

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 though.

Like most schools which are built under the Bristol Local Education Partnership (LEP) with Skanska access to hydrotherapy pools is always restricted.

Update- 02nd March 2010

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: **Iminster Avenue Specialist Nursery School**

Address: Iminster 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.

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.

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.

Update- 02nd March 2010

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

Update- 02nd March 2010

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.

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.

Update- 02nd March 2010

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

Update- 02nd March 2010

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.

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

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

Pool Type: No Pool

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

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.

Name: **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.

Name: **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

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- 02nd 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.

Name: Taunton Musgrove Hospital

Address: Musgrove Park Hospital

Taunton

Somerset

TA1 5DA

Contact Details: Helen.Wilkinson@tst.nhs.uk

Pool Type: Hydrotherapy

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.

Name: Royal Devon and Exeter Hospital

Address: Barrack Road

Exeter

EX2 5DW

Contact Details: sarah.davies@rdeft.nhs.uk

Pool Type: Hydro

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 Vbranch 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!

Name: **Poole Hospital**

Address: Longfleet Road

Poole

Dorset

BH15 2JB

Contact Details: 01202 665511

Pool Type: Hydrotherapy

Comments: 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.

Name: **St Michael's Hospital**

Address: Trelissick Road

Hayle

Cornwall

TR27 4JA

Contact Details: 01736 753234

Pool Type: No pool, refer to Treliske (Royal Cornwall)

Name: **West Cornwall Hospital (Penzance)**

Address: St Clare Street,

Penzance

Cornwall

Update- 02nd March 2010

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

Bridgewater

Somerset

TA6 5AH

Contact Details: 01278 451501

Pool Type: No Pool

Update- 02nd March 2010

Name: **Royal Bournemouth Hospital**

Address: Castle Lane East

Bournemouth

Dorset

BH7 7DW

Contact Details: 01202 303626

Pool Type: No Pool

Name: **Christchurch Hospital**

Address: Fairmile Road

Christchurch

Dorset

BH23 2JX

Contact Details: 01202 486361

Pool Type: No Pool

Summary of information found

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Brislington Enterprise College	Bristol	Hydro	No	No	N/A	N/A	N/A	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.
Briarwood Special School	Bristol	Hydro	No	No	N/A	N/A	N/A	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.
Claremont School	Bristol	Hydro	No	Yes	Varies	Yes	No	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.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Florence Brown School	Bristol	Hydro	No	No	N/A	N/A	N/A	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.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
New Fosseway School	Bristol	Hydro	No	No	N/A	N/A	N/A	Another Skanska funded hydro therapy pool which the public or community has no access to.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Illminster Avenue Specialist Nursery School	Bristol	Hydro	Yes	Yes				Difficult to get hold of staff at school.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
University of the West of England	Bristol	Hydro	No	No	N/A	N/A	N/A	Construction of Hydrotherapy pool has been placed on hold due to funding issues.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Freeways Trust	Bristol/ North Somerset	Hydro	Yes	Yes	From £14 an hour	Yes	No	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.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
St Monica Trust	Bristol	Hydro	No	Yes	£50	Yes	No	Fee of £50 an hour is a one on one session with a trained and qualified physiotherapist. You do however need a referral letter.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Three Ways School	Bath/ Wiltshire	Hydro	Yes	Yes	Unknown	Yes	No	Available to use outside school hours. Three groups currently rent the pool during these times. Please contact them direct for further details and access.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
The Campus	Weston Super Mare/ North Somerset	Hydro	No	Yes	From £35.00 per hour	No	Yes	Open various times during school term and holidays. There is a charge. Lifeguard and liability insurance is compulsory.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Dame Hanna Rogers School	Ivybridge/ Devon	Hydro	No	Yes	Unknown	Unknown	Unknown	Open various times during school term and holidays. There is a charge.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Woodlands School	Plymouth/ Devon	Hydro	No	Yes	Unknown	No	Yes	Open various times during school term and holidays. There is a charge.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Milford School	Plymouth/ Devon	Hydro	No	No	Unknown	N/A	N/A	Not available for public or community use
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Downham School	Plymouth/ Devon	Hydro	No	Yes	Unknown	N/A	N/A	Not available for private lessons as fully booked.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Calvert Trust	Exmoor/ Somerset/ Devon	Hydro	No	Yes	Unknown	Yes	No	Outdoor pursuits centre offering various activities including hydrotherapy.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Polkeyth Leisure Centre	St Austell/ Cornwall	Hydro	Yes	No	Free	Yes	No	Referral required from GP. Free access.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Blagdon Farm	Beaworthy/ Devon	Hydro	No	Yes	Unknown	Yes	No	Indoor hydrotherapy pool. Holiday apartments/ chalets to let.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Churchtown Farm	Bodmin/ Cornwall	Hydro	No	Yes	Please see comments	Yes	No	£20 for yearly membership, £3 per session thereafter

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Christchurch Harbour Hotel and Luxury Spa	Christchurch/ Dorset	Hydro	No	Yes	£25 per day	Yes	No	Essentially a luxury hotel but with a hydrotherapy pool.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Wessex Autistic Society	Christchurch/ Dorset	Hydro	No	Yes	£25 per hour	No	No	Please check for availability as it is a school
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Langside School	Parkstone/ Dorset	Hydro	Yes	No	Free	Yes	Yes	Charity offering free use of pool. All they ask is a small donation of appreciation.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Thamesdown Hydrotherapy Pool	Swindon/ Wiltshire	Hydro	No	Yes	Varies	Yes	Yes	A purpose built pool which requires a referral. Very competitive prices per session.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Life Dynamic	Swindon/ Wiltshire	Hydro	No	Yes	From £11 an hour	N/A	Yes	£47.50 per hour for a private session with a physiotherapist or £11 without.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Glenside Manor	Salisbury/ Wiltshire	Hydro	No	Yes	Varies	Yes	Yes	Please contact Gary Harlow for further information.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Nancealverne School	Cornwall	Hydro						
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Bowden Derra Park	Cornwall	Hydro	No	Yes	Unknown	Unknown	Unknown	Currently don't have a plan for private use but would consider. Pools is used by NM Patients at the moment

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Leonard Cheshire Home of Gloucestershire	Cheltenham/ Gloucestershire	Hydro	No	Yes	Unknown	Unknown	Unknown	Pool is fully booked. No universal cost for use when available.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Vranch House School and Centre	Exeter	Hydro	No	No	N/A	N/A	N/A	Not available for community or public use
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Mayfield School	Torquay/ Devon	Hydro	No	Yes	Unknown	Unknown	Unknown	Fully booked, no availability currently or foreseeable future.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
The Victoria School	Dorset	Hydro						

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Bath University Hydrotherapy Pool	Bath	Hydro	No	Yes	Varies	Yes	Yes	Different levels of membership offer different levels of access to the facilities. Well equipped hydro pool.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Cornwall Hydrotherapy Centre	Cornwall	Hydro	N/A	N/A	N/A	N/A	N/A	Community project looking for funding to construct a purpose built hydrotherapy pool. Registered charity.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
South Gloucestershire Community Learning Difficulty Hydrotherapy Service	South Gloucestershire	Hydro	Yes	No	N/A	Yes	No	Adults with learning difficulties will be seen only
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Royal United Hospital Bath	Bath	Hydro	Yes	Yes	£15	No	Yes	Will take referrals and open for private sessions. Used very infrequently.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Southmead Hospital	Bristol	Hydro	No	No	N/A	N/A	N/A	May see neuromuscular patients. Not likely for a period of more than 6 weeks treatment.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Royal National Hospital for Rheumatic Diseases	Bath	Hydro	No	Yes	Varies	Unknown	Unknown	No support for NM Patients
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Derriford Hospital	Plymouth	Hydro	Yes	Yes	Varies	Unknown	Unknown	No specific support for neuromuscular patients. Is under review currently. Mainly used for short term treatment. Further update in foreword of report.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Bristol Royal Infirmary	Bristol	Hydro	Yes	No	N/A	N/A	N/A	Available one afternoon a week for neuromuscular patients. Access is no longer than 6 weeks usually. Private sessions no longer available.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Bristol Royal Hospital for Children	Bristol	Hydro	Yes	No	N/A	N/A	N/A	Only see children, no adults. Not see many children with neuromuscular conditions as they usually have mobility still.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Weston General Hospital	Weston Super Mare	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Great Western Hospital Swindon	Swindon	Hydro	Yes	No	N/A	N/A	N/A	Rarely used for patients with neuromuscular conditions. Long waiting list which means patients are rarely seen when needed.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Gloucestershire Royal Hospital	Gloucester	Hydro	Yes	No	N/A	N/A	N/A	Most referrals are for rheumatology and orthopaedic patients. May take neuromuscular patients.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Cheltenham General Hospital	Gloucestershire	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Salisbury Hospital	Wiltshire	Two Hydro Pools	No	Yes	Varies	Unknown	Unknown	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.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Royal Cornwall Hospital	Cornwall	Hydro	Yes	Yes	Unknown	Unknown	Unknown	Take referrals for neuromuscular patients but no specific sessions for neuromuscular patients alone.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Torbay Hospital	Torquay	Hydro	Yes	No	N/A	N/A	N/A	Mainly used for rheumatology patients. Neuromuscular patients given a care plan. Will accept referrals.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Burnham on Sea War Memorial Hospital	Somerset	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Yeovil District Hospital	Yeovil	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Taunton Musgrove Hospital	Taunton	Hydro	Yes	No	N/A	N/A	N/A	Currently being refurbished.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Royal Devon and Exeter Hospital	Exeter	Hydro	No	No	N/A	N/A	N/A	No neurological patients are seen here. No funding available to do so.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Dorchester County Hospital	Dorset	Hydro	No	Yes	£25	No	No	No funding prevents neurological patients being seen. Can use pool privately.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Barnstaple Hospital	Devon	Hydro	Yes	Yes	Varies	Unknown	Unknown	Will see neuromuscular patients.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Pool Hospital	Dorset	Hydro	Yes	No	N/A	N/A	N/A	No outpatient usage.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
St Michaels Hospital	Cornwall	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool. Usually refer patients with such needs to Treliske hospital in Cornwall.

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
West Cornwall Hospital (Penzance)	Cornwall	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Camborne Hospital	Cornwall	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Bridgewater Hospital	Somerset	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool.
Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Royal Bournemouth Hospital	Dorset	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool.

Update- 02nd March 2010

Name of hydro pool	City/ Town/ County	Pool type	Available for free hydro	Available for paid hydro	Cost per hour of charge	Lifeguard provided	Own insurance needed	Comments
Christchurch Hospital	Dorset	No Pool	N/A	N/A	N/A	N/A	N/A	No hydrotherapy pool.

Glossary/ Terms

Hydrotherapy	<p>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.</p> <p>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.</p>
Inpatient	<p>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)</p>
MS	<p>Multiple sclerosis</p>
Neurology/ Neuromuscular	<p>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.</p>
Outpatient	<p>An outpatient is a patient who is not hospitalized overnight but who visits a hospital, clinic, or associated facility for diagnosis or treatment.</p>
Paediatric	<p>Paediatrics is the branch of medicine that deals with the medical care of infants, children, and adolescents.</p>
Physiotherapist	<p>A therapist who treats physical injury or dysfunction, usually with exercise</p>

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 hydrotherapy¹;
- 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 breath 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.ⁱ

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.ⁱⁱ 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 painⁱⁱⁱ. A randomised controlled trial showed that exercise in water increases quadriceps strength and improves the walking distance^{iv} and has a favourable cost benefit outcome^v.

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.^{vi}

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:

- Dame Hannah Rogers School
- Woodlands School
- Millford School
- Polkyth pool – This is a separate hydrotherapy pool which is away from the main pool within the St Austell leisure centre
- Downham pool
- Derriford Hospital – this is only accessible to inpatients at the Plym unit.
- Blagdon Farm, Launceston -this is an adapted holiday park with an indoor heated hydrotherapy pool.
- 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.
- 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

ⁱ <http://news.bbc.co.uk/1/hi/england/4313264.stm>

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ⁱⁱⁱ Silva L E et al, Hydrotherapy versus conventional land-based exercise for the management of patients with osteoarthritis of the knee: a randomized clinical trial, Physical Therapy, 2008 Jan; 88(1):12-21. Epub 2007 Nov 6

^{iv} Foley A, Halbert J, Hewitt T & Crotty M. Does hydrotherapy improve strength and physical function in patients with osteoarthritis e a randomised controlled trial comparing a gym based and a hydrotherapy based strengthening programme. Annals of the Rheumatic Diseases 2003; 62(12): 1162e1167.

^v Cochrane T, Davey RC & Matthes Edwards SM. Randomised controlled trial of the cost-effectiveness of water-based therapy for lower limb osteoarthritis. Health Technology Assessment 2005; 9(31): iiiiv, ixexi, 1e114.

^{vi} www.nchta.org/execsumm/summ939.htm