

Feedback

Please raise any thoughts or concerns to the Team manager. They will try to resolve any issues straightaway.

Alternatively, you can contact our confidential PALS (Patient Advice and Liaison Service) on **0800 783 4839**. You can put your complaint/suggestion by email to:

PALSandcomplaints@elft.nhs.uk.

Your Therapist (key worker) is

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



Contact us

Beaumont House
Mile End Hospital
London
E1 4DG

Tel: 0300 033 5000

Email: thgpcg.spa@nhs.net

Web: www.elft.nhs.uk/services/tower-hamlets-community-therapy-team



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

We care . We respect . We are inclusive

TOWER HAMLETS

Community Therapy Team

Information for Service Users



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 in taking control of their rehabilitation process, making informed decisions and improving their well-being.
- We help to identify and set achievable goals and tailor therapy to needs and aspirations by providing a 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.

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