# THERAPIES ON THAMES NEWS

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Therapies on Thames
Rehabilitation specialists

September 2026

## A Busy and Exciting September at Therapies on Thames

As summer draws to a close, we've been celebrating some fantastic achievements, strengthening new partnerships, and continuing to support our local community. We would like to thank all our patients, families, care home partners, and supporters for being part of our journey.

## Launch of the Benson House Parkinson's Café



We are delighted to announce the successful launch of the Parkinson's Café at Benson House Care Home.

The café provides a welcoming and supportive environment for people living with Parkinson's, their families, carers, and friends. The event is open to both care home residents and members of the wider community, creating an opportunity to share experiences, build connections, and access expert advice.

**First Friday of every month**
**10:30am - 12:30pm**
**Benson House Care Home**

We're particularly excited that our next café session will be led by Katherine Sutherland, one of our experienced physiotherapists. Katherine will be sharing practical advice, exercises, and strategies to help individuals living with Parkinson's maintain their mobility, confidence, and independence.
We look forward to welcoming both familiar and new faces to future sessions.

# Curry Evening Raises £762 for WADE

A huge thank you to everyone who attended our recent Curry Evening. The event was a tremendous success, bringing together members of the community for a fantastic evening of great food, conversation, and fundraising.

We are incredibly proud to announce that together we raised **£762 for WADE**, a charity that plays a vital role in supporting people and families across the Wokingham community.



The atmosphere throughout the evening was wonderful, and it was inspiring to see so many people coming together to support such an important cause. We would like to extend our sincere thanks to everyone who attended, donated, and helped make the event such a success.





# New Care Home Partnership: Ridley Manor

We are pleased to announce a new partnership with Ridley Manor Care Home in High Wycombe.

Therapies on Thames will be working closely with the team at Ridley Manor to provide physiotherapy assessments and ongoing reviews for residents, helping them maintain mobility, independence, and quality of life.

Our goal is to support residents in achieving their personal rehabilitation goals while helping to prevent deconditioning, reduce falls risk, and promote overall wellbeing.

We are excited to begin working with the Ridley Manor team and look forward to developing a strong and successful partnership.

## Autumn Health Tip

As the weather begins to change, it's important to continue staying active. Maintaining strength, balance, and mobility can significantly reduce the risk of falls and help support independence.

Simple daily activities such as walking, strength exercises, and regular movement throughout the day can make a real difference.

If you or a loved one would benefit from a physiotherapy assessment, our team is here to help.



# Meet The Team: Riju Thomas, Physiotherapist



I am a Physiotherapist at Therapies in Thames, specialising in musculoskeletal (MSK), orthopaedic and elderly care.

I have previous NHS experience as a Senior Community Physiotherapist and Rotational Physiotherapist, which has given me a broad range of clinical experience.

I  am passionate about supporting patients throughout their rehabilitation journey and helping them regain their strength, independence and confidence so they can return to their normal activities.

Outside of work, I enjoy playing and following cricket.

## Looking Ahead

Over the coming months, we will continue:

- Expanding our rehabilitation services across care homes.
- Supporting community initiatives such as the Parkinson's Café.
- Building new partnerships throughout Berkshire, Buckinghamshire, and Oxfordshire.
- Delivering high-quality physiotherapy and occupational therapy services to people in their homes and care settings.

**Therapies on Thames - Get in Touch**.

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Helping people move better, live independently, and live life to the fullest