THERAPIES ON THAMES NEWS

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Therapies on Thames
Rehabilitation specialists

June 2026

Carer's Week: Building Carer-Friendly Communities

We kicked off Carers Week with two fantastic community events focused on this year's theme: Building Carer Friendly Communities.

Falls Prevention with Walfinch Kingston & Weybridge

Our week began with an excellent Falls Prevention session delivered by Raj Senniappan for the team at Walfinch Kingston & Weybridge. A huge thank you to Sonia Labrow for her support in bringing this session to life.



The theme of the week reminded us just how much carers manage every day — often quietly, often unseen — and why listening to their experiences truly matters.

To every carer: thank you for the care, kindness, and heart you bring.

Talks with The Link Visiting Scheme

Later in the week, we continued our mission of building supportive communities with another Falls Prevention discussion, this time in partnership with The Link Visiting Scheme, with thanks to Beth Holdway and co for joining us.

Unpaid carers often shoulder enormous responsibility, and our aim was to show that community support exists long before a crisis point.

Together, we explored practical ways to stay safe, maintain independence, and protect the wellbeing of both carers and the people they support.

We're grateful to everyone who attended and shared their stories. Community is at the heart of everything we do, and your voices shape the work we deliver.

A special thank you to WADE Day Centre for once again providing a welcoming space for these important conversations.



Our Work with Older Adults

At Therapies on Thames, we support older adults recovering from illness, injury, surgery, a fall, or a hospital stay. Through specialist physiotherapy and occupational therapy, we help people rebuild strength, improve mobility, adapt daily routines, and regain confidence.

Carers play a vital role in this journey — encouraging exercises, supporting safe movement, noticing changes, and helping therapy goals become part of everyday life.
Carers Week is a powerful reminder that they deserve support, inclusion, and recognition too.

Spotlight Review

We're incredibly grateful for this wonderful feedback from a recent family we supported:

"Simon from Therapy on Thames has been the most incredible physio and has helped enormously with my mother's rehab following her hip and wrist fracture. His regular home visits have built her confidence, and her progress has been better than we could have imagined. We are so grateful for his excellent and invaluable help."

"We would also like to thank Claire from admin. Therapy on Thames was by far the easiest and smoothest to deal with — quick to respond, able to offer an appointment within days, and committed to regular home visits. The admin process was made so easy."

"We would recommend Simon to anyone needing rehab after a fracture."

Thank you for the kind words — they mean the world to our team.

We're Hiring in Newbury

We're expanding and looking for passionate, motivated Physiotherapists to join our growing team in the Newbury area.

If you or someone you know is driven to make a meaningful difference and wants to be part of a service that's scaling with purpose, we'd love to hear from you.



Click here to apply

Meet Tom Roberts, our Associate of the Month.

“Hi, my name is Tom Roberts and I am a Physiotherapist with three years of experience supporting people to improve their mobility, independence, and overall wellbeing.

I have spent the last two years working within the NHS, helping individuals achieve their rehabilitation goals and return to the activities that matter most to them.



I am an enthusiastic and compassionate person who enjoys helping others wherever possible. I am passionate about supporting people throughout their recovery journey, building confidence, and promoting independence through a person centred care approach.

Outside of work, I enjoy training for triathlons, keeping active, and challenging myself through endurance sports.”

We’re proud to have him on the team.

Delivering Moving & Handling Training to YPWD

This week, we had the pleasure of delivering a Moving and Handling training session to the wonderful team at Younger People With Dementia. Despite the soaring temperatures, the group brought incredible energy, curiosity, and commitment to learning — making it a genuinely engaging and rewarding session for everyone involved.



We were especially grateful for the strong turnout given the heat. The enthusiasm in the room never dipped, and the willingness to participate, ask questions, and practise techniques made the session both productive and enjoyable.

It’s always inspiring to work with teams who are so dedicated to providing safe, dignified, and person-centred support. We look forward to continuing our work together and supporting YPWD in delivering the highest standards of care.

Strengthening Partnerships for Better Outcomes in Elderly Care

Our breakfast event at Whittington House was a powerful reminder of what can be achieved when dedicated professionals from across the sector come together with a shared purpose.



We extend our thanks to Richard King for an insightful overview of Significare, and to Ashley Griffiths for showcasing the vital role Mobility Hire plays in enabling safe, timely, and person-centred care. At Therapies on Thames – Rehabilitation Specialists, we are delighted to be partnering with both organisations as we work collectively to enhance support for older adults.

A special thank you goes to Sarah Jacka and the Caring Homes Group team for hosting such a fantastic event at Whittington House Care Home in Cheltenham. The warm welcome and thoughtful setup created the perfect space for meaningful conversations and genuine connection.

It was inspiring to see colleagues from the NHS, local authorities, Solla, and the voluntary sector all in one room. Everyone brought valuable expertise, honest reflections, and fresh ideas. There were discussions had full of possibility, collaboration and what resonated most was the shared commitment to partnership working. When we connect across organisations and disciplines, we strengthen pathways, close gaps, and ultimately improve outcomes for the older adults we all serve.

We look forward to building on these connections and continuing this important work together!