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**We care  
We respect  
We are inclusive**



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[www.elft.nhs.uk](http://www.elft.nhs.uk)



**We care  
We respect  
We are inclusive**

If you wish to compliment or complain, please contact the Patient Advice and Liaison Service (PALS):

☎ 0800 085 8354

✉ [palsandcomplaints@elft.nhs.uk](mailto:palsandcomplaints@elft.nhs.uk)



To help us improve our service, please, scan for an instant access to the service experience survey.

Your Therapist (key worker) is: .....

## **Tower Hamlets Community Therapy Team**

Monday to Friday 9am – 5pm

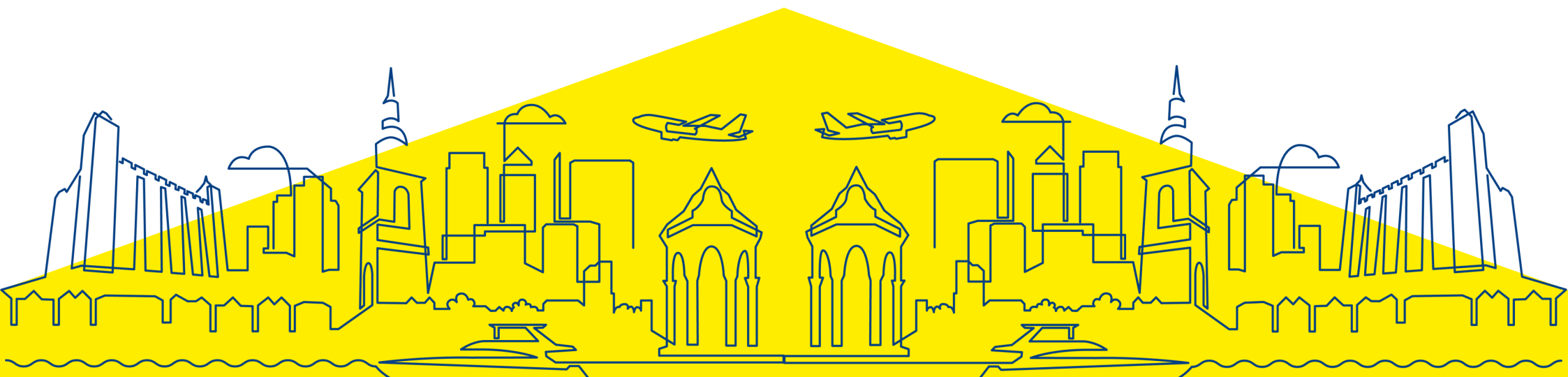
Single Point of Access: 0300 033 5000

**We will call you to book your first appointment.**

**Please ensure your GP has your correct contact details.**

**Contact your Therapist (key worker) via the single point of access if you need to rearrange or cancel your appointment with at least 24 hours notice.**

**Repeated cancellation may lead to discharge from our service.**



## Community Therapy Team: Our Role

- We provide short-term goal-oriented rehabilitation to residents of Tower Hamlets (aged 18 and over).
- Our team includes Physiotherapists, Occupational Therapists and rehabilitation Support Workers.
- We support people with taking control of their rehabilitation process, making informed decisions and improve their well-being.
- We help to identify and set achievable goals and tailor therapy to needs and aspirations by providing bespoke exercise programme.
- We help with preventing falls and maintaining independence to enable undertaking.
- We provide compassionate palliative and end-of-life care, focused on optimising function, enhancing comfort and quality of life.
- We may order equipment to support your mobility and comfort.
- We will discuss your progress with you and whether you are benefiting from the therapy and make changes.

## So you benefit from therapy sessions: Your Role

### Communicate Openly

Be prepared to discuss your progress, any challenges you are facing, and any changes in your condition with your Therapist. This helps tailor the therapy to your specific needs.

### Create a Comfortable Space

Well-lit and have enough room for any exercises or activities.

### Have Necessary Equipment Ready

As recommended by your Therapist.

### Stay Hydrated

Keep a bottle of water nearby. Proper hydration is important for maintaining energy and focus.

### Be ready

Ensure you have eaten and taken your medicines and you wear clothing that allows you to move freely.

### Commit to your therapy

Sessions with a Therapist can last 15 to 60 minutes. In order to maximize the benefit, you need to exercise regularly by yourself, unless you have been advised otherwise.

