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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বকলিপ ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিকিয়াল টিমের সাথে কথা বলুন।

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Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Waxii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

میں پڑھنے کے لیے سہولتیں، سہولتوں کی درخواستیں میں فراہم کرنے میں مددگار ہوں۔ مزید
پر رٹ بڑا یا آسان اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید
معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: www.bartshealth.nhs.uk/pals

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Patient information

Therapy Service on the Older Person's Wards.

The Therapy team will see patients who have therapy needs (e.g. assessments, referrals and rehabilitation) up to three times a week. We run exercise and dance classes, as well as Café Club to help patients to recover more quickly.

Contact details:

14th Floor

Ward 14E:

Phone: 020 3594 2918

Ward 14F:

Phone: 020 3594 2937

Therapies Office:

020 3594 0677

Follow us on Twitter: @RLHOPS



Therapists Roles

You will be seen by either an Occupational Therapist or a Physiotherapist for your initial assessment.

Physiotherapist (PT): Our role is to optimise mobility and strength through rehabilitation to help you perform functional tasks. **We wear blue Trousers!**

Occupational Therapist (OT): Along with rehabilitation our role is to ensure that your home is adequately set up and you are well supported to be safely discharged from hospital. **We wear green trousers!**

Therapy Support Worker (TSW): Our role is to support both PTs and OTs in both rehabilitation and administrative tasks. **We wear grey shirts!**



Details of the Classes

Who? Patients across the 14th floor who are willing and medically fit enough to sit in a chair for 1 hour can participate. Classes are adapted to each individual and friends and family are welcome!

Why? 1. A great way to maintain or improve your strength

2. A chance to meet people

3. A change of environment

Where? The Café Club or in the Seminar Room on either 14E or 14F.

We will assist in ensuring patients are transferred to and from the class safely. Non-slip socks are available for those without their slippers!

Dance Class

Run in collaboration with the Wayne McGregor Dance Company

Held every Tuesday 2-3pm

Chair based exercise and activities incorporating movement to music in a group

A term class runs for 6 weeks at a time.



Café Club

Run in collaboration with the dementia and delirium team.

14E every Tuesday 11-12pm and 14F every Wednesday 11-12pm.

A great way to socialise and share stories alongside a cup of tea and biscuits.



Exercise Class

Run by therapy staff (e.g. physiotherapist, occupational therapist, therapy support workers).

Held every Thursday 2-3pm.

Consists of chair based exercises in a group setting working both arms and legs.

There are some restrictions due to COVID-19 however we are following Public Health England's advice on Social Distancing and Infection Prevention.