Access to Hydrotherapy in the South West

Conducted by
Khurm Arshad
South West Muscle Group
Muscular Dystrophy Campaign
Foreword

Many of us will know someone either directly or indirectly who has tried hydrotherapy and felt the positive benefits it can help bring, yet receiving continuous access to hydrotherapy is difficult and can vary between different counties.

Problems range from obtaining a referral from a health professional to gaining access to a facility with a hydrotherapy pool. Another issue is persuading a health professional of the benefits hydrotherapy helps provide to an individual. Going it alone can prove to be expensive, especially when trying to make hydrotherapy visits a regular part of an individuals’ life.

Whilst in some counties the NHS helps pay for hydrotherapy, in others, access is more distinctly difficult. Ultimately, we would like to see access to hydrotherapy vastly improved but in the meantime we must cope with the facilities and access available as of today.

Compiled below is a report of the hydrotherapy pools I could find in the South West. It is possible I have missed several hydrotherapy pools and if so please let me know in order for the facility’s details to be added.

Whilst everyone who has contributed to this report has done their utmost to keep this information up to date, please contact the facility in question or hospital before visiting to check for any changes.

Areas Covered

- Bristol
- Gloucestershire
- Somerset
- Wiltshire
- Dorset
- Devon & Cornwall

Whilst the report comprehensively covers hydrotherapy facilities it doesn’t cover what, as users of hydrotherapy we want. It may be continuous (more than 6 weeks) access to hydrotherapy with a physiotherapist or simply just access to hydrotherapy for self management. Your views and comments will be gratefully received. In due course, your comments will be used by the Muscular Dystrophy Campaign and the NHS to help provide the exact service and structure you require.

I would like to take this opportunity to thank Sharon Kitcher (Secretary South West Muscle Group), Carla Spreadbury (Neuromuscular Care Co-ordinator) and anyone whom I may have missed out for their contributions to this report.

The information contained in this report is summarised at the end.

Following on from this you will find a report carried out by Baroness Celia Thomas on hydrotherapy. In the report, Baroness Celia Thomas highlights the benefits she received from hydrotherapy and other key findings.
Update- 02nd March 2010

An Update from Helen Phelps- Starbuck on Derriford Hospital, Plymouth PCT and Hydrotherapy;

‘The Clinical Effectiveness and Commissioning Governance Group approved the idea of looking into provision of hydrotherapy for patients with neurological including neuromuscular conditions on the basis of inequity of provision at present. This was approved on 20th Jan 2010

Since this meeting, I have met with our local providers to identify how we might be able to move this forwards. There will be a number of operational issues to overcome before we can deliver this provision, so I am currently on the case with this. This may take some time to unravel.

I have spoken with Jennie Shine to see if we can obtain both referral criteria and service specifications for hydrotherapy for people with neuromuscular conditions. Thank you for offering to request this of the MDC as well. Obtaining examples of these two documents would help facilitate the process locally. These examples would be best if they came from NHS sources as we often have differing legal requirements around provision to our private colleagues.’

Please contact me by email Khurm@khurm.com or mobile 07920746058 should you have any questions, queries or comments. Hopefully together we can make a difference.

Khurm Arshad
Name: Brislington Enterprise College

Address: Hungerford Road
Brislington
Bristol
BS4 5EY

Contact Details: 0117 3772055 (School)
0117 3533400 (Skanska Bristol Schools Helpdesk)
bristolschoolshelpdesk@skanska.co.uk

Pool Type: Hydrotherapy built in 2009 by Barr & Wray Water Engineers for Skanska

Comments: Originally information released indicated the pool would be available for the community to use during term times on the weekends and after 1800 hours in the evenings.

Since investigating a little further with the college and Skanska, due to the Health and Safety issues Skanska has enforced a policy not to hire this hydrotherapy pool. I couldn’t arrange a meeting with the manager of Skanska despite numerous attempts. I have emailed Skanska to highlight my concern at a new pool not being used by the community.

Name: Briarwood Special School

Address: Briar Way
Fishponds
Bristol
BS16 4EA

Contact Details: 0117 3532651 (School)
0117 3533400 (Skanska Bristol Schools Helpdesk)
bristolschoolshelpdesk@skanska.co.uk

Pool Type: Hydrotherapy, relatively new I understand, built for Skanska

Comments: Originally information released indicated the pool would be available for the community to use during term times on the weekends and after 1800 in the evenings.
Since investigating a little further with the college and Skanska, Skanska has enforced a policy to not hire this hydrotherapy pool due to health and safety issues. I couldn’t arrange a meeting with the manager of Skanska despite numerous attempts. I have emailed Skanska highlighting my concern at such a new pool not being used by the community. Skanska own both this site and Brislington Enterprise College.

**Name:** Claremont School  
**Address:** Claremont Primary Site  
Henleaze Park  
Bristol  
BS9 4LR  
**Contact Details:**  
0117 3533622 (School)  
07968 327468 (Diane Roberts, coordinator for Hydrotherapy)  
0117 3775217 (Helen Tate, coordinator for Saturday Session)  
**Pool Type:** Hydrotherapy built approx 9 years ago. Construction funded entirely by parents’ contributions.  
**Comments:** On Saturdays during term time the school runs a Disability Group Session (Seals Starfish Club) which starts at 1000 and finishes at 1200 hours. Price per session is £5.00 inclusive. They provide a lifeguard and teacher.

Every last Sunday of the month, the charity Scope runs a group session between 1400 and 1800 hours. Costs have not been indicated but if anyone is interested they can contact the charity direct to ‘tag along’.

Other options during term time;

**Weekday Hire per Hour**

- £35.00 Pool
- £18.00 Lifeguard (also trained as a therapy teacher)

**Weekend Hire per Hour**

- £60.00 Pool
- £18.00 Lifeguard (also trained as a therapy teacher)
The individual sessions need to be booked in advance, and for a year in advance. There may be an option to book one term to start with, but then there is no guarantee that the time you pick next term will be available.

Another option is that we start our own MD session booking (e.g. Saturdays 1400 till 1800 hours). Cost per day would be £312.00. This could be shared by those attending the session (e.g. 6 people attending would pay £52.00 each).

Name: Florence Brown School
Address: Florence Brown School
4 Leinster Avenue
Knowle West
Bristol
BS4 1NN
Contact Details: 0117 3532011
Pool Type: Hydrotherapy Pool
Comments: Unfortunately the school’s existing pool was damaged heavily in May 2009 by vandals. Being one of the Southwest’s largest hydrotherapy pools it is a great loss. The school is not sure currently whether it is worth repairing the old pool.

Skanska, who are building a new complex on the school grounds, are also building a new hydrotherapy pool on the existing site which is due for completion in May 2010.

According to the staff I spoke to, it will continue to be used by both students of the school and the community, unlike some other Skanska projects in Bristol. There is no guarantee of this thou.

Like most schools which are built under the Bristol Local Education Partnership (LEP) with Skanska access to hydrotherapy pools is always restricted.
Name: New Fosseway School
Address: Teyfant Road
Hartcliffe
Bristol
BS13 0RG
Contact Details: 0117 9030220
Pool Type: Hydrotherapy
Comments: New hydrotherapy pool opened September 2009. It is a new build and as with many Skanska sites not available for public or community use.

Name: Ilminster Avenue Specialist Nursery School
Address: Ilminster Avenue
Knowle West
Bristol
BS4 1BX
Contact Details: 0117 9030255
Pool Type: Hydrotherapy
Comments: Pool is available to use but getting hold of staff to make a booking is difficult.

Name: University of the West of England
Address: Frenchay Campus Gym
Coldharbour Lane
Bristol
BS16 1QY
Contact Details: 0117 9656261
Pool Type: None
Comments: Were due to build a new hydrotherapy pool this year however, due to funding issues this project has been put on hold.
## Freeways Trust

**Name:** Freeways Trust  
**Address:** Freeways Hydrotherapy Pool  
Leigh Court Day Centre  
Pill Road  
Abbots Leigh  
Bristol  
BS8 3RA  
**Contact Details:** 01275 376082 (Gary Davies, Hydrotherapy Manager)  
**Pool Type:** Large Hydrotherapy  
**Comments:** Open referral system. Anyone from the public can self refer. They hold warm water sessions where you can go into the pool with your carer for £14 an hour. Please call Gary for times of sessions.  
They also offer a one to one physiotherapist assessment and treatment plan. This costs £45 for an hour. 30 minutes in the pool and 30 minutes creating a treatment plan.  
For anyone living in North Somerset there are open and free half hour sessions on Tuesdays and Fridays between 1000 and 1200 hours. This service is provided for free by the North Somerset PCT.  
For private sessions you can hire the pool individually or as a group for £75 an hour which includes a life guard. You can either do your own exercises or bring your own physiotherapist to help.

## St Monica Trust

**Name:** St Monica Trust  
**Address:** Sommerville  
Cricket Lane  
Westbury Fields  
Westbury on Trym  
Bristol  
BS10 6TW  
**Contact Details:** 0117 9494038  
**Pool Type:** Fully equipped hydrotherapy pool and physiotherapist suites.
Comments: £50 an hour for private sessions. All you will require is a referral letter for hydrotherapy from a consultant, physiotherapist or GP.

Name: Three Way's School
Address: 180 Frome Road
Old down
Bath
BA2 5RF
Contact Details: 01225 838070
elizabeth.king@nbt.nhs.uk
Pool Type: Hydrotherapy
Comments: Use of pool restricted to the students of the school during the day. There are three groups who use the pool in the evenings. Pool is only open till 2000 hours in evening. Currently not open on weekends. Last slot for an independent group has been filled.

Three Groups are:

- Splashes (For adults and children with disabilities). Pamela Galloway organiser for this group can be contacted on 01225 337555
- Bath Water Babies
- Get Wet Set

Name: The Campus
Address: Highlands Lane
Locking Castle
Weston Super Mare
BS24 7DX
Contact Details: 01934 427427 (Paul Hillman, Manager for hydrotherapy)
Pool Type: Hydrotherapy
Update- 02nd March 2010

Comments: Open Saturdays and Sundays 0900 till 1700 hours. During term times Herons’ Moor and Baytree Special School have exclusive access between 0900 and 1630 hours. Pool is available from 1630 till 2200 during term time Monday to Friday. Outside of term time available from 0900 till 2200.

There is a charge of £35.00 per hour. They do not provide staff. You would need your own lifeguard and liability insurance in excess of £5 million.

Name: Dame Hanna Rogers School
Address: Dame Hanna Rogers Trust
Woodland Road
Ivybridge
Devon
PL21 9HQ
Contact Details: 01752 892461 (Tanya Gibson)
Pool Type: Hydrotherapy
Comments: Is available for hire outside school hours. Please contact for further information. From the advance bookings sound like a popular pool.

Name: Woodlands School
Address: Wood View Learning Community
Wood View Drive
Tamerton Foliot Road
Whitleigh
Plymouth
PL6 5ES
Contact Details: 01752 300101
Woodlands.school@plymouth.gov.uk
Pool Type Hydrotherapy, well equipped with hoists and showers
Comments: Bookings outside school hours must go through John Butcher, Director of Campus. There is a charge. There is no physiotherapist or lifeguard present during private hire of pool.

Name: Milford School
Address: Rochford Crescent
Ernesettle
Plymouth
PL5 2PY
Contact Details: 01752 300270
Millford.school@plymouth.gov.uk
Pool Type: Hydrotherapy pool on school campus
Comments: Not available for public or community use.

Name: Downham School
Address: Horn Lane
Plymstock
Plymouth
PL9 9BR
Contact Details: 01752 403 214
Pool Type: Hydrotherapy pool
Comments: No Availability for private sessions, fully booked.
Update - 02nd March 2010

Name: Calvert Trust
Address: Wistlandpound
Kentisbury
Barnstaple
Exmoor
EX31 4SJ
Contact Details: 01598 763 221
01208 872148
0845 345 1970
Bookings@vitalise.org.uk
www.calvert-trust.org.uk
Pool Type: Hydrotherapy. Reliably informed it is an excellent pool with a hoist not only into the hydrotherapy pool but a Jacuzzi also.
Comments: Specifically an outdoor pursuit’s centre for the disabled. Has an excellent pool which you can use as a family without staying overnight at the centre.

Name: Polkeyth Leisure Centre
Address: Polkyth Leisure Centre
Carlyon Road
St Austell
Cornwall
PL25 4DB
Contact Details: 01726 223344
Pool Type: Hydrotherapy.
Comments: A sports and leisure centre with hydro pool. I understand it is freely available to access once you have had a letter from your GP to confirm you are fit enough. This seems an example of what we would all like to see, freely accessible hydrotherapy facilities.
**Name:** Blagdon Farm  
**Address:** Blagdon Farm  
Ashwater  
Beaworthy  
Devon  
EX21 5DF  
**Contact Details:** 01409 211 509  
info@blagdon-farm.co.uk  
www.blagdon-farm.co.uk  
**Pool Type:** Hydrotherapy, with hoist.  
**Comments:** Fully accessible holiday apartments/chalets with an indoor hydrotherapy on site.

**Name:** Churchtown Farm  
**Address:** Lanlivery  
Bodmin  
Cornwall  
PL50 5BT  
**Contact Details:** 01208 872 148  
**Pool Type:** Hydrotherapy  
**Comments:** Vitalise Churchtown is an accessible adventure activity centre located in the beautiful village of Lanlivery, near Bodmin. They offer residential breaks and one day or half day adventure activities. Also offer apartments/chalets to rent. Must be a member to use the facilities which costs £20 per year. £3 a session thereafter. Sessions are an hour.
Update- 02nd March 2010

**Name:** Christchurch Harbour Hotel & Luxury Spa

**Address:** The Christchurch Harbour Hotel
Avonmouth
95 Mudeford
Christchurch
Dorset
BH23 3NT

**Contact Details:** 01202 483434
Christchurch@harbourhotels.co.uk
www.christchurch-harbour-hotel.co.uk

**Pool Type:** Hydrotherapy and other spa pools.

**Comments:** They charge £25 per day per person to use the spa facilities. Staff is always on hand. There is a hoist into the Hydrotherapy pool.

**Name:** Wessex Autistic Society

**Address:** Portfield School
Parley Lane
Christchurch
Dorset
BH23 6BP

**Contact details:** 01202 573808, Jo Dawes or Kate Noe
Portfield-school@twas.org.uk

**Pool Type:** Hydrotherapy

**Comments:** Outside school hours the pool is hired out at £25 per hour. Must bring your own lifeguard. Limited availability as the pool is busy.
Update: 02nd March 2010

**Name:** Langside School

**Address:**
Langside Avenue  
Parkstone  
Dorset  
BH12 5BN

**Contact details:** 01202 518635  
info@langside.school.org.uk

**Pool Type:** Hydrotherapy

**Comments:** The pool is free to the public to use outside school hours. All they ask is that if you don’t mind, you make a donation the charity which runs the pool.

---

**Name:** Thamesdown Hydrotherapy Pool

**Address:**
Jefferies Avenue  
Off Cricklade Road  
Swindon  
SN2 7HJ

**Contact Details:** 01796 496002  
www.thamesdownhydrotherapypool.com  
info@thamesdownhydrotherapypool.com

**Comments:** Purpose built hydrotherapy pool built for the public. You do require a referral. Once a referral has been received there is an open access system which allows you access at anytime during opening hours. Please see website for prices and further information.

---

**Name:** Life Dynamic

**Address:**
The Ridgeway Hospital  
Moormead Road  
Wroughton  
Swindon  
Wiltshire
SN4 9DD

Contact Details: 08000 153354

Pool Type: Hydrotherapy

Comments: £47.50 per hour with a physiotherapist and lifeguard or £11 per hour without either for an individual splash session

Name: Glenside Manor

Address: Glenside
Warminster Road
South Newton
Salisbury
Wiltshire
SP2 0QD

Contact Details: 01722 742066
care@glensidemanor.co.uk
www.glensidemanor.co.uk

Pool Type: Hydrotherapy

Comments: Glenside is an award winning specialist neurological rehabilitation centre with a 39-bed hospital, 3 nursing homes, 3 residential care homes, 10 bungalows for supported living and The Horizon day centre. The 350 plus staff provide care and rehabilitation therapy for adults living with brain injuries and other neurological conditions. Please contact Gerry Harlow for further information.

Name: Nancealverne School

Address: Madron Road
Penzance
Cornwall
TR20 8TP

Contact Details: 01736 365039
Update: 02nd March 2010

Pool Type: Hydrotherapy
Comments: Waiting for further information.

Name: Bowden Derra Park
Address: Polyphant
Launceston
Cornwall
PL15 7PU
Contact Details: 01566 86230
Pool Type: Hydrotherapy
Comments: Hydrotherapy pool is currently used for neuromuscular Patients. They are considering looking at a business plan incorporating private hire of the facility. Would consider a whole day booking for a group on a regular basis. No set fees for hire but open to suggestion and would consider a proposal.

Name: The Leonard Cheshire Home Of Gloucestershire
Address: Charlton Lane
Leckhampton
Cheltenham
Gloucestershire
GL53 9HD
Contact Details: 01242 512569
Pool Type: Hydrotherapy
Comments: Hydrotherapy pool is fully booked. They run a waiting list for use of the pool. Charges depend on who is using the pool. No blanket cost.
Update - 02nd March 2010

**Name:** Vranch House School and Centre
**Address:** Pinhoe Road
             Exeter
             EX4 8AD
**Contact Details:** 01392 468 333
**Pool Type:** Hydrotherapy
**Comments:** No provision for community or public use.

**Name:** Mayfield School
**Address:** Moor Lane
             Watcombe
             Torquay
             Devon
             TQ2 8NH
**Contact Details:** 01803 328375
**Pool Type:** Hydrotherapy
**Comments:** Fully booked, no availability currently or foreseeable future.

**Name:** The Victoria School
**Address:** 12 Lindsay Road
             Branksome Park
             Poole
             Dorset
**Contact Details:** 01202 761473
**Pool Type:** Hydrotherapy
**Comments:** Waiting for further information.
**Name:** Bath University Hydrotherapy Pool  
**Address:** Team Bath Sports Training Village,  
University of Bath  
Claverton Down  
Bath  
BA2 7AY  
Attached to the Sports Injury Clinic within the main Team Bath Sports Training Village building  
**Contact Details:** 01225 383636  
**Pool Type:** Hydrotherapy. Disabled changing room with bench seating along the corridor from the pool. No stretcher or hoist in the changing room. Hoist into pool with detachable shower chair  
**Comments:** Gold Membership - £51/ £41 concession - gives free access to various Team Bath facilities, including the hydrotherapy pool.  
Prior to using the hydrotherapy pool you must have a dry-land assessment and a hydrotherapy session with a physiotherapist at the Sports Injury Clinic – £50 each session.

**Name:** Cornwall Hydrotherapy Centre  
**Address:** TBC  
**Contact Details:** www.hydrotherapycornwall.co.uk  
**Pool Type:** TBC, Hydro  
**Comments:** Community project looking for funding to construct a purpose built hydrotherapy pool. Registered charity.

**Name:** South Gloucestershire Community Learning Difficulty Hydrotherapy Service  
**Address:** The Community Hydrotherapy Unit  
1 Church Road  
Soundwell  
South Gloucestershire
Update- 02nd March 2010

BS16 4RH

Contact Details: 01454 862490 (Sarah Denton, Coordinator for access to service)

Pool Type: Hydrotherapy Pool built for NHS

Comments: Referrals are made via the appropriate Community Learning Difficulty Team Physiotherapist. Following assessment to ascertain suitability, a treatment plan is agreed and access is arranged. For adults with learning disabilities only.

Name: Royal United Hospital Bath

Address: Royal United Hospital Bath NHS Trust

Combe Park

Bath

BA1 3NG

Contact Details: 01225 824296 (Bronwen Havers, Head of Physiotherapy)

01225 824292 (Liz Townsend, Adult/ Paediatric Bookings for Neuromuscular)

Pool Type: Hydrotherapy

Comments: The hydrotherapy pool will not take referrals beyond the Bath and Wiltshire areas. You do need a referral from a GP, consultant or physiotherapist.

Possible private hire on Friday evenings, maybe some afternoons. Hydrotherapy pool is used very infrequently and only for specific episodes of care. Currently charge £15 an hour but due to increase next year. Only covers cost of hiring pool, so need own liability insurance, and attendant (and physiotherapist, but may be possible to pay extra to have an RUH physiotherapist). Jim Grant is in charge of the hydrotherapy pool. Prices due to increase soon.

Name: Southmead Hospital

Address: North Bristol NHS Trust

Westbury on Trym

Bristol

BS10 5NB
Update - 02nd March 2010

Contact Details:  0117 9505050 (Mary King, Hydrotherapy Department)

0117 3235983 (Leslie Roper Head of Department)

elizabeth.king@nbt.nhs.uk

lesley.roper@nbt.nhs.uk

Pool Type:  Hydrotherapy

Comments: The hydrotherapy pool will only take patients with a referral from a GP, consultant or physiotherapist. Only for acute patients (no long-term referrals), may see neuromuscular patients after referral but hydrotherapy may only continue past 6 weeks if the physiotherapist feels it appropriate when combined with a land assessment as hydrotherapy is always combined with physiotherapist. It was made quite clear that the chances of being re-referred were very slim unless it was physically evident that there was progress being made and that it was beneficial. It was said that quote ‘it’s no good using hydrotherapy just because it feels good, that’s just a waste of time!’ It was then clarified that it may be more difficult for neuromuscular patients to be re-referred as they probably wouldn’t see much physical improvement so there would no point re-referring according to Southmead.

Name:  Royal National Hospital for Rheumatic Diseases

Address:  NHS Foundation Trust

Upper Borough Walls

Bath

BA1 1RL

Contact Details:  01225 465941

01225 473451 (Nicky Vigor)

Pool Type:  Hydrotherapy

Comments: Referral only basis. Only for rheumatology patients and head injuries, MS and traumatic injuries. There may be scope for a group session in the evenings. I have requested further details from the manager for hydrotherapy.
**Name:** Derriford Hospital

**Address:**
Derriford Hospital
Plymouth
PL6 8DH

**Contact Details:** 0845 1558155
Nicki.martin@phnt.swest.nhs.uk (physiotherapist manager)
jane.griffin@plymouth.nhs.uk

**Pool Type:** Hydrotherapy. Have been informed there is limited changing space and the pool is rather small.

**Comments:**
Access only possible with a physiotherapist. Jane Griffen, Lead Commissioner of Long Term Conditions has been approached and indicated that to use the pool for a frequent 2 hour session over one year would cost £10,000.00

Currently no service for patients with long-term neuromuscular conditions, but under review to be confirmed within the next few weeks whether they should commission hydrotherapy for neuromuscular outpatients. The hydrotherapy pool at Derriford Hospital is usually used for a short term intensive episode of treatment as either an in-patient or out-patient but mainly neuromuscular patients use the local special schools.

Further update in the foreword.

---

**Name:** Bristol Royal Infirmary

**Address:**
University Hospitals Bristol NHS Foundation Trust
Upper Maudlin Street
Bristol
BS2 8HW

**Contact Details:** 0117 3422382 (Michelle, in charge of hydrotherapy)

**Pool Type:** Hydrotherapy

**Comments:**
Do have a pool that neuromuscular patients can use but only available one afternoon a week to neuromuscular patients with new episode or diagnosis. They only have a limited window of access-usually 6 weeks. No open access for prolonged use but patients can keep coming until they have achieved their set-goals from their assessment. No longer have private sessions
available. Patients can be set-up with a care plan that they can then continue with their carer in a local pool etc. They can be re-referred without any minimum time limit, but usually one referral a year, depending on the individual needs. Patients are referred to Bristol General Hospital neurological out-patients by G.P, consultant etc. These patients are then referred to the hydrotherapy team at BRI.

**Name:** Bristol Royal Hospital for Children

**Address:** Paul O Gorman Building

Upper Maudlin Street

Bristol

BS2 8BJ

**Contact Details:** 0117 342 8460

**Pool Type:** Hydrotherapy

**Comments:** The hydrotherapy pool in Bristol’s Children’s Hospital is a small pool on the ninth floor. It provides specialist therapy for children who in some cases are recovering from injury, in other cases are in continual therapy up to the age of sixteen. Only for acute therapy (i.e. really only for inpatients) very rarely outpatients. North Bristol Trust’s Children’s Community Physiotherapist Team isn’t currently offering physiotherapist as they’re short-staffed. Usually, however, would only see children for a short time when they receive hydro instead of physiotherapist. They mainly only see pre-school children as the parents can stay in the pool with them. Due to the young age of patients they usually don’t see many neuromuscular patients as they usually have reasonable mobility at this age. Private hire of this pool is not feasible.

**Name:** Weston General Hospital

**Address:** Grange Road,

Uphill,

Weston Super Mare

North Somerset

BS23 4TQ

**Contact Details:** 01934 636363
Name: Great Western Hospital Swindon
Address: Marlborough Road
Swindon
Wiltshire
SN3 6BB
Contact Details: Cara O’Rourke: 01793 605093 / 94
Pool Type: Hydrotherapy
Comments: Do have a pool, but rarely used for neuromuscular patients. If they are outpatients then they are referred by Suzanna Corbett, but the service is restricted to patients from Swindon PCT, but Suzanna may take a slightly bigger remit due to the specialist nature of the service. They really only take acute patients but there’s such a long waiting list that they’re rarely seen at the time they need it most. Access to the pool isn’t great for disabled people, and there is a 25st weight limit on the hoist. They are usually referred for 6 weeks and are unlikely to be re-referred for a long time as the emphasis is on self-management and not doing too much of the exercise. They then have to continue their routine in a warm pool themselves.

Name: Gloucestershire Royal Hospital
Address: Great Western Road
Gloucester,
Gloucestershire,
GL1 3NN
Contact Details: julie.shepherd@glos.nhs.uk
gill.Donovan@glos.nhs.uk
08454 222222 (Janet Mills, Head of Paediatrics)
Pool Type: Hydrotherapy
Comments: Do have a pool but majority of referrals are rheumatology and orthopaedics. ‘May occasionally take neuromuscular patients with the emphasis on
Update- 02nd March 2010

looking at ways they can self manage after an episode of care.’ No specific session for neuromuscular patients.

Name: Cheltenham General Hospital
Address: Sandford Road,
Cheltenham,
Gloucestershire,
GL53 7AN
Contact Details: 08454 222222
Pool Type: No Pool

Name: Salisbury Hospital
Address: Salisbury NHS Foundation Trust
Salisbury District Hospital
Salisbury
Wiltshire
SP2 8BJ
Contact Details: 01722 336262
Alison.wright@salisbury.nhs.uk
Pool Type: Two Hydrotherapy Pools
Comments: Two hydrotherapy Pools: one based in the spinal unit, one in the physiotherapist department. Have tried to contact physiotherapist team manager to get details. Receptionist said they are dedicated pools for their physiotherapists only. Response from team manager pending. 17/11/09. No physiotherapist for Neuromuscular patients, but referred through STAR club by GP then may get use of spinal pool, but they have to pay for the service.
### Royal Cornwall Hospital

**Address:**
Royal Cornwall Hospital  
Truro  
Cornwall  
TR1 3LJ

**Contact Details:**
01872 250000 (Karen Roach)  
susan.hawkins@rcht.cornwall.nhs.uk  
rebecca.dodds@rcht.cornwall.nhs.uk

**Pool Type:** Hydrotherapy

**Comments:**
Take referrals for neuromuscular patients but no specific sessions for neuromuscular patients alone. See roughly 40 neuromuscular patients per year (but this no. includes MS patients). Also Paediatric Physiotherapist service use same pool one afternoon per week. Only take acute patients (neuromuscular really only in acute episodes) they take for 6 weeks but ‘heartbreaking’ knowing that they’ll be back in 6 months worse again. They usually take neuromuscular patients post-op or following deterioration. Sometimes they are able to offer ‘routine sessions’ if they have the capacity (for children).

Would like chronic illness sessions, pool is free lunchtimes, Monday, Tuesday and Thursday evenings, and parts of weekend.

### Torbay Hospital

**Address:**
Torbay Hospital  
Lawes Bridge  
Torquay  
TQ2 7AA

**Contact Details:**
01803 614 567 (Main District Hospital)  
01803 655547 (John Parkes Paediatric Unit)

**Pool Type:** Hydrotherapy
Update- 02nd March 2010

Comments: Have hydro, but mainly for rheumatology patients. Access depends on the team of staff that the patient is referred to, but typically a neuromuscular patient may be given a care plan and then have regular reviews, but may become a more active ‘pending patient’ during acute episodes.

Children are referred to the John Parkes Unit where they then receive hydrotherapy at Mayfield Special School (01803 329 056) during term-time after school, where they may have 6 weeks therapy and then be seen again, depending on the individual.

Community Paediatric Physiotherapists use special school once a week for ages 2-16, and they try to let Duchenne boys have continuous sessions.

Name: Burnham on Sea War Memorial Hospital
Address: Love Lane
Burnham-on-Sea
Somerset
TA8 1ED
Contact Details: 01278 773118
Pool Type: No Pool

Name: Yeovil District Hospital
Address: Yeovil District Hospital
NHS Foundation Trust
Higher Kingston
YEOVIL
Somerset
BA21 4AT
Contact Details: 01935 384 358 (Physiotherapist Department)
Update- 02\textsuperscript{nd} March 2010

Pool Type: No Pool, a local school hydro pool is used instead and this is paid for by PCT. Half hour session only. Staff have to be provided.

\textbf{Name:} Taunton Musgrove Hospital

\textbf{Address:} Musgrove Park Hospital
Taunton
Somerset
TA1 5DA

\textbf{Contact Details:} Helen.Wilkinson@tst.nhs.uk

\textbf{Pool Type:} Hydrotherapy

\textbf{Comments:} Did use to have one session a week, being the whole of a morning or afternoon. Integrated Therapy Service for Children and Young People did not pay for the facility as they were part of the acute trust then. Paediatrics had to supply two physiotherapists and adult physiotherapists provided an assistant. Now they are part of the PCT, the pool is being refurbished renegotiation maybe required for use when refurbishment is complete.

Priority was given for rheumatoid patients, then surgery, Cerebral Palsy then Duchenne Muscular Dystrophy patients.

\textbf{Name:} Royal Devon and Exeter Hospital

\textbf{Address:} Barrack Road
Exeter
EX2 5DW

\textbf{Contact Details:} sarah.davies@rdeft.nhs.uk

\textbf{Pool Type:} Hydro

\textbf{Comments:} Don’t take on any neuromuscular patients as currently no funding for them. 50:50 use for orthopaedic and rheumatology patients. Won’t take new referrals but do see some patients who are known to them. Neurological
developmental paediatrics can go to Vranch House which is a contracted charity service. No cost to use the pool but no staff available to help.

**Name:** Dorchester County Hospital

**Address:**

Williams Avenue

Dorchester

Dorset

DT1 2JY

**Contact Details:** 01305 255429 (Mary Devin) between 8-12, phone for more info on community access for those who struggle to access a public pool.

**Pool Type:** Hydrotherapy

**Comments:** Do have a hydrotherapy pool but it is only used for acute episodes. Do have capacity however if there were to be more funding for staff.

Will only hire to physiotherapists or trained lifeguards. They have to ensure that there are at least 2 people available to help evacuate the pool in an emergency. They may insist on a physiotherapist’s presence for vulnerable adults. £25 an hour charge.

**Name:** Barnstaple Hospital

**Address:**

Raleigh Park

Barnstaple

Devon

EX31 4JB

**Contact Details:** 01271 322378 (Physiotherapist department)

**Pool Type:** Hydrotherapy

**Comments:** They have a pool; neuromuscular patients can use it, usually only 6-8 weeks per referral. No specialist neuromuscular hydro therapist, just a general hydro therapist. They try to get patients on a rolling programme where they
get called back for sessions every 3-6 months. They have free slots available and are currently looking to letting it out more as they need money!

<table>
<thead>
<tr>
<th>Name:</th>
<th>Poole Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Longfleet Road</td>
</tr>
<tr>
<td></td>
<td>Poole</td>
</tr>
<tr>
<td></td>
<td>Dorset</td>
</tr>
<tr>
<td></td>
<td>BH15 2JB</td>
</tr>
<tr>
<td>Contact Details:</td>
<td>01202 665511</td>
</tr>
<tr>
<td>Pool Type:</td>
<td>Hydrotherapy</td>
</tr>
<tr>
<td>Comments:</td>
<td>Do have a pool, but really only see inpatients as not a hydrotherapy service as such. If an outpatient then they would have to be referred in for 6 weeks or so, but limited time for outpatients.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name:</th>
<th>St Michael's Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Trelissick Road</td>
</tr>
<tr>
<td></td>
<td>Hayle</td>
</tr>
<tr>
<td></td>
<td>Cornwall</td>
</tr>
<tr>
<td></td>
<td>TR27 4JA</td>
</tr>
<tr>
<td>Contact Details:</td>
<td>01736 753234</td>
</tr>
<tr>
<td>Pool Type:</td>
<td>No pool, refer to Treliske (Royal Cornwall)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name:</th>
<th>West Cornwall Hospital (Penzance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>St Clare Street,</td>
</tr>
<tr>
<td></td>
<td>Penzance</td>
</tr>
<tr>
<td></td>
<td>Cornwall</td>
</tr>
</tbody>
</table>
TR18 2PF

Contact Details: 01736 874000
Pool Type: No Pool

Name: Camborne Hospital
Address: Camborne Redruth Community Hospital
Barncoose Terrace
Redruth
Cornwall
TR15 3ER
Contact Details: 01209 881688
Pool Type: No Pool

Name: Bridgewater Hospital
Address: Salmon Parade
Bridgwater
Somerset
TA6 5AH
Contact Details: 01278 451501
Pool Type: No Pool
<table>
<thead>
<tr>
<th>Name:</th>
<th>Royal Bournemouth Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Castle Lane East</td>
</tr>
<tr>
<td></td>
<td>Bournemouth</td>
</tr>
<tr>
<td></td>
<td>Dorset</td>
</tr>
<tr>
<td></td>
<td>BH7 7DW</td>
</tr>
<tr>
<td>Contact Details:</td>
<td>01202 303626</td>
</tr>
<tr>
<td>Pool Type:</td>
<td>No Pool</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name:</th>
<th>Christchurch Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Fairmile Road</td>
</tr>
<tr>
<td></td>
<td>Christchurch</td>
</tr>
<tr>
<td></td>
<td>Dorset</td>
</tr>
<tr>
<td></td>
<td>BH23 2JX</td>
</tr>
<tr>
<td>Contact Details:</td>
<td>01202 486361</td>
</tr>
<tr>
<td>Pool Type:</td>
<td>No Pool</td>
</tr>
</tbody>
</table>
Update- 02\textsuperscript{nd} March 2010

Summary of information found

<table>
<thead>
<tr>
<th>Name of hydro pool</th>
<th>City/ Town/ County</th>
<th>Pool type</th>
<th>Available for free hydro</th>
<th>Available for paid hydro</th>
<th>Cost per hour of charge</th>
<th>Lifeguard provided</th>
<th>Own insurance needed</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brislington Enterprise College</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Originally information released indicated the pool would be available for the community to use during term times on the weekends and after 1800 hours in the evenings. Since investigating a little further with the college and Skanska, due to the Health and Safety issues Skanska has enforced a policy not to hire this hydrotherapy pool.</td>
</tr>
<tr>
<td>Briarwood Special School</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Originally information released indicated the pool would be available for the community to use during term times on the weekends and after 1800 hours in the evenings. Since investigating a little further with the college and Skanska, due to the Health and Safety issues Skanska has enforced a policy not to hire this hydrotherapy pool.</td>
</tr>
<tr>
<td>Claremont School</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Varies</td>
<td>Yes</td>
<td>No</td>
<td>Session is run every Saturday between 10am and 12pm and costs £5.00. Also a session last Sunday of every month run by Scope. Contact Scope direct for further information.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Florence Brown School</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Southwest's largest pool damaged by vandals. New hydro pool scheduled for construction May 2010 by Skanska. Don't hold your breath about gaining access thou.</td>
</tr>
<tr>
<td>New Fosseway School</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Another Skanska funded hydro therapy pool which the public or community has no access to.</td>
</tr>
<tr>
<td>Illminster Avenue Specialist Nursery School</td>
<td>Bristol</td>
<td>Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td>Difficult to get hold of staff at school.</td>
</tr>
<tr>
<td>University of the West of England</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Construction of Hydrotherapy pool has been placed on hold due to funding issues.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-----------------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Freeways Trust</td>
<td>Bristol/ North Somerset</td>
<td>Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td>From £14 an hour</td>
<td>Yes</td>
<td>No</td>
<td>Access for free with a referral from your doctor, physiotherapist or consultant. Will not accept patients from outside North Somerset PCT for free sessions. Various paid options are available for self referrals.</td>
</tr>
<tr>
<td>St Monica Trust</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>£50</td>
<td>Yes</td>
<td>No</td>
<td>Fee of £50 an hour is a one on one session with a trained and qualified physiotherapist. You do however need a referral letter.</td>
</tr>
<tr>
<td>Three Ways School</td>
<td>Bath/ Wiltshire</td>
<td>Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td>Unknown</td>
<td>Yes</td>
<td>No</td>
<td>Available to use outside school hours. Three groups currently rent the pool during these times. Please contact them direct for further details and access.</td>
</tr>
<tr>
<td>The Campus</td>
<td>Weston Super Mare/ North Somerset</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>From £35.00 per hour</td>
<td>No</td>
<td>Yes</td>
<td>Open various times during school term and holidays. There is a charge. Lifeguard and liability insurance is compulsory.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>----------------------------</td>
<td>-------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>-------------------</td>
<td>---------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Dame Hanna Rogers School</td>
<td>Ivybridge/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Open various times during school term and holidays. There is a charge.</td>
</tr>
<tr>
<td>Woodlands School</td>
<td>Plymouth/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>No</td>
<td>Yes</td>
<td>Open various times during school term and holidays. There is a charge.</td>
</tr>
<tr>
<td>Milford School</td>
<td>Plymouth/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>Unknown</td>
<td>N/A</td>
<td>N/A</td>
<td>Not available for public or community use</td>
</tr>
<tr>
<td>Downham School</td>
<td>Plymouth/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>N/A</td>
<td>N/A</td>
<td>Not available for private lessons as fully booked.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>---------------------</td>
<td>---------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Calvert Trust</td>
<td>Exmoor/ Somerset/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>Yes</td>
<td>No</td>
<td>Outdoor pursuits centre offering various activities including hydrotherapy.</td>
</tr>
<tr>
<td>Polkeyth Leisure Centre</td>
<td>St Austell/ Cornwall</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>Free</td>
<td>Yes</td>
<td>No</td>
<td>Referral required from GP. Free access.</td>
</tr>
<tr>
<td>Blagdon Farm</td>
<td>Beaworthy/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>Yes</td>
<td>No</td>
<td>Indoor hydrotherapy pool. Holiday apartments/ chalets to let.</td>
</tr>
<tr>
<td>Churchtown Farm</td>
<td>Bodmin/ Cornwall</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Please see comments</td>
<td>Yes</td>
<td>No</td>
<td>£20 for yearly membership, £3 per session thereafter</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>-------------------</td>
<td>-------------------</td>
<td>-----------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Christchurch Harbour Hotel and Luxury Spa</td>
<td>Christchurch/ Dorset</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>£25 per day</td>
<td>Yes</td>
<td>No</td>
<td>Essentially a luxury hotel but with a hydrotherapy pool.</td>
</tr>
<tr>
<td>Wessex Autistic Society</td>
<td>Christchurch/ Dorset</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>£25 per hour</td>
<td>No</td>
<td>No</td>
<td>Please check for availability as it is a school</td>
</tr>
<tr>
<td>Langside School</td>
<td>Parkstone/ Dorset</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>Free</td>
<td>Yes</td>
<td>Yes</td>
<td>Charity offering free use of pool. All they ask is a small donation of appreciation.</td>
</tr>
<tr>
<td>Thamesdown Hydrotherapy Pool</td>
<td>Swindon/ Wiltshire</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Varies</td>
<td>Yes</td>
<td>Yes</td>
<td>A purpose built pool which requires a referral. Very competitive prices per session.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>-------------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Life Dynamic</td>
<td>Swindon/ Wiltshire</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>From £11 an hour</td>
<td>N/A</td>
<td>Yes</td>
<td>£47.50 per hour for a private session with a physiotherapist or £11 without.</td>
</tr>
<tr>
<td>Glenside Manor</td>
<td>Salisbury/ Wiltshire</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Varies</td>
<td>Yes</td>
<td>Yes</td>
<td>Please contact Gary Harlow for further information.</td>
</tr>
<tr>
<td>Nancealverne School</td>
<td>Cornwall</td>
<td>Hydro</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bowden Derra Park</td>
<td>Cornwall</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Currently don’t have a plan for private use but would consider. Pools is used by NM Patients at the moment</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>-------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>------------------------</td>
<td>-------------------</td>
<td>---------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Leonard Cheshire Home of Gloucestershire</td>
<td>Cheltenham/ Gloucestershire</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Pool is fully booked. No universal cost for use when available.</td>
</tr>
<tr>
<td>Vranch House School and Centre</td>
<td>Exeter</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Not available for community or public use</td>
</tr>
<tr>
<td>Mayfield School</td>
<td>Torquay/ Devon</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Fully booked, no availability currently or foreseeable future.</td>
</tr>
<tr>
<td>The Victoria School</td>
<td>Dorset</td>
<td>Hydro</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>-----------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Bath University Hydrotherapy Pool</td>
<td>Bath</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Varies</td>
<td>Yes</td>
<td>Yes</td>
<td>Different levels of membership offer different levels of access to the facilities. Well equipped hydro pool.</td>
</tr>
<tr>
<td>Cornwall Hydrotherapy Centre</td>
<td>Cornwall</td>
<td>Hydro</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Community project looking for funding to construct a purpose built hydrotherapy pool. Registered charity.</td>
</tr>
<tr>
<td>South Gloucestershire Community Learning Difficulty Hydrotherapy Service</td>
<td>South Gloucestershire</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>Yes</td>
<td>No</td>
<td>Adults with learning difficulties will be seen only</td>
</tr>
<tr>
<td>Royal United Hospital Bath</td>
<td>Bath</td>
<td>Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td>£15</td>
<td>No</td>
<td>Yes</td>
<td>Will take referrals and open for private sessions. Used very infrequently.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>----------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Southmead Hospital</td>
<td>Bristol</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>May see neuromuscular patients. Not likely for a period of more than 6 weeks treatment.</td>
</tr>
<tr>
<td>Royal National Hospital for Rheumatic Diseases</td>
<td>Bath</td>
<td>Hydro</td>
<td>No</td>
<td>Yes</td>
<td>Varies</td>
<td>Unknown</td>
<td>Unknown</td>
<td>No support for NM Patients</td>
</tr>
<tr>
<td>Derriford Hospital</td>
<td>Plymouth</td>
<td>Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td>Varies</td>
<td>Unknown</td>
<td>Unknown</td>
<td>No specific support for neuromuscular patients. Is under review currently. Mainly used for short term treatment. Further update in foreword of report.</td>
</tr>
<tr>
<td>Bristol Royal Infirmary</td>
<td>Bristol</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Available one afternoon a week for neuromuscular patients. Access is no longer than 6 weeks usually. Private sessions no longer available.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>--------------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Bristol Royal Hospital for Children</td>
<td>Bristol</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Only see children, no adults. Not see many children with neuromuscular conditions as they usually have mobility still.</td>
</tr>
<tr>
<td>Weston General Hospital</td>
<td>Weston Super Mare</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool</td>
</tr>
<tr>
<td>Great Western Hospital Swindon</td>
<td>Swindon</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Rarely used for patients with neuromuscular conditions. Long waiting list which means patients are rarely seen when needed.</td>
</tr>
<tr>
<td>Gloucestershire Royal Hospital</td>
<td>Gloucester</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Most referrals are for rheumatology and orthopaedic patients. May take neuromuscular patients.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>--------------------</td>
<td>-------------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cheltenham General Hospital</td>
<td>Gloucestershire</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool.</td>
</tr>
<tr>
<td>Salisbury Hospital</td>
<td>Wiltshire</td>
<td>Two Hydro Pools</td>
<td>No</td>
<td>Yes</td>
<td>Varies</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Due to there being no physiotherapists for neuromuscular patients, they have to pay for the service via a referral to the Star Club. Only one pool is used for this. The other is for the spinal injury department.</td>
</tr>
<tr>
<td>Royal Cornwall Hospital</td>
<td>Cornwall</td>
<td>Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Take referrals for neuromuscular patients but no specific sessions for neuromuscular patients alone.</td>
</tr>
<tr>
<td>Torbay Hospital</td>
<td>Torquay</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Mainly used for rheumatology patients. Neuromuscular patients given a care plan. Will accept referrals.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>--------------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>------------------------</td>
<td>-------------------</td>
<td>---------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Burnham on Sea War Memorial Hospital</td>
<td>Somerset</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool</td>
</tr>
<tr>
<td>Yeovil District Hospital</td>
<td>Yeovil</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool</td>
</tr>
<tr>
<td>Taunton Musgrove Hospital</td>
<td>Taunton</td>
<td>Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Currently being refurbished.</td>
</tr>
<tr>
<td>Royal Devon and Exeter Hospital</td>
<td>Exeter</td>
<td>Hydro</td>
<td>No</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No neurological patients are seen here. No funding available to do so.</td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>-----------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Dorchester County Hospital</td>
<td>Dorset Hydro</td>
<td>No</td>
<td>Yes</td>
<td>£25</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No funding prevents neurological patients being seen. Can use pool privately.</td>
</tr>
<tr>
<td>Barnstaple Hospital</td>
<td>Devon Hydro</td>
<td>Yes</td>
<td>Yes</td>
<td>Varies</td>
<td>Unknown</td>
<td>Unknown</td>
<td>Will see neuromuscular patients.</td>
<td></td>
</tr>
<tr>
<td>Pool Hospital</td>
<td>Dorset Hydro</td>
<td>Yes</td>
<td>No</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No outpatient usage.</td>
<td></td>
</tr>
<tr>
<td>St Michaels Hospital</td>
<td>Cornwall No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool. Usually refer patients with such needs to Treliske hospital in Cornwall.</td>
<td></td>
</tr>
<tr>
<td>Name of hydro pool</td>
<td>City/ Town/ County</td>
<td>Pool type</td>
<td>Available for free hydro</td>
<td>Available for paid hydro</td>
<td>Cost per hour of charge</td>
<td>Lifeguard provided</td>
<td>Own insurance needed</td>
<td>Comments</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------------------</td>
<td>-----------</td>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------------</td>
<td>--------------------</td>
<td>---------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>West Cornwall Hospital</td>
<td>Cornwall</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool.</td>
</tr>
<tr>
<td>Camborne Hospital</td>
<td>Cornwall</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool.</td>
</tr>
<tr>
<td>Bridgewater Hospital</td>
<td>Somerset</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool.</td>
</tr>
<tr>
<td>Royal Bournemouth Hospital</td>
<td>Dorset</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool.</td>
</tr>
</tbody>
</table>
## Update - 02\(^{nd}\) March 2010

<table>
<thead>
<tr>
<th>Name of hydro pool</th>
<th>City/ Town/ County</th>
<th>Pool type</th>
<th>Available for free hydro</th>
<th>Available for paid hydro</th>
<th>Cost per hour of charge</th>
<th>Lifeguard provided</th>
<th>Own insurance needed</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christchurch Hospital</td>
<td>Dorset</td>
<td>No Pool</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>No hydrotherapy pool.</td>
</tr>
</tbody>
</table>
Hydrotherapy

A pool therapy programme specifically designed for an individual to improve neuromuscular skeletal function, conducted by appropriately qualified personnel, ideally in a purpose built heated hydrotherapy pool.

Consideration will be taken of types of conditions of patients responding to hydrotherapy which may use the pool. In a hydrotherapy pool the water is kept at a constant 94-96F (34/35 Celsius) and it is this warmth that provides relief for many illnesses and disabilities. Exercising in warm water allows relaxation and more freedom of movement which does much to hasten recovery from both medical and surgical conditions.

Inpatient

An inpatient is "admitted" to the hospital and stays overnight or for an indeterminate time, usually several days or weeks (though some cases, like coma patients, have been in hospitals for years)

MS

Multiple sclerosis

Neurology/ Neuromuscular

Neurology is the study of the nervous system in medicine. Neurology also is about the medical diagnosis and treatment of conditions and illnesses of the nervous system. This can include both the physical condition of the brain, nerves, and brain messages between the body and the nervous system. When things are not functioning normally, the differences can influence behaviour, function and/or sensation.

Outpatient

An outpatient is a patient who is not hospitalized overnight but who visits a hospital, clinic, or associated facility for diagnosis or treatment.

Paediatric

Paediatrics is the branch of medicine that deals with the medical care of infants, children, and adolescents.

Physiotherapist

A therapist who treats physical injury or dysfunction, usually with exercise
Hydrotherapy

Foreword

For many people who are, like me, living with a neuromuscular condition, hydrotherapy can be essential in maintaining the best quality of life for the longest time possible.

In some countries hydrotherapy is seen as a vital part of conventional medicine and patients are reimbursed by the health-insurance companies in some of these regions, at least in part (e.g. Germany). However, in the UK, hydrotherapy is seen as complementary therapy and disabled people and their families find it extremely difficult to access this service.

Where NHS-funded hydrotherapy is available it is often restricted to patients whose improvements can be demonstrably measured. A patient with a broken leg can be documented as referred, treated and then discharged or ‘cured’. I know this from first hand experience when I broke my leg 15 months ago. I was given hydrotherapy for the leg, not for muscular dystrophy, because those like me with neuromuscular conditions fail to meet the “cured” criteria.

Hydrotherapy and other water-based activity are a vital health and social activity for families. They build confidence, provide important sporting opportunities for disabled people and promote mobility. But, just as important, is the feeling of well-being when one is immersed in warm water. It is a relaxing time, even if one is exercising quite hard.

I urge anyone reading this to join me and the Muscular Dystrophy Campaign in calling on hospital trusts and local authorities to improve the availability of hydrotherapy services to ensure the best quality of life of disabled people.

Baroness Celia Thomas of Winchester
Key findings

- In the South West of England, only 8% of people affected by muscular dystrophy receive hydrotherapy\(^1\);
- NHS hydrotherapy provision is extremely poor; in Plymouth, for example, patients can only receive hydrotherapy if they are inpatients at the Plym Centre;
- people are frequently limited to 6-8 sessions and then discharged and usually cannot be referred again for between six months and a year;
- disabled children and adults feel excluded from Council run leisure centres as the water temperature is often too cold for people with limited movement and strength;
- private leisure clubs charge expensive fees and the pools are not always disabled friendly;
- the cost of a hydrotherapy session varies across the region; prices can range from a donation to £30;
- hydrotherapy pools attached to special schools are too shallow for adults to use.

In January 2009, the South West Muscle Group carried out a Freedom of Information request to all General Practitioners in Plymouth PCT. One third of GP surgeries responded.

Our information request found:

- GPs do not refer patients with long-term conditions for hydrotherapy;
- Children and adults affected by muscular dystrophy have to be inpatients on the Plym unit in order to access the hydrotherapy facility at Derriford Hospital;
- The limit on the number of sessions per referral would be 2 to 3 sessions per week for 6 to 8 weeks.

Commenting on these findings, Helen Starbuck, Chair of the South West Muscle Group, said:
“I am really surprised that hydrotherapy seems only to be accessible at times of crisis. If this was part of my ongoing care it would allow me to be more independent, more mobile and breathe easier.”

---

\(^1\) September 2008 the Muscular Dystrophy Campaign carried out a patient survey of people affected by Muscular Dystrophy and other neuromuscular conditions. 85 people responded from the South West of England.
Action needed

We are calling on Primary Care Trusts, hospital trusts and local authorities to:

- recognise the real health and social benefits of hydrotherapy and water-based activity for disabled people;
- ensure that children and adults with neuromuscular conditions have access to hydrotherapy and other water based activities on an ongoing basis;
- improve access to Derriford Hospital Hydrotherapy Pool, which stands empty for much of the time, for local disabled groups free of charge;
- ensure that the plans for the Sharon Davies Life Centre in Plymouth include provision for a hydrotherapy pool.

What are the benefits?

A number of families have shared with us the importance of hydrotherapy and the difficulties they experience in accessing hydro facilities.

Case 1: A mother whose son has Duchenne muscular dystrophy commented, “Over the years and as my son’s physical abilities have declined, hydrotherapy has become more important to give him freedom of movement. Ironically it has been more difficult to access. After a concerted effort I have managed to gain access to hydrotherapy in a local special school. On many occasions this session has been denied to my son and I have had to ‘fight’ to get it reinstated. We would love to have the opportunity to use a hydrotherapy pool when it was convenient for us.”

Case 2: A woman commented on the hydrotherapy she receives, “I am a wheelchair user and receive night-time ventilation for my condition. I pay £20 a session to receive hydrotherapy as I cannot access it through the NHS. Hydrotherapy makes me feel better for at least three days after my session – it helps my muscles and lungs a lot.”

Case 3: A woman with muscular dystrophy living in the north of the region said: “As a retired physiotherapist I know the benefits of swimming and hydrotherapy. I can do lots of things in water that I couldn’t do on dry land. The buoyancy means that I can lift my arms and do stretching exercises. It makes my muscles more alive and is both relaxing and stimulating. I pay a small fee to use the pool and I often go with friends. It is really sociable and I have even managed a sponsored swim.”

Case 4: Commenting on the importance of water based activities for her family, one lady whose daughter has muscular dystrophy said: “Swimming and water based activities is one area where children and adults of all abilities can enjoy being together, exercise, and relax. Hydrotherapy and swimming pools suitable for the disabled are a hugely beneficial and health enhancing facility for families like us: the warm water is a necessity, not a luxury, and the ability to exercise without weight bearing is an extraordinary feeling for those who can no longer stand on their own two feet. The provision of hydrotherapy, and the availability of warm pools, is an astoundingly haphazard thing in the UK, and here in the South West, it is almost non-existent. We need these facilities, and with only a little effort and expense, they could be available to us.”
Health and social benefits

Rosie Paver, Head of Physiotherapy at the Neuromuscular Centre in Winsford Cheshire, commented on the benefits of hydrotherapy for patients with neuromuscular conditions,

"Hydrotherapy provides an excellent environment for exercise because of the buoyancy and resistance it offers. Given that these are muscle-wasting conditions, it would be reasonable to expect that patients would benefit from this type of exercise, in maintaining and possibly improving both cardiorespiratory function and muscle strength."

According to Mike Mynard, Chairman of the Hydrotherapy Association of Chartered Physiotherapists, the list of patients who benefit from hydrotherapy includes anyone who has a reduced ability to carry any weight.5

Hydrotherapy can be a highly effective form of therapeutic exercise for people with muscle weakness. Studies suggest that measurable improvement in the quality of daily living may be obtained in patients with neuromuscular conditions when they receive physiotherapy in association with hydrotherapy.6 Hydrotherapy can be particularly beneficial for people with these chronic and progressive conditions and patient experience illustrates it as an effective way of controlling pain and increasing mobility.

In elderly patients with degenerative joints or spinal diseases, thermal hydrotherapy efficiently reduces muscle tension. Studies have also been carried out to show the benefit of hydrotherapy for arthritis sufferers and the superiority of hydrotherapy over land based exercise in relieving pain7. A randomised controlled trial showed that exercise in water increases quadriceps strength and improves the walking distance8 and has a favourable cost benefit outcome9.

Cost benefits

Because of the apparatus involved (namely the requirement for a heated pool with staff), hydrotherapy is seen by some NHS hospitals as a "luxury they cannot afford". However, studies carried out in the UK have shown that hydrotherapy can be a cost-effective way of helping patients to improve their overall quality of life, especially when combined with land-based physiotherapy.10

Current provision in Devon and Cornwall

A number of hydrotherapy pools are adjoined to schools. Disabled children attending special schools are often able to enjoy the use of these facilities as part of their schooling. However, once children leave school it becomes very difficult as an adult to access these facilities, particularly as a number of pools are not deep enough for adults. A number of pools sit empty in the holidays.

A mother of a young man with muscular dystrophy commented on hydrotherapy, "He receives hydrotherapy at school and the water really helps his muscles and movement. But when the holidays come he receives nothing for six weeks."

We have identified the following pools in the area:
o Dame Hannah Rogers School
o Woodlands School
o Millford School
o Polkyth pool – This is a separate hydrotherapy pool which is away from the main pool within the St Austell leisure centre
o Downham pool
o Derriford Hospital – this is only accessible to inpatients at the Plym unit.
 o Blagdon Farm, Launceston -this is an adapted holiday park with an indoor heated hydrotherapy pool.
 o Central Park Leisure Centre – there is a disability only session on a Sunday ‘Pisces Club’. This is a normal public pool and is not heated.
 o Marjon Pool – a tracking system is being put in for disabled people.

It can be done – an example of a good hydrotherapy pool –
Dame Hannah Rogers School pool. This is a modern, clean and well-heated pool. Usually, there is good availability in this pool. The water is a good temperature. It is a good shape and fairly deep. There is a stretcher hoist and nice changing area. There is a good sound system and lights that work in conjunction with the sound system. There is also a spa area within the pool which the children really enjoy.
References

1 http://news.bbc.co.uk/1/hi/england/4313264.stm
6 www.ncchta.org/execsumm/summ939.htm