Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Community Therapy Team

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Patient Information

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Community Therapy Team – Who Are We?

We are a team that supports adults at home who need short?term help to stay safe, active and independent. Our team includes Occupational Therapists, Physiotherapists, Rehabilitation Practitioners and Therapy Assistants, all working together to support your safety, independence and wellbeing at home. Depending on what you need, you may see one or more members of the team during your care.

What We Offer

We provide short?term therapy in your own home for people who are unable to attend or currently are finding it very difficult to attend clinics or outpatient appointments. Most people receive a visit every one to two weeks, although this may vary depending on your needs. Once we receive your referral, or your reply to our opt?in letter, we will contact you to arrange your first appointment at a convenient time.

Your First Visit

Your first visit will last around 60 to 90 minutes. We will talk with you about your current needs and carry out an assessment in your home. Together, we will agree a few simple goals and create a therapy plan that explains the support we will offer.
We will ask for your consent before starting, and you may be asked if you agree to us sharing information with your GP when needed. All information discussed must be recorded in your therapy notes.

How We Can Help

Occupational Therapists: help with everyday tasks such as washing, dressing and meal preparation. They also support you to manage daily activities safely, including moving around your home and using any equipment that may help you stay independent.

Physiotherapists: support you with mobility, balance and strength. Their work focuses on exercise and movement, so as to improve your confidence, mobility and physical wellbeing.

Rehabilitation Practitioners: can assess your needs, guide you through exercises and daily activities, and help you practise the skills needed to work towards your personal goals.

Therapy Assistants: continue your therapy plan, help you practise activities and check on your progress between visits. They play a key role in supporting your ongoing rehabilitation and ensuring your plan remains effective.

Our Aims

Our aim is to help you stay as independent and confident as possible. We work with you to set achievable goals, learn useful techniques and build on your strengths. We will review your progress regularly and adjust your plan if your needs change.

When We Visit

Home visits usually take place between 9:00am and 4:00pm, Monday to Friday. Please be aware we are not an urgent or emergency service.

How to Refer

Referrals can be made by your GP, Social Care or another health professional.
You can also self-refer by contacting our Single Point of Access on **0300 7071221**

A Few Helpful Requests

To help us support you safely, please do not smoke during our visit, and keep pets in another room while we are with you. We ask all patients to treat staff with courtesy and respect. Our team works under a Zero Tolerance Policy, which means we cannot allow any verbal or physical abuse.

Community Services for Adults in the Wigan Borough

Age UK Wigan Borough

Phone: 01942 615880

National Helpline: 0800 678 1602

Pensioners Link

Phone: 01942 261530

Wigan Council – Adult Social Care & Health

Website: https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/Adults-Health-Social-Care.aspx

Contact Numbers: 01942 828777 / 01942 404364

Integrated Community Equipment Store (ICES) – Wigan Borough

Public Contact: 01942 486411

Opening Hours: Mon–Fri 08:00–17:00, Sat–Sun 08:00–15:00

Returning equipment / servicing: Routine: 0800 370234, Out-of-hours: 01422 233133

MSK Physiotherapy – Self-Referral (WWL NHS)

Online Self-Referral: https://www.wwl.nhs.uk/adult-msk-physiotherapy-self-referral

Eligibility: Age 16+ with musculoskeletal pain

Clinic Numbers: Boston House: 0300 7071113; Platt Bridge: 0300 7071772; Leigh Health Centre: 0300 7071597

Podiatry – Self Referral (WWL NHS)

Phone: 01942 483483

Self-referral forms available via GP surgeries

Be Well Wigan – Health & Wellbeing

General info: https://bewellwigan.org/lifestyle/health-and-wellbeing-support/

Community Link Workers: https://bewellwigan.org/lifestyle/health-and-wellbeing-support/communitylinkworkers/

Phone: 01942 828535

Mental Health & Wellbeing – Wigan Council

Website: https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/Mental-health/Index.aspx

WWL Useful Contacts PDF:
https://www.wwl.nhs.uk/media/.leaflets/6728a91274a049.94482232.pdf

Think Wellbeing (NHS Psychological Therapies)

Phone: 01942 764449

Wigan & Leigh Carers Centre

Leaflet: https://www.wwl.nhs.uk/media/.leaflets/6932c54e56b0a0.49568839.pdf

Greater Manchester Mental Health (GMMH) – Wigan Services

Website: https://www.gmmh.nhs.uk/wigan-services/

Wigan Resilience & Wellbeing Team (Creative Support)

Address: 40C Warrington Lane, Wigan WN1 3RT

Phone: 01942 238413

Website: https://www.oldhenrystreet.co.uk/wigan-resilience-wellbeing-team/

Wigan Wellness Web – Rest, Relax & Restore

Form: https://wiganwellnessweb.formaloo.co/c74xc3

Turn2Us – Adult Social Services Directory

Website: https://advicefinder.turn2us.org.uk/Home/Details/3565

Wigan Safeguarding Adults – Mental Health Support

Website: https://www.wigansafeguardingadults.org/Policy-and-Guidance/Topics/Mental-Health-Support.aspx

With You – Drug and Alcohol Support

Coops Business Centre, Dorning Street, Wigan, WN1 1HR

Phone: 01942 487500

Kennedy House, Brunswick Street, Leigh, WN7 2PJ

Phone: 01942 404299

https://www.wearewithyou.org.uk/local-hubs/wigan-and-leigh



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