

SV Sports Therapy

Peer Networks' Journey

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Business Essex, Southend and Thurrock



Background

SV Sports Therapy specialises in assessing, diagnosing and treating muscle, joint, bone and nerve pain caused by injuries. The company consists of sports injury clinic residencies in Essex (Loughton, Harlow, Waltham Abbey and Chingford).

<https://www.svsportstherapy.com>

During the Global Pandemic (Lockdown 1) all four Essex sites closed for four months, re-opening in July 2020 with enhanced safety and PPE.

Whilst all staff are self-employed, they were able to access state income support. However, since re-opening the sites, time allowed for cleaning in between sessions has decreased the number of sessions available in a day. This has impacted operations and cashflow, which also suffered due to increased costs for purchases of PPE and cleaning materials.

Sophie Vowden is Managing Director, Founder and Senior Sports Therapist of SV Sports Therapy, which was established in 2010.

How Peer Networks helped

Sophie did not have a clear business plan and Peer Networks helped enhanced her clarity. She now has a clear goal for the business coming out of Lockdown 3.

Sophie was keen to join Peer Networks because she wanted to enhance her business skills and increase her capacity to deliver a fantastic service to her clients.

Enhanced support in business and personal development has been very useful to building the business plan. The company has been able to access grant funding for capital expenditure to enhance computer software to support the business.

Some cohort sessions covered different aspects of marketing, which has given Sophie a fresh perspective on how to increase brand awareness of SV Sports Therapy.

Sophie noted "As well as the accountability of the meetings, I've gained a great support network".

SV Sports Therapy (Sophie Vowden) says:

"My advice to business owners who are considering Peer Networks is that it is a fantastic platform to hold yourself accountable in the cohort that you are teamed with. It is a forum to give and receive advice in a safe and professional environment.

With a happy heart I am pleased to say I am confident with the future success of my business. Without a doubt, being part of Peer Networks has had a part of that future success."

How Peer Networks can help your business

Learn from your peers: Find solutions to the real issues your business is facing by working with other local business leaders facing similar challenges.

All it takes is your time: Peer Networks is a completely free programme, all it takes is a few hours of your time each month. You can join virtual sessions from the comfort of your home or office.

Varied delivery, real results: Activities take place in structured, small-group sessions, led by a skilled professional facilitator to make sure you see real

results in return for the investment of your time. You will also benefit from access to 1:1 mentoring, coaching or advice depending on the support you need.

Non-competitive: Peer Networks brings together business leaders working collaboratively to find solutions to common problems. You will not be placed in a group with any competitors, so you can share your expertise and benefit from others.

For more information about Peer Networks, visit

www.peernetworks.co.uk

Peer Networks is powered by the BEST Growth Hub

The BEST Growth Hub offers free, impartial advice to help Essex-based businesses grow.

At the BEST Growth Hub, we help our clients make smarter decisions centred around the four key components of running a business:

planning | growing | solving | adapting

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