

THERAPIES ON THAMES NEWS

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November 2025

Introduction

Hello and welcome to our November newsletter. This month, we're excited to share updates from across our services — from the opening of a brand-new therapy gym to the success of our first networking event. We're also highlighting Men's Mental Health Month and the unique challenges faced by older men, particularly those experiencing loneliness or reduced independence. Also, don't forget to join us on 3rd December at our Rehab Gym at Bridge House.

In this issue:

- Open Day for our Rehabilitation Gym Centre in Bridge House – come and join us on 3 December
- Celebrating a new therapy gym at Whittington Care Home
- Successful First Networking Event – next date Thursday 5th February
- Awareness Focus: Men's Mental Health Month
- Meet the Team – physiotherapist spotlight



Join Our Open Day at Bridge Court Gym

Join us to view Bridge Court's new gym:

 Wednesday 3 December

 2:00 pm – 5:00 pm

 Bridge Court, Twyford



Bridge Court offers nursing care, rehabilitation and respite, driven by a passion to enable their residents to live their best lives.

Please let us know if you can attend either event by emailing:

bdm@therapiesonthames.co.uk

New Therapies on Thames Gym Opens at Whittington Care Home

We're delighted to announce the opening of a new therapy gym at Whittington Care Home in Cheltenham. Designed as a warm, supportive space, the gym enables residents to enjoy purposeful movement, build strength and balance, and stay engaged in a positive, social environment.

Our physiotherapists are already delivering personalised sessions, small-group exercises, and confidence-building mobility programmes. Residents joined our Physiotherapist, Ros and enjoyed practising some exercises.

This dedicated space marks an exciting step in promoting active ageing and enhancing quality of life.



Successful First Networking Event

Save The Next Date to Your Diary Now!



Thursday 5 February 2026



8:00am - 9:30am



WADE Day Centre, Wokingham



Our first Therapies on Thames Networking Event was a wonderful success — thank you to everyone who joined us. Care home managers, activity leads, and healthcare partners came together for conversation, connection, and shared learning.

We're pleased to confirm the next networking afternoon will take place on Thursday, 5th February. Invitations will follow shortly—please save the date for now.

Awareness Focus: Men's Mental Health Month

November gives us the chance to highlight an important but often overlooked topic: the mental health of older men.



Many older men experience increasing isolation, especially after bereavement, retirement, or changes to mobility and independence. This can lead to reduced engagement, low mood, and a decline in overall wellbeing.

Physiotherapy plays a powerful role in supporting both emotional and physical health. By helping residents stay mobile, we support:

- Greater confidence to join group activities
- Increased social interaction
- Improved mood through purposeful movement
- A renewed sense of independence

Even simple, supported activities — a short walk, a seated exercise session, or time in a therapy gym — can provide routine, connection, and a sense of progress.

Patient Feedback

My 75 year old Dad has been receiving excellent physio and kind care from all of the Therapies on Thames team. This is to recover from a leg amputation, which was a result of a rare complication from a heart operation. Recently they have helped Dad get a prosthetic leg and are supporting him with physio so he can adapt to using it. Dad is now really looking forward to going back home to live once he is strong and confident enough.

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

Oxfordshire ➔ doctify.com/uk/review/mn1Oqh



Introducing: Rosalyn

Physiotherapist at Therapies on Thames

I am an HCPC-registered chartered physiotherapist with over 40 years of experience helping people regain their independence in many treatment areas.

I qualified in Birmingham and spent the first 15 years working in an acute hospital setting, initially specialising in respiratory care. I then went on to work in women's health and promotion of continence.

I started working in the community in 1998 and have spent the remainder of my career working with elderly and disabled adults to maximise their independence.

I believe every person, regardless of age or ability, deserves a personalised treatment plan to progress their independence as far as possible. Outside of work, I spend time helping out with the care of my five grandchildren and I'm also a keen walker.

Stay Connected

We'd love to hear from you — whether it's feedback, a success story, or a question about how therapy could support someone you care for.



Read more and explore our past newsletters here:
therapiesonthames.co.uk/newsletters