

# Community Physiotherapy (East Berkshire) service video transcript

0:00:00.400,0:00:06.240

We are the East Berkshire Community Physiotherapy Service. We offer support in your own home,

0:00:06.240,0:00:11.600

if you're housebound or unable to attend clinic appointments. If you are able to get out on your

0:00:11.600,0:00:17.040

own with support or via hospital transport, we can direct you to a variety of outpatient

0:00:17.040,0:00:23.280

services to suit your needs. We work closely with your GP and other services such as social

0:00:23.280,0:00:29.360

care within East Berkshire, which includes Slough, Maidenhead, Windsor, and Bracknell.

0:00:29.360,0:00:34.480

We will work with you and your carers and family to create the right rehab plan for you. You will

0:00:34.480,0:00:40.000

develop personalised goals and we will help you set up a self-management plan. This can include

0:00:40.000,0:00:45.760

helping you get back to walking, exercising more,

and regaining independence in everyday life so you

0:00:45.760,0:00:51.360

can return to activities in your local community.  
We aim to provide a range of support within your

0:00:51.360,0:00:57.760

environment, walking towards specific goals within  
your set period of time. We also have a program

0:00:57.760,0:01:03.040

where we loan exercise equipment specific to your  
needs to help inspire you to exercise on your

0:01:03.040,0:01:08.800

own. To access our service, you will need to be  
referred by your GP or health care professional.

0:01:08.800,0:01:13.680

We currently do not accept self-referrals.  
When we receive your referral, you may get

0:01:13.680,0:01:19.040

a call to discuss your needs and confirm we are  
the most appropriate service. We cannot provide

0:01:19.040,0:01:23.760

specific waiting times as the service demand  
can vary. You can find more information about

0:01:23.760,0:01:29.680

the East Berkshire Community Physiotherapy  
Service and what we offer on our web page.