

# THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



January 2026

## Introduction

As we begin a new year, January is a natural time to refocus on health, confidence, and staying connected. At Therapies on Thames, we continue to support older adults through compassionate physiotherapy and occupational therapy, helping residents feel steady, engaged, and empowered in their daily lives.

Over the past year, we've built strong partnerships with care homes and care agencies who share our commitment to high-quality, person-centred support. As we move further into 2026, we're keen to extend that support to more homes and teams across the community.

## Meet Us In Person

If your staff or residents would benefit from a clear overview of how our services work, we'd be pleased to visit and introduce Therapies on Thames in person. We can talk through our referral pathways, how we collaborate with care staff, families and residents and how Physiotherapy can help residents and clients maintain mobility, confidence, and independence.

✉ [bdm@therapiesonthames.co.uk](mailto:bdm@therapiesonthames.co.uk)


☎ 0333 011 3278



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# Next Networking Breakfast: Thursday 5 February

We'd love to invite you to our next Therapies on Thames Networking Breakfast:

 Thursday 5 February

 8am - 9:30am

 WADE Day Centre

This is a relaxed, friendly morning designed to bring together people and organisations supporting older adults. It's a chance to connect, share ideas, and explore how we can work together to improve outcomes for residents and the wider community.



## Who it's for

- Care home managers, deputies, and senior care teams
- Clinical leads, wellbeing/activity coordinators, and therapy teams
- Local healthcare and community partners, charities, and support services

## Why Come Along

- Meet local professionals and build a supportive referral network
- Share challenges and solutions around mobility, falls prevention, and wellbeing
- Hear what other homes and services are doing to support engagement and independence
- Enjoy an informal breakfast and leave with practical ideas you can take back to your team

If you'd like to attend, please email me to reserve your place:  
[bdm@therapiesonthames.co.uk](mailto:bdm@therapiesonthames.co.uk).

# Hearing, Balance & Falls – Why Hearing Health Matters

January is the second annual Great Big Hearing Test Month, a campaign to encourage people to get hearing tests sooner. It's a great prompt to check in on hearing health – and to remember it can affect much more than communication. For many older adults, reduced hearing can influence balance, confidence when moving, and overall safety. Hearing changes are common with age, but they're often overlooked or accepted as inevitable. However, hearing plays a key role in spatial awareness and orientation, which are essential for safe movement.

The inner ear contributes to balance and coordination. When hearing is reduced, individuals may feel less stable, less confident moving around their environment, and more cautious with everyday activities. Over time, this can lead to reduced mobility, social withdrawal, and an increased risk of falls.

## How Physiotherapy Can Help

Our physiotherapists support residents by addressing both the physical and emotional impact of balance changes. Physiotherapy can help by:

- Improving balance, strength, and posture
- Supporting safe walking and transfers
- Reducing fear of falling through graded, confidence-building movement
- Encouraging continued mobility and engagement in daily activities



By combining hearing awareness with targeted physiotherapy and occupational therapy support, we help residents feel safer, more confident, and more independent.

## Want to Find Out More?

If you're concerned about a resident's balance, confidence, or risk of falling, our team would be happy to help. To discuss physiotherapy or occupational therapy support, arrange an assessment, or find out more about our services, please contact our office on 0333 011 3278

# Patient Feedback

Following my wife's replacement knee operation we felt the need for additional guidance on the physiotherapy. We understand the first few weeks are vital to a good outcome and following a call to Therapies on Thames we had a Physio visiting within 24 hours. Their staff, Simon in particular, was very professional and attentive and took into account all our concerns he ensured we were exercising correctly, following the recommended exercises and at the correct pace. This personalised guidance has proven to be exactly what was required. Left to our own devices, we might have skipped certain exercises or resorted to less effective methods, the value of the guidance we received from an experience professional cannot be overstated. We are very pleased with the outcome and will certainly use them again as required. Thank you Tanya and Simon!

## Help Others Find Us

If you've worked with Therapies on Thames and feel happy to share your experience, we'd really appreciate a short review on Google My Business. Your feedback helps other care homes, families, and professionals understand the value of our physiotherapy and occupational therapy services.

➔ <https://maps.app.goo.gl/Zss4oFHkL9CpW5qp8spp.goo.gl/>



## Introducing: Rachel

### Physiotherapist at Therapies on Thames

My name is Rachel Howes. I am a Physiotherapist with a specialist interest in neurology. I spent 10 years working in the NHS in busy London teaching hospitals, specialising in treating people with long-term neurological conditions both in the acute and community settings. I then moved out of London and had a family, settling in Berkshire. I worked in a local community NHS service and then started working for Therapies On Thames, as their approach to rehabilitation appealed to me. Therapies on Thames provides a caring and comprehensive service for older people with long-term health conditions, and I really enjoy being part of a team that can offer such an important service.

