Serving South East London & Kent
Stories, News, Classes & Tips to help your recovery journey

THE LINK

Quarterly newsletter from
HOME LINKS PHYSIOTHERAPY

WINTER 2026

Welcome to the Winter 2026 edition of **The Link**

As we move into late winter, lighter mornings and evenings are finally on the horizon. Despite the cold snap, it's been a season of growth for Home Links Physiotherapy - welcoming a new business partner and launching new classes for our community. Read on for the latest news from our team and clients.

Home Links Physiotherapy Croydon & Sutton

We are thrilled to announce that Hannah Witherow will be leading Home Links Physiotherapy, Croydon & Sutton and has begun her work with us to build her business. Croydon & Sutton is the first Home Links Physiotherapy franchise, and Hannah's vision for the area is truly exciting. As an exceptional physiotherapist and inspiring leader, Hannah brings extensive clinical experience and a progressive mindset that embodies our core values: Compassion, Integrity, Excellence and Collaboration. Watch this space as Hannah builds her team and begins delivering the high-quality, patient-centred physiotherapy that Home Links is known for across Croydon & Sutton. ***Welcome aboard, Hannah!***



Hannah Witherow BSc (Hons) MSc, MCSP, HCPC
Registered Physiotherapist, Managing Director of Croydon & Sutton
www.croydon.home-links.co.uk

A warm welcome to Debbie



Home Links Physiotherapy is thrilled to welcome Debbie Halloway as a Physiotherapy Assistant. She'll be working across South East London and North Kent, bringing an extensive background as a fitness instructor to her new role. Her experience and expertise will be a fantastic addition to our team.

A message from Joanna...

Spring is around the corner, bringing more light, life, and our full name change to Home Links Physiotherapy. Our one-to-one home physiotherapy remains at the heart of what we do, with one-hour appointments ensuring time to understand your needs and build confidence in your treatment plan. Between home visits, our therapists lead activities and community events across your local area. Last month we started our new physio-Pilates class on Mondays in Orpington. Our Parkinson's Champions class in Bickley is now weekly. Thrive Club is on Tuesdays and we provide five weekly classes with Age UK Bexley. We also deliver educational talks on staying fit and healthy as we age. If you'd like us to visit your care home, sheltered housing, or club, please get in touch. We have exciting collaborations planned for the coming months, including networking events that bring together physios from the region to share expertise and maintain excellent standards of care. Enjoy our community news and don't miss the details of our



Joanna Ward MSc MCSP HCPC
Registered Physiotherapist, Founder & CEO

Sheila's Painting Makes Her Feel Alive

Not only does painting help maintain dexterity and hand-eye coordination, but it can also offer creative expression and a sense of accomplishment, as Sheila has found. She shares what it means to paint in her spare time:
"Painting makes me concentrate, and it helps with my fingers, which are pretty numb. I feel better and more alive after painting. Choosing the colours can be difficult at times, working out what colours to use on what areas, but it is fun."



Sheila Miscampbell

RECOVERING INDEPENDENCE - *PHILIP'S STORY*



When a sudden change to your health or mobility takes away your independence, it can feel overwhelming. For many of our clients, this is made worse by hospital stays and a lack of consistent support at home.
In his story, Philip shares his journey with Home Links Physiotherapy as he works towards regaining his independence.
"One evening, in September 2022, my life was changed abruptly. An unexpected fall at home left me unable to walk - the strength had completely drained from my legs. I suddenly found that I was unable to do virtually anything independently. Two months of hospitalisation didn't do much to improve my situation.
A simple telephone call put me in touch with J Links Physiotherapy, and I have been under their care since February 2023. Since that time, I have made great progress under a variety of different physiotherapists and am well on the way to recovering my independence. I realise that this will never be total independence, but if I can get some of my old life back, I will be eternally grateful.
During my time with J Links, I have had two more bouts of hospitalisation, in September 2023 to drain an infection from my right leg and March 2024 to have a total right knee replacement. On each occasion, the J Links staff have been helpful and understanding.
The J Links staff have always been good, kind and professional, and I will always be thankful for their help."
Philip H. Stillman

Read more inspiring stories from the community in our online blog.

Have you worked with our incredible physiotherapy team?
Share your story by emailing: admin@home-links.co.uk

CYBER ESSENTIALS CERTIFICATION

Home Links Physiotherapy has been certified by the National Cyber Security Centre. This is a verified and UK government-backed certification that demonstrates we have implemented five key technical controls to protect against online threats, such as phishing and malware.
Our Cyber Essentials compliance badge reflects our commitment to safeguarding our clients' sensitive health information and maintaining the highest standards of data protection in all our digital operations.

Care For Loved Ones

We are grateful for the kind feedback we receive from our clients, their families and loved ones.

"This service has been an absolute godsend to my mother, who has cognitive problems and lost her mobility after being confined to bed for too long while in hospital, then rehab, then a care home. Without the JLinks physio, I am convinced that Mum would now be unable to move or feed herself. I am so grateful to JLinks and thankful that I found you."

Tessa, Rochester, Kent

We're growing our team and looking for passionate physiotherapists to join us!
If you're interested in making a real difference in people's lives, or know someone who would be perfect for our team, we'd love to hear from you. Please email: **admin@home-links.co.uk**

FIT MOVE

Physio Pilates

Physio-Led Pilates Classes

WORKING TOGETHER TO IMPROVE YOUR MOBILITY AND STRENGTH

Led by an APPI-qualified physiotherapist with specialist training to support people living with osteoporosis, long-term conditions, or those needing expert guidance and personalised support.



Our FitMove Pilates classes offer:

- ✓ Classes led by qualified physio
- ✓ Personalised approach
- ✓ Small class setting
- ✓ Pre-assessment with physio
- ✓ Supports long term conditions
- ✓ Tailored moves just for you
- ✓ Friendly fun class

Class runs every Monday at 11.30am until 12.30pm
At: Orpington Village Hall, 311 High Street, Orpington BR6 0NN (There is no onsite parking but public parking available in Orpington)
Cost: £20 per class (Invoiced every 6 weeks at £120)

For more information please call:
020 3834 8471
BOOK NOW ONLINE AT:
www.fitmove.co.uk/pilates

Coming to Sidcup soon...

We are looking forward to launching a new class at Sidcup Storyteller in the near future.
More details will be released soon. Please contact us for information.

FIT MOVE

Online FitMove Class

Enjoying excersing from the the comfort of your home

Thursdays at 10:30am til 11:30am | Join FitMove Online by calling 020 3834 8471 or email: referrals@home-links.co.uk

If someone you care about is recovering and could benefit from professional physiotherapy support at home, reaching out to Home Links on their behalf can be the first step toward helping them regain strength, independence, and confidence in their recovery.

Serving South East London & Kent | **Telephone:** 020 3834 8471 | **Email:** referrals@home-links.co.uk
www.homelinksphysiotherapy.co.uk

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HOME PHYSIOTHERAPY: FROM PUBLIC TO PRIVATE PHYSIOTHERAPY

Kaia joined Home Links Physiotherapy after working as an NHS physiotherapist. She valued the excellent training she received in the NHS and wanted to ensure her professional development would continue in the private sector. In our latest blog, she reflects on her positive experience of making the transition with Home Links.

Q& A with... Kaia: A Focus on Age UK Bexley



Kaia, Home Links Physiotherapist

We are proud to partner with Age UK Bexley to provide physiotherapy classes that help older adults maintain their independence and quality of life. We sat down with Kaia, one of our physiotherapists who leads these sessions, to learn more about the impact these classes have on participants and what makes this partnership so rewarding.

What's your favourite thing about running physiotherapy classes at Age UK Bexley?

My favourite thing is seeing the sense of community that develops within the classes. Everyone supports and encourages each other, and it's really rewarding to watch people grow in confidence over time. I also love knowing that the exercises are genuinely helping people stay independent and improve their quality of life.

What's one change you see most often in people who attend your classes regularly?

The biggest change I notice is improved confidence alongside increased strength and mobility. People often start moving more freely, standing taller, and feeling more comfortable with everyday tasks like walking, standing up from a chair, or climbing steps.

Can you share a memorable moment or surprising improvement that you've seen at one of your classes?

One very memorable moment was with a lady who was initially very reliant on her Zimmer frame. She used to refuse to use her walking stick when walking from her car into the class because she didn't feel confident. After several weeks of attending, gaining strength, and having a few encouraging conversations, she arrived one day using only her walking stick. The smile on her face and how proud and confident she looked was amazing. It was a real reminder of why this work is so meaningful.

What's your top tip for maintaining mobility and strength as we age?

Consistency is key. Little and often is better than doing nothing at all. Simple exercises, regular walking, and staying active in ways you enjoy can make a huge difference over time.

When you're not working, how do you like to exercise/stay fit and healthy?

I enjoy a mix of gym workouts focusing on strength and cardio, and I also enjoy yoga. I also like walking and spending time outdoors. I try to keep active in ways that feel balanced and enjoyable rather than overly intense.

Walfinch
REDEFINING HOME CARE

HOME LINKS PHYSIOTHERAPY

Thrive Club Orpington

A PHYSIO-LED EXERCISE CLASS

Are you looking for a class that combines fitness, health and socialising? Thrive Club Orpington is a Home Links Physiotherapy-led exercise class in partnership with Walfinch Home Care *(Dulwich, Bromley and Sevenoaks).* Gain confidence in how you are exercising for your body Learn safe techniques to protect joints and avoid injury Enjoy refreshments and socialise after the exercise session.
We hope to see many of you there!
To enquire please contact: **referrals@home-links.co.uk**



SCAN TO BOOK CLASS:

- Confidence that you are exercising the right way for your body
- Safe techniques to protect joint and reduce risk of injury
- Refreshments, and time to chat with others afterwards

Every Tuesday: 1:30 pm - 2:30 pm
(Except 4th Tuesday of each month)
Where: Orpington Village Hall,
311 High Street, Orpington BR6 0NN

Read more online:
SCAN HERE

Walfinch Home Care
Dulwich, Bromley & Sevenoaks
020 3337 6866
bromley@walfinch.com

Home Links Physiotherapy
020 3834 8471
referrals@home-links.co.uk

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