

THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



December 2025



A Warm End-of-Year Message

As we reach the end of 2025, we would like to extend our heartfelt thanks to all our partner homes, residents, families, and community colleagues. This year has been full of meaningful progress, inspiring rehabilitation journeys, and truly wonderful partnerships.

December's newsletter is an opportunity to pause and reflect. Rather than focusing on a single awareness theme, we are celebrating the standout moments and positive impact our therapy team has made throughout the year.

Thank you for your continued trust and support — it genuinely means so much to us.

2025: A Year of Highlights

Here is a round-up of the moments that shaped Therapies on Thames in 2025.

Growth of Our Community Rehabilitation Service

Throughout the year, we have continued to strengthen our therapy-led rehabilitation programmes, supporting residents following surgery, falls, illness, and periods of reduced mobility. Our gym-based rehabilitation within partner homes has helped many older adults regain independence, confidence, and quality of life.

In 2025, we were proud to open new rehabilitation gyms at:

- Oxford Manor, Didcot
- The Orchard, St Albans
- Whittington House, Cheltenham

We also expanded and upgraded equipment at Camberley Manor, further enhancing the rehabilitation support available to residents.



Stronger Partnerships

Our Physiotherapists and Occupational Therapists have worked across an increasing number of care homes this year, becoming valued members of multidisciplinary teams and supporting residents to regain and maintain their mobility and independence.

This has included:

- Physiotherapy rehabilitation
- Occupational therapy
- Maintenance therapy
- Falls prevention support and educational talks
- Physiotherapy-led exercise classes

Alongside our work within care homes, we have also developed strong partnerships with care agencies and charities, allowing us to support clients in their own homes and help them remain independent for longer.

Case Studies That Inspired Us

This year brought some truly inspiring rehabilitation journeys, including:



Trish's remarkable return home

After 18 months, unable to walk and requiring a hoist, Trish regained her mobility through intensive rehabilitation at Bridge House. Her journey is a powerful example of what structured therapy, determination, and the right environment can achieve.



Maurice reaches the pub

Following his third hip replacement and three months in a wheelchair, Maurice's goal was simple but meaningful — to walk to his local pub. With Occupational Therapy from Raj, Physiotherapy from Simon, and Maurice's own determination, he achieved that goal and is now enjoying life again.

Please take a look at their inspiring videos here therapiesonthames.co.uk/testimonials

Events & Community Engagement

Some standout moments from 2025 include:

- Our first Open Day in September, welcoming over 40 attendees and receiving fantastic feedback on presentations from Raj and Dr Chatterjee
- The successful launch of our Networking Breakfast, bringing together hospital teams, care home managers, and community professionals
- Attending numerous networking breakfasts at care homes and community locations, helping us build a strong, knowledgeable network of service providers supporting older adults

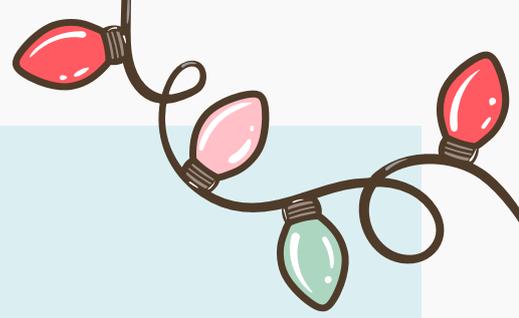


Introducing: Lucy

Physiotherapist at Therapies on Thames

I recently qualified as a physiotherapist and have been working for Therapies on Thames for 2 months now. My role since joining has involved supporting individuals with neurological conditions, promoting falls prevention, and improving mobility through strength and balance training. I am passionate about helping individuals regain confidence and enhance their quality of life. In my spare time, I enjoy playing golf.





Patient Feedback

I recently booked Wilson at Therapies on Thames 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!

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

Stay Connected

Thank you again for all your support this year. We look forward to working with you in 2026.

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

