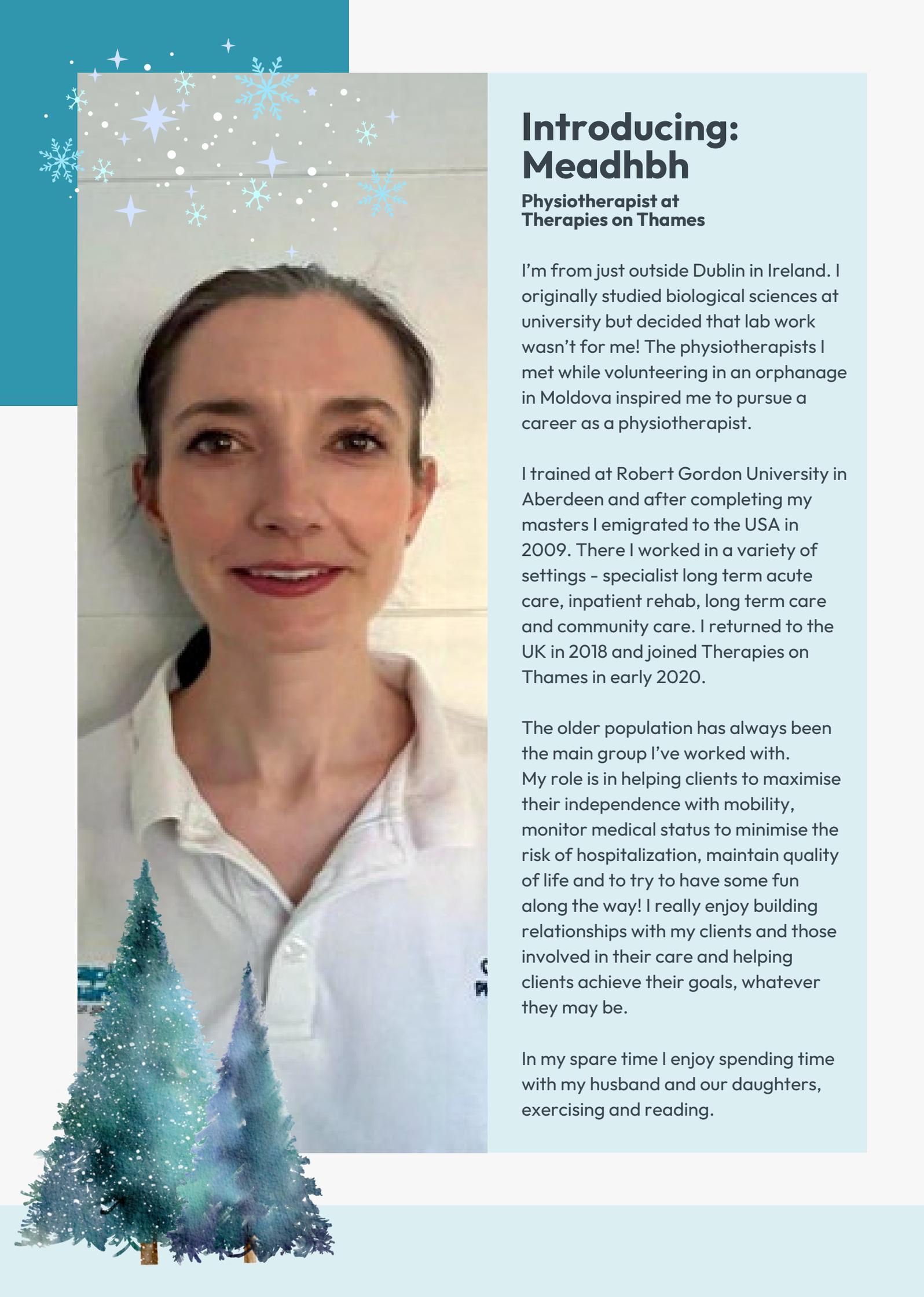
Socialise: speak to friends, family and neighbours, even over the phone to catch up and boost your mental health



Patient Feedback

I am very grateful to Meadhbh and Katherine for everything they have done for Alan over the past few weeks. Alan is now walking on all floor surfaces at the care home, they have supported him by building his confidence once again. I am so grateful. Our plan is to get Alan home in about a week and we are going to have a visit from Katherine to help Alan adjust to our floors once again. It is reassuring to me to know I can call you if Alan starts to slip backwards with his confidence once again.

I would also like to say how welcoming and polite the ladies on the phone were when I call your reception. Thank you to everyone.



Introducing: Meadhbh

Physiotherapist at Therapies on Thames

I'm from just outside Dublin in Ireland. I originally studied biological sciences at university but decided that lab work wasn't for me! The physiotherapists I met while volunteering in an orphanage in Moldova inspired me to pursue a career as a physiotherapist.

I trained at Robert Gordon University in Aberdeen and after completing my masters I emigrated to the USA in 2009. There I worked in a variety of settings - specialist long term acute care, inpatient rehab, long term care and community care. I returned to the UK in 2018 and joined Therapies on Thames in early 2020.

The older population has always been the main group I've worked with. My role is in helping clients to maximise their independence with mobility, monitor medical status to minimise the risk of hospitalization, maintain quality of life and to try to have some fun along the way! I really enjoy building relationships with my clients and those involved in their care and helping clients achieve their goals, whatever they may be.

In my spare time I enjoy spending time with my husband and our daughters, exercising and reading.