Therapies on Thames
Rehabilitation Specialists



Empowering Independence, Enhancing Lives

As summer continues, we would like to take a moment to thank our care home partners, care agencies, clients, families, healthcare professionals and community organisations for their continued support.

At Therapies on Thames, our work is centred on helping people remain active, rebuild confidence and continue doing the things that matter most to them. Through occupational therapy, physiotherapy, rehabilitation, training and education, we work closely with individuals and care teams to achieve meaningful, lasting outcomes.

New Partnership Announcement: Winchcombe Place Care Home

We are pleased to be beginning a new occupational therapy, physiotherapy and rehabilitation partnership with Winchcombe Place Care Home.

We look forward to working alongside the team to support residents with their mobility, independence and overall wellbeing, while helping therapy goals become part of everyday life.



Supporting Care Homes and Care Agencies

We work with care homes, domiciliary care agencies, supported living providers and community organisations to provide practical therapy support shaped around the needs of each service.

This can include therapy assessments, personalised rehabilitation programmes, falls prevention support, equipment recommendations, moving and handling guidance and staff training.

By working closely with care teams, we aim to build confidence, strengthen day-to-day practice and help the people they support live as safely and independently as possible.

Bringing People Together

This month, we hosted a networking breakfast that brought together care home managers, care providers, healthcare professionals, therapists and sector leaders.

The event created a welcoming space for shared ideas, new connections and honest conversations about how we can work together to improve support for older adults.

We are grateful to everyone who joined us and contributed to such a positive morning.





Education and Awareness Sessions

Over the past month, we have delivered Parkinson's disease awareness talks and falls prevention workshops for care home teams.

These sessions gave staff the opportunity to ask questions, discuss real-life situations and build their confidence in supporting people safely and effectively.

Education plays an important role in improving outcomes, and it is always encouraging to work with teams who are committed to learning and developing their practice.



Moving and Handling Training with YPWD

We also had the pleasure of delivering moving and handling training for the team at Younger People With Dementia.

The session explored safe practice, risk assessment, transfers, equipment use and dementia-friendly approaches. The team brought real energy and enthusiasm to the training, creating an engaging environment where everyone could take part and practise new techniques.

A Rehabilitation Success Story

Following a hospital admission, one resident was experiencing reduced mobility and needed additional support with transfers and everyday activities.

Through a personalised rehabilitation programme, they gradually rebuilt their strength and confidence. With regular therapy input and the support of the care team, they achieved safer transfers, improved mobility and greater independence.

Progress is different for everyone, but these meaningful steps can make a considerable difference to daily life.

How We Can Help

Our services include:

- Occupational therapy assessments
- Physiotherapy assessment and treatment
- Personalised rehabilitation programmes
- Falls prevention support
- Strength and balance programmes
- Seating and postural assessments
- Equipment recommendations
- Hospital discharge support
- Home environment assessments
- Staff training and education



Looking Ahead

Every partnership, training session and rehabilitation programme gives us another opportunity to help someone feel safer, stronger and more confident.

By working together across occupational therapy, physiotherapy, rehabilitation and education, we can support more people to remain active, maintain their independence and continue taking part in the activities that give their lives meaning.

Helping people live with greater independence, confidence and purpose.

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