

August at Therapies on Thames: Training, Community & Growth

August has been another busy month for the Therapies on Thames team, with plenty happening across our partner care homes and local communities.

From specialist training and falls prevention to the launch of a new Parkinson's Cafe and welcoming a new member of the team, there has been a real focus on sharing knowledge, supporting care teams and helping more people access the right rehabilitation and therapy support.

Parkinson's Training at AGE Nursing Home

Our team recently delivered specialist Parkinson's disease training for staff at AGE Nursing Home, helping to build confidence around the day-to-day support of residents living with Parkinson's.

The session explored how Parkinson's can affect movement, cognition and everyday activities, as well as some of the earlier changes staff may notice in areas such as walking, posture, facial expression, swallowing and mood.

We also looked at the importance of medication timing, practical mobility and transfer techniques, falls prevention and ways to support residents experiencing changes to their speech, thinking or confidence.

It was great to see the team getting involved, asking questions and sharing experiences from their own work with residents. Sessions like these give care teams the opportunity to connect clinical knowledge with the situations they encounter every day.

Falls Prevention at Brampton View Care Home

We also spent time with the team at Brampton View Care Home for a practical session focused on falls prevention.

Falls can have a significant impact on an older person's confidence, mobility and independence, so understanding changes in risk is an important part of everyday care.

During the session, we looked at factors such as reduced strength and balance, medication, changes in vision or cognition, footwear and the environment. We also discussed some of the smaller signs that can indicate a resident's risk may be changing, including walking more slowly, changes in posture or becoming less confident when moving around.

Practical strength and balance exercises, mobility aids and post-fall reviews were also covered, helping staff think about the different ways falls risk can be reduced and residents can be supported to remain as independent as possible.

Parkinson's Café Launches at Henley Manor Care Home

We were pleased to support the launch of the new Parkinson's Cafe at Henley Manor Care Home.

The cafe has been created as a welcoming place for people living with Parkinson's, alongside their families, carers and professionals, to meet others, ask questions and access useful information and support.

The launch included contributions from Dr Chatterji, who spoke about symptoms, medication and the wider management of Parkinson's, and Helen Avery, Parkinson's Specialist Clinical Nurse, who shared practical advice around coping strategies, emotional wellbeing and community support.

The cafe will now run regularly, giving people the opportunity to build connections, share experiences and learn more about living well with Parkinson's.

We are looking forward to seeing the community around it develop!





Save the Date: Curry Evening

We are excited to be planning our upcoming Charity Curry Night!

We're supporting a Charity Curry Night at WADE Day Centre, bringing the community together for an evening of homemade curries, refreshments and good company while raising funds for WADE's day services for older adults.

📅 Tuesday 8 September
🕕 5pm to 8pm
📍 WADE Day Centre, 40 Reading Road, Wokingham, RG41 1EH

Tickets are £15 per person and £5 per child. Everyone is welcome, so we would love to see some familiar faces there as well as people joining us for the first time.



Introducing Our New Team Member: Max Tomlinson

We are pleased to welcome Max Tomlinson to Therapies on Thames as Physiotherapist and Business Development Manager for Gloucestershire.



Max will be combining hands-on physiotherapy with developing our presence across Gloucestershire, building relationships with local organisations and helping more people access specialist therapy and rehabilitation closer to home.

Max says:
"Hello, I'm Max Tomlinson, and I am delighted to be joining the Therapies on Thames team as a Physiotherapist and Business Development Manager for Gloucestershire. Alongside providing physiotherapy services, I will be striving to develop our presence across the county, build strong local partnerships, and help more people access high-quality care closer to home. I'm really looking forward to getting started, meeting the wider team and supporting the continued growth of Therapies on Thames."

We are looking forward to having Max as part of the team and seeing our work across Gloucestershire continue to develop.

Looking Ahead

There is plenty more planned over the coming months, from further training sessions and care home partnerships to new community initiatives.

A big thank you to the care teams, residents, families and professionals who continue to work alongside us. Being able to share knowledge and see the difference that good therapy support can make is what keeps all of this moving forward.

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