

THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



September 2025

Introduction

September has been a month of connection, learning and exciting new beginnings here at Therapies on Thames. Our Open Day yesterday was a true celebration of community spirit — and we're so grateful to everyone who joined us.

Open Day Success – Over 40 Attendees!

The room was buzzing with conversation, ideas and collaboration as over 40 professionals, care providers, care homes, and clients came together to explore how therapies can make a real difference to quality of life.

The highlight of the day was the inspiring talks from Dr Chattergy, Senior Physiotherapist Rachel Howes, and our Managing Director and Occupational Therapist, Raj Senniappan, who explored Parkinson's and how physiotherapy and occupational therapy can support mobility, confidence, and independence. Attendees left with valuable knowledge and practical steps to take away.

We were also joined by a wonderful group of stallholders, including Signature Caversham, Blue Angel Care, Link Visiting, Home Instead, Greensleeves Care, Tracy from SOLLA, and Stoneham Grove Care Home. Thank you for adding such value to the day!



 0333 011 3278

A New Chapter: KidsRehab

We were proud to also launch KidsRehab, our brand-new sister company, at our open day.

KidsRehab provides specialist Occupational Therapy and Rehabilitation for children and young people, building on Therapies on Thames' proven track record in delivering high-quality, person-centred and holistic care. This development marks an important milestone as the organisation broadens its focus, bringing its skills and experience to a new generation.



The new service and website kidsrehab.co.uk will act as a hub for families accessing guidance, therapy and resources to support their child's rehabilitation journey.

Save the Date: TOT Networking Breakfast 4/11/25 8am

We're delighted to announce the launch of the Therapies on Thames Networking Breakfasts, held quarterly at WADE for local businesses and charities supporting the older community.

-  Tuesday, 4th November
-  8:00 am – 9:30 am
-  WADE Day Centre
-  Continental breakfast served



It will be a relaxed and friendly space to meet, share ideas, and strengthen connections across the community. Invitations will follow soon – but for now, please save the date.

Alzheimer's Awareness Month

This September, we're shining a light on Alzheimer's and how physiotherapy can make a difference. Alzheimer's may bring changes to memory and daily life, but it can also affect confidence in moving safely. Physiotherapy can help by:

- ✓ Building balance and coordination
- ✓ Reducing risk of falls
- ✓ Supporting independence for longer
- ✓ Boosting overall wellbeing

Our therapists are here to work alongside families and care homes, tailoring every programme to meet individual needs with warmth and compassion.



New Case Study Coming Soon!

Trish's rehabilitation journey is coming soon.
To view all of our case studies, visit therapiesonthames.co.uk/testimonials

Patient Feedback

"My father's experience with Sri and the wider team was first-class. They were excellent with both the physio and the individual's well-being needs. I would highly recommend."

If you have a comment or success story to share, we'd love to feature it in a future edition. Let us know. You can also give us a review on Google.

➔ g.page/r/CbfiR3K7UaqIEBM/review



Or if you don't have a Google account, you can review us on Doctify

Gloucestershire ➔ doctify.com/uk/review/Xyfn6k

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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 master's, I emigrated to the USA in 2009. There, I worked in a variety of settings, including 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 hospitalisation, 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.

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You can now read our newsletters online and subscribe to receive them monthly:

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If you'd like to feature a case study, arrange a visit, or explore how we can support someone you work with, please don't hesitate to get in touch.

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Or if you don’t have a Google account, you can review us on Doctify 📌

Leave us a Review on Doctify

We’re now listed on Doctify, a healthcare review platform that allows clients, families, and professionals to share their experiences of our services. Your anonymous feedback helps us improve, celebrate successes, and reach more people who could benefit from our support.

Gloucestershire ➔ doctify.com/uk/review/XyfN6k

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