

THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



May 2025

Introduction from Katie Palmer, the new Client Relationship Manager

Hello and welcome to my very first Therapies on Thames Newsletter! I can't believe how quickly May has flown by as I've been reconnecting with familiar faces, meeting new contacts, visiting care homes, and attending events for older people. Time really does fly when you're having fun. If we haven't met yet, I'd love to come and visit you—just let me know when suits!

Camberley Manor Gym Update

At the beginning of May, Katie had the pleasure of visiting Joanne at Camberley Manor, who gave her a tour of their newly updated gym. What was once a shared space has been beautifully transformed into a dedicated physiotherapy room.



The enhancements include a full mirrored wall, motivational artwork, a wide range of exercise equipment for all ability levels, plus improved lighting and the thoughtful addition of plants. These changes create a calm, welcoming environment that supports and empowers residents during their rehabilitation sessions with Wilson from Therapies on Thames.

Supporting Individuals with Dementia: Therapies on Thames' Approach

Last week was Dementia Awareness Week, and Katie was fortunate to attend several inspiring events promoting local dementia services. It was fantastic to see charities, local authorities, and businesses coming together to support those living with dementia.

At Therapies on Thames, we are passionate about improving the quality of life for individuals with dementia.

Our specialised physiotherapy and occupational therapy services are designed to support independence, mobility, and emotional wellbeing.



Here's how we help:

- **Home Visit Physiotherapy:** Personalised exercise programmes to boost strength and balance while reducing fall risks.
- **Occupational Therapy:** Practical support with daily activities to enhance safety and autonomy.
- **Inpatient Rehabilitation:** Holistic, in-depth programmes for those needing more structured therapy.

Working closely with care homes and families, we ensure our clients receive compassionate, tailored care that helps them live more fully.

[Learn more about our services](#)

Success Story: Rosemary Regains Her Confidence at Benson House

We're thrilled to share the progress of Rosemary, a resident at Benson House Care Home in Wallingford, where we've recently begun a new partnership.

After a fall left Rosemary anxious and reliant on a gutter frame for mobility, she longed to regain her independence, especially to visit her daughter at home. Our therapist, Helen, completed a full assessment and created a personalised physiotherapy plan.

Thanks to regular, focused sessions, Rosemary is now confidently walking to the dining room using her four-wheeled walker and has even returned to enjoying the home's gardens.

"The physiotherapy sessions with Helen have helped restore my confidence in my own ability," Rosemary shared.

It's a fantastic example of how integrated physiotherapy can transform lives.

If you'd like to explore how Therapies on Thames can support your residents, please get in touch.



Patient Feedback

"I recently booked Wilson of Thames Therapies to help my mother in law get back on her feet after a trapped nerve. Prior to his assistance my mother in law was housebound and in a very difficult situation. After six sessions she was in with a shot of going on her long planned holiday and this week made it out to Africa to do the charity work she loves and lives for. We cannot thank Wilson enough!"



Introducing: Wilson

**Physiotherapist at
Therapies on Thames**

I hold a First-Class Honours degree in Physiotherapy and qualified in 2012. Since then, I've gained extensive experience across a variety of physiotherapy rotations, working in several NHS trusts both in and outside of London.

I've been working with Therapies on Thames for nearly three years, covering the Surrey Heath, Rushmoor, Hart, and Bracknell districts across Surrey and Hampshire. Most mornings, you'll find me at Camberley Manor Care Home in Deepcut, where I work closely with residents to enhance their quality of life by preventing the progression—and, where possible, reversing—chronic conditions. I also visit other care homes in the area and provide home-based physiotherapy support to clients in the community.

Outside of work, I love spending time with my sporty family, running, swimming, and generally keeping active. We also enjoy travelling, trying new foods, and spending time in nature.

I'm a lifelong learner with a passion for personal and professional growth, so you'll often find me listening to podcasts or watching TED Talks in my spare time.