



Midwinter
Physiotherapy

Spring 2025 Newsletter



As we move into spring, it's the perfect time to focus on staying active and prioritising your physical health. Whether you're recovering from an injury or aiming to improve mobility, we're here to support you on your journey to feeling your best. In this latest newsletter, we're sharing helpful tips and insights to keep you moving and feeling great,

Stay tuned for all the exciting things we have coming up—and remember, our team is always here to help you reach your goals!

Our Values

Everyone matters, integrity, empathy and being exceptional.

Welcome Jenny!

We are so pleased to welcome Jenny Giddings BSc MCSP who joined the Midwinter Physio Team in November 2024 as a Clinical Lead.

Jenny is an exceptional physiotherapist with over 20 years experience in the NHS and private sector. Having worked in areas including Trauma and Orthopaedics, Acute and Surgical Medicine, Neurology and Stroke Rehabilitation. She was Team Lead Physiotherapist in Trauma and Orthopaedics for Worcestershire Acute Hospitals NHS trust before moving on in 2018 to set up an award-winning community physiotherapy business until her maternity leave in January 2024. This is where she felt a change was needed and joined our growing team as a clinical lead. She is an APPI trained Pilates instructor and enjoys bringing the principles of Pilates and its rehabilitation technique into her treatment sessions for a wide range of different clinical presentations.



Jenny brings a wealth of clinical experience to the team in a new position as Clinical Lead Physiotherapist. She prides herself on providing bespoke, patient centred rehabilitation ensuring that her care is tailored to the individual which perfectly matches our values.

Jenny is registered with the Health and Care Professions Council (HCPC) and Chartered Society of Physiotherapy (CSP). She is also part of the professional network AGILE, a representative body of physiotherapists whose members strive to deliver the highest possible physiotherapy practise with older people. We are so excited to have Jenny leading the way for our older adults and frailty services and we're excited to keep you updated with our progress.

Falls Prevention

Are you in pain, struggling to move well or recovering from injury? Have you fallen or scared to fall?

Did you know we offer a falls prevention service?

We provide bespoke, exceptional physiotherapy to get you back to doing what you love. Whether that's playing with the grandchildren, going on a cruise or being able to get up the stairs, we're here for you to reach those goals.

Where we treat:

- Your Home
- Our Evesham Clinic
- Care homes
- The Pool
- The Gym



“Amazing Team giving great help and support to many of our residents at Wood Norton. Always welcome!”

“Sian and staff have been the reason that I am now nearly walking unaided. They have helped, encouraged and been there with me on my long journey from near paralysis to full movement in my legs. Everyone is continually smiling which lightens your mood so the exercises seem much easier than they are “

Patient Reviews



“Sian and her team have provided exceptional person centred care to my mum who, after a period in hospital sadly went off her feet. Her mobility was poor before hospital admission and as many elderly frail she was very fearful of falling - resulting in her falling! Continuity of care, kindness and a belief in mum has seen her back on her feet walking with a frame with confidence and a smile on her face. She actually mobilises better than she did before hospital admission! BUT....attention to detail and individual care requirements....the shoulders holding such anxiety and stress, gentle manipulation of the muscles and tension relieved....a precious gift. Healing hands at their best, I highly recommend. In fact I've struggled with my back for years, I may just succumb! . Thank you Midwinter Physio for a new spring .

“Great session for hamstring problems. Easy to make appointment, session was thorough in identifying issues and follow up email with photos of exercises and schedule was much appreciated. Highly recommended.”

“I felt listened to, and my condition was thoughtfully assessed. I was given clear instructions with follow-up videos to ensure I completed the exercises at home accurately. I would return to this practice if I need further physio.”

Free Falls Training

We are delighted to announce that we are offering a free hour to care homes to deliver training to their staff or we are available to come along and run an information session for residents. If you would like to find out more information please reach out to us:

Contact us by [email here](#)

Contact us by [telephone](#)

Specialist Respiratory Training

In December, Sian delivered specialist respiratory training at National Star College and ACPPLD in Dudley, focusing on vital techniques like cough assist, chest clearance, suction, and manual techniques. The training was designed for care Physiotherapists working with individuals with learning disabilities and adults with impaired cough, equipping them with essential skills to make a real impact, reducing premature mortality and improving quality of life.

If you'd be interested in bespoke training for your care team, loved one or therapist

Contact us by [email here](#)

Pool Hoists

We have been integral to the upgrade by Wychavon District council and Evesham Leisure Centre to get the pool hoists up and running,, opening the door to greater accessibility and life-changing aquatic therapy for all! www.riversfitness.co.uk/evesham

★ Staff Achievements ★

Congratulations to Kerry our Physiotherapy Assistant on completing her **Care Certificate!** The Care Certificate gives everyone the confidence that health and care professionals have the same introductory skills, knowledge and behaviours to provide compassionate, safe and high-quality care and support in their own particular workplace setting.



What else have we been up to?

Wychavon District Business Meeting

Sian attended the Wychavon District Business Update, gaining valuable insights and staying ahead of the curve on key developments in the area!



Myriad Centre open day, we'll be there - for more information have a look at the following website.

<https://myriadcentre.co.uk/physical-management/>

“Physiotherapy for adults with PMLD is essential to maintain function and mobility as well as prevent serious health problems associated with immobility and low levels of physical activity”

Sian Midwinter, MSc, MCSP, Specialist Learning Disability Chartered Physiotherapist & Director of Midwinter Physiotherapy Ltd

Please help us to support The Myriad Centre!

Support a Future Filled with Possibilities

Every donation you make helps transform the lives of individuals with profound and multiple learning disabilities (PMLD) at The Myriad Centre.

Your support ensures that the Myriad Centre to continue to offer essential services like physiotherapy, hydrotherapy, music and arts therapy, and enriching day-to-day activities. These are not just extras—they are lifelines that help our clients express themselves, engage with the world around them, and enjoy meaningful, fulfilling lives.



DONATE HERE