

Nottinghamshire County LINK in Partnership with
Nottinghamshire Learning Disabilities Partnership Board Sub
Group

Hydrotherapy Task and Finish Group Report

November 2010



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Acknowledgements

The partnership approach of this work has enabled the Task and Finish Group to collate findings and information from members of the community, Nottinghamshire County LINK, Nottinghamshire Learning Disability Partnership Board, NHS Nottinghamshire County, NHS Bassetlaw, Nottinghamshire Healthcare NHS Trust, Nottinghamshire County Council, Sherwood Forest Hospitals Foundation Trust, Nottingham University Hospitals Trust and other partners. We would like to thank everyone who took part in the group and in compiling this report.

Task and Finish Group origin

Nottinghamshire County LINK held a series of six geographical workshops at the beginning of 2010. The purpose of the workshops was to enable LINK participants to raise issues about health and social care services in the local area.

Following these workshops, the LINK Issues Panel collated the issues put forward at the workshops and prioritised them into the Nottinghamshire County LINK Work Plan for 2010 - 2011.

A conference was held on 30th March 2010 at Mansfield Civic Centre to launch the new LINK Work Plan and publicise the work done in 2009 – 2010 by the LINK. The conference was also used to recruit participants to the new Task and Finish Groups.

Issues regarding access to hydrotherapy services were raised to the Nottinghamshire County LINK at the LINK participant workshops and at the Nottinghamshire Learning Disability Partnership Board.

This group has focussed on access to hydrotherapy for people with a learning disability, but also by necessity has considered service availability in the broader sense. This work is a merger of concerns from the patients and public about general access to hydrotherapy and more specific concerns about access from the Nottinghamshire Learning Disability Partnership Board, and is therefore a joint report.

Participants and partners involved in the group

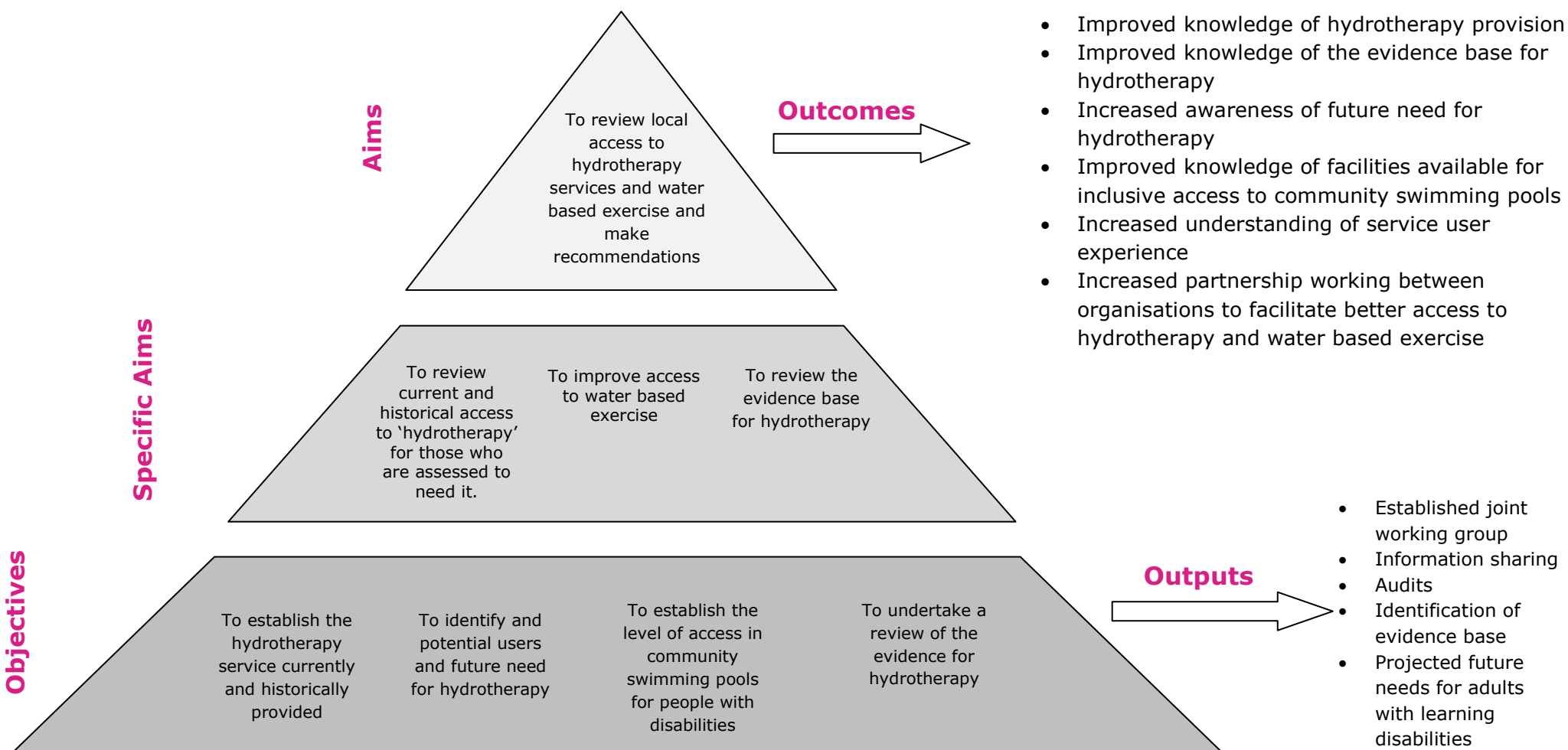
The following table includes LINK participants, Learning Disability Partnership Board representatives involved in the Hydrotherapy Task and Finish Group and partners who registered an interest.

Participant Name / Role	Organisation (If applicable)
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Lesley Booth	LINK participant / Learning Disability Partnership Board Member
Gladys Bombek	LINK participant
Steve Bowen	LINK participant / Spa Sensations
Joy Brealey	LINK participant
John Brealey	LINK participant
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Paul Durber	LINK participant
Julie Hartley	LINK participant / Learning Disability Partnership Board Sub-Group member
Marek Melges	LINK participant / Learning Disability Partnership Board Sub-Group member
Emma Pryor	LINK participant
Sandra Troop	LINK participant
Mick Warner	LINK Executive Board Member
Debbie Abrams	Nottinghamshire Healthcare NHS Trust
Tracy Dove	Nottinghamshire County Council / Learning Disability Partnership Board Sub-Group member
Lorraine Gallagher	Nottinghamshire Healthcare NHS Trust
James Hopkinson	GP / Specialist Registrar in Sport and Exercise Medicine
Karen Street	Sherwood Forest Hospitals Foundation Trust
Ruth Martin	Nottinghamshire Community Health / Learning Disability Partnership Board Sub-Group member
Carol Tucker	Nottinghamshire Healthcare NHS Trust
David Whitaker	Nottingham University Hospitals Trust
Anne Pridgeon	NHS Nottinghamshire County/ NHS Bassetlaw / Learning Disability Partnership Board Sub-Group member
Laura Thomas	Senior Community Engagement Worker, LINKs Support Team
Katy Jeffery	Community Engagement Worker, LINKs Support Team

Work planning

The focus for the Task and Finish Group was determined by the original issue raised to Nottinghamshire County LINK and Nottinghamshire Learning Disability Partnership Board. The group then developed the following planning document to identify and plan specific aims, objectives, outputs and outcomes of the work.

Task and Finish Group Planning Triangle – To review local access to hydrotherapy services and water based exercise and provide recommendations.



What is hydrotherapy?

Hydrotherapy is the use of water as an exercise medium, and is often used by people who have physical disabilities; it offers them an opportunity for independent activity which would not be possible without the support of the water.

Case Study – My experience of hydrotherapy

Following on from many years as an auxiliary nurse and care assistant I now suffer from acute lower back pain and mobility problems. I was referred by the local physiotherapist (GP based) for a 6-week hydrotherapy course at Kings Mill Hospital.

I found the pool helped both with the warmth and relaxing atmosphere. I soon got to know the system and each week I managed to exercise a little longer until I reached my 30 minute maximum. Unfortunately the 6 hydrotherapy treatments went very quickly and I was soon discharged without any further examinations or referral due to the pool being very busy at the time.

I felt that the hydrotherapy helped with both pain relief and mobility, but after the end of treatment it was not long before I was struggling again. I investigated local swimming pools to see if they provided any form of equivalent hydrotherapy and found out that there were Aqua-aerobics sessions organised by Arthritis Care at the South Forest Leisure Centre. The pool water temperature is lower than the hydrotherapy pool at Kings Mill and I sometimes suffer from cramps but I continue my exercises in the Jacuzzi pool.

It would be useful to be given information about local pools including water temperatures and access facilities following completion of a course of hydrotherapy.

Joy, LINK Participant

The water temperature in hydrotherapy pools is higher than public swimming pools (as people with physical disabilities tend to have reduced levels of activity and

wheelchair users may have poorer circulation). Hydrotherapy pools have a range of equipment to enable easy access such as hoists and wider steps. Changing facilities are larger and include grab rail, adjustable height changing beds and hoists.

Physiotherapists may prescribe hydrotherapy as one of a number of different therapeutic interventions for adults following a full assessment. Carers may also play a role in supporting the hydrotherapy sessions.

Hydrotherapy is one treatment used

alongside other therapies depending upon the specific needs of the individual.

What is the difference between hydrotherapy and exercise therapy in water?

Hydrotherapy is a specific type of physiotherapy usually supported by one to two physiotherapists in warmer water (approximately 33-37°C). People are referred to hydrotherapy following a full physiotherapy assessment. People with long term conditions requiring hydrotherapy can be set a programme of care by a physiotherapist that can be supported by a carer.

Exercise therapy in water is useful for people who can manage the lower temperature of a swimming pool (28-29°C). A physiotherapist can set a programme of exercises that can be done in a community swimming pool with appropriate access, possibly supported by a carer.

Evidence of the clinical benefits of hydrotherapy

There is reasonable evidence for the clinical benefits of hydrotherapy for people with a wide variety of physical disabilities and impairments such as recovering from surgery and injury and pain in joints and back.^{1,2} Benefits include pain relief and the promotion of an increased range of movements and reduced tone, however these tend to be short term and hydrotherapy needs to be used in conjunction with other therapies for longer term outcomes.

There is limited published evidence for the specific clinical benefits and effectiveness of hydrotherapy for people with learning disabilities. Anecdotally, hydrotherapy is thought to promote socialisation, confidence and relaxation.³ It is recognised that more studies are needed in this area.

Case Study – My experience of hydrotherapy

“I can’t describe the freedom of being released from your wheelchair into the hydrotherapy pool, the warm water supporting my weight. Because of my conditions, kicking my legs is the only way I can benefit like everyone else from exercise, it leaves me feeling relaxed. Closing the pools I accessed has made me very sad, I need much more pain relief as I have become very stiff and cramp disturbs me at night.”

Dale, service user and Nottinghamshire County Learning Disabilities Partnership Board Member

“Hydrotherapy is often used with people with arthritis, back conditions, AIDs and neurological conditions (Davis & Harrison, 1988). It is also commonly used with learning disabled people (Boulter, 1992). The wide range of suggested benefits include:

- Pain relief
- Relaxation
- Improved circulation
- Restored mobility through strengthening of muscles and improved co-ordination
- Increased confidence and self-esteem through being able to accomplish something independently that may be impossible at other times (e.g. maintaining an upright position)
- Reduction of challenging behaviour through the release of tension and energy
- Opportunity for relationship and trust development with the therapist.
- Increased vocalisation”⁴

¹ Bartels EM et al (2009) Aquatic exercise for the treatment of knee and hip osteoarthritis. Cochrane Review

² Dagfinrud H et al (2009) Physiotherapy interventions for ankylosing spondylitis. Cochrane Review.

³ Starling S & Chapman M (2003) The use of hydrotherapy with learning disabled adults. Manchester Learning Disability Partnership.

⁴ Starling S & Chapman M (2003) The use of hydrotherapy with learning disabled adults. Manchester Learning Disability Partnership.

The specific benefits of hydrotherapy, which cannot be achieved from other therapies include:

- Warmth of the water to promote reduction of abnormally high muscle tone (spasticity) which when reduced, can enable a greater range of movement to be achieved helping to maintain muscle length.
- Buoyancy properties of water to enable individuals to achieve independent movements which would not be possible without the support of the water.
- The safer, quieter environment which is appropriate for those with challenging behaviour and may support the transition into community pools.

Potential need for hydrotherapy for people with learning disabilities

A Health Needs Assessment for adults with learning disabilities in Nottingham and Nottinghamshire⁵ estimated that there were 20,603 people aged 18 and over with learning disabilities resident in Nottingham City and Nottinghamshire County (including Bassetlaw) in 2009. Of these, 4,293 had moderate and severe learning disabilities and 336 had profound and multiple learning disabilities. Hydrotherapy tends to be of benefit to those with profound and multiple learning disabilities and complex needs. The proportion of this population group requiring the warmer temperature of true hydrotherapy is unclear. Table 1 provides estimated numbers of adults with learning disabilities by severity of condition and district.

Table 1: Estimated resident numbers of adults with learning disabilities, by severity of condition and district, 2010

	All learning disabilities	Moderate and severe learning disabilities
Nottinghamshire	14,599	3,016
Ashfield	2,173	451
Bassetlaw	2,075	428
Broxtowe	2,168	448
Gedling	2,121	437
Mansfield	1,864	385
Newark and Sherwood	2,102	433
Rushcliffe	2,091	432
Nottingham City	6,086	1,251

Source: Projecting Adult Needs and Service Information (PANSI) and Projecting Older People Population Information (POPPI)

It is expected that between 2009 and 2025 that the increase in numbers of adults with profound and multiple learning disabilities will be approximately 30% (Table 2). A higher increase in rates is expected in areas with a younger demographic profile or

⁵ Pridgeon A & Little I (2010) A Health Needs Assessment for Adults with Learning Disabilities in Nottingham and Nottinghamshire

with a greater proportion of citizens from Pakistani and Bangladeshi communities. As the population increases, the demand for hydrotherapy is likely to increase.

In addition to being a therapeutic intervention, hydrotherapy can be a form of exercise for people with complex or profound multiple disabilities that are unable to take any other form of exercise.

Table 2: Estimated numbers of adults with learning disabilities and estimated increase in populations between 2009 and 2030, by Primary Care Trust area

	2009	2015	2020	2025	2030	Change (2009-30)
All learning disabilities						
Notts County*	12,584	13,347	13,926	14,479	15,087	19.9%
Bassetlaw	2,116	2,248	2,332	2,419	2,518	19.0%
Nottingham City	5,903	6,292	6,478	6,717	7,050	19.4%
Moderate and severe learning disabilities						
Notts County*	2,603	2,750	2,866	2,994	3,127	20.1%
Bassetlaw	439	461	476	492	510	16.2%
Nottingham City	1,251	1,344	1,400	1,472	1,561	24.8%
Profound multiple learning disabilities						
Notts County*	206	222	240	271	-	31.6%**
Bassetlaw	34	36	39	44	-	29.4%**
Nottingham City	97	105	113	128	-	32.0%**

*Excluding Bassetlaw

**Estimated numbers only projected up to 2025 therefore figures represent change over period 2009-2025

Source: Projecting Adult Needs and Service Information (PANSI) and Projecting Older People Population Information (POPPI) and Estimating future numbers of adults with profound multiple learning disabilities in England. Eric Emerson 2009

Requests for information

Due to the diverse membership of the Task and Finish Group, information has been shared between organisations through informal requests, and it has therefore, not been necessary to make formal statutory requests for information. The following table demonstrates the information shared with the Task and Finish Group.

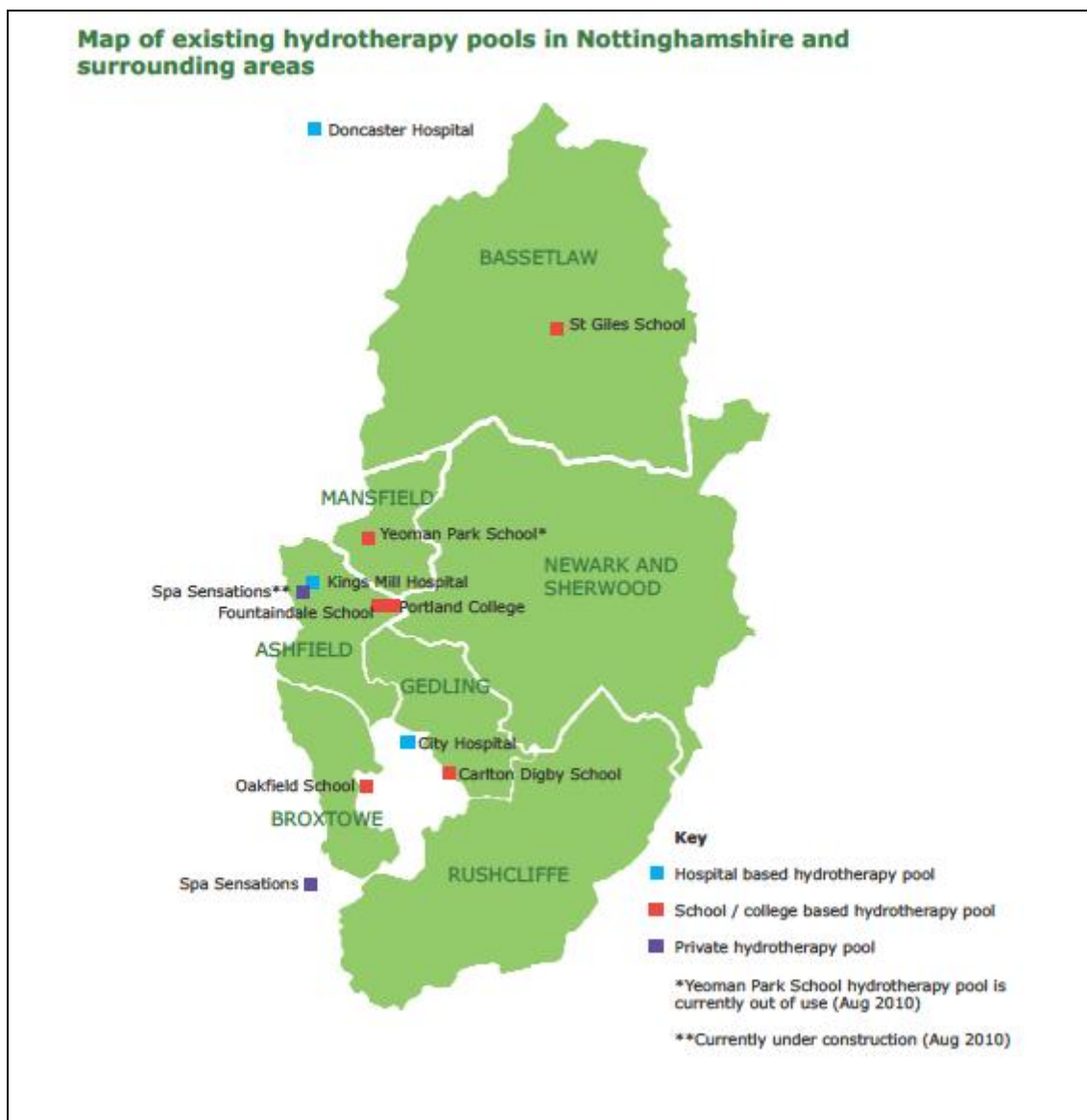
Date	Recipient of request	Purpose of request
06/2010	Nottinghamshire Healthcare NHS Trust – Physiotherapy	To establish background information about the local service, clinical information regarding the benefits of hydrotherapy, and work undertaken by physiotherapists with district councils to improve access to community leisure centres.
06/2010	Sherwood Forest Hospitals Foundation Trust	To establish the capacity the hydrotherapy pool is currently used at, and whether voluntary organisations hire out the hydrotherapy pool, and support given to patients on discharge from their physiotherapy sessions.
06/2010	Nottinghamshire County Council	To establish opportunities for the use of self directed support to pay for hydrotherapy/water based exercise.
08/2010	Nottingham University Hospitals Trust	To establish the capacity the hydrotherapy pool is currently used at, and whether voluntary organisations hire out the hydrotherapy pool, and support given to patients on discharge from their physiotherapy sessions.
08/2010	Liverpool City Council	To gain information regarding best practice in Liverpool as mentioned in the Mansell Report (2010), <i>Raising our sights: services for adults with profound intellectual and multiple disabilities</i> , p23
08/2010	Nottinghamshire County Council	To establish access / facilities / equipment in district council swimming pools across Nottinghamshire.
08/2010	Nottinghamshire Healthcare NHS Trust – Physiotherapy	Sharing results of Hydrotherapy Audit June 2010, which identified people known to Nottinghamshire Healthcare NHS Trust who may benefit from a recreational step down hydrotherapy/water based exercise service.

Due to local interest in the Newark area regarding access to hydrotherapy, the Newark Advertiser published an article describing the experiences of an individual in

the area unable to access the service. Following this article, the Task and Finish Group submitted information to the Newark Advertiser about the work of the group to raise awareness. Newark Advertiser used the information to publish the article in Appendix 3, page 30. As a result of this article, a number of people registered their interest with the LINK and joined the Task and Finish Group.

Existing hydrotherapy pools in Nottinghamshire

The following map shows the location of existing hydrotherapy pools in Nottinghamshire. Doncaster Hospital Hydrotherapy pool has been included as it is part of Doncaster and Bassetlaw Hospitals Trust.



Until September 2010, there was also a private hydrotherapy pool at Vitalise Skylarks, however, this has now closed reducing the number of pools available. Discussions are also taking place around the Aspley Wood School hydrotherapy pool which is currently not in use.

The map highlights the concentration of hydrotherapy pools in the districts of Mansfield and Ashfield and within the city. For those in rural areas, transport will be needed to access hydrotherapy, and this may be an issue particularly for people with profound and multiple learning disabilities. It is thought that long journeys may have

a negative impact to any benefits from hydrotherapy, although evidence to support this is unclear.

It appears that hydrotherapy pools have been located within special schools, close to day centres for people with learning disabilities and on hospital sites. This reflects the evidence regarding potential users of hydrotherapy.

Current hydrotherapy provision offered by Acute NHS Trusts

The following information was gathered through meetings with the Physiotherapy Leads at the relevant sites.

Kings Mill Hospital hydrotherapy pool, Sherwood Forest Hospitals Foundation Trust

The hydrotherapy pool within the new Treatment Centre at Kings Mill was opened in 2009. Patients are referred to Therapy Services usually from Accident and Emergency, GPs or Orthopaedics for six sessions of thirty minutes in the pool due to demand and cost of the therapy. Most patients using the service have had a joint replacement, fractures or are unable to weight bear.

The pool is generally open between 8am and 4pm on weekdays, and several community groups hire out the hydrotherapy pool for their use. There is capacity for additional use of the hydrotherapy pool. There is a weight limitation of 17 stones for using the hoist to get in and out of the pool.

City Hospital hydrotherapy pool, Nottingham University Hospitals Trust (NUH)

The hydrotherapy pool within the City Hospital was opened in 1970. When fully operational, there are nine sessions per week, with each patient receiving around six sessions. There are further limitations on the use of the pool currently because of its size and because there is a step down across one half of the pool. Two community groups previously hired the hydrotherapy pool for their use, however due to the age of the pool and plant, there is often maintenance work required for which the pool must close. Because of the unreliability of the hydrotherapy pool in its current state, NUH are reviewing a number of options for providing a sustainable service, including the option of a potential refurbishment. A decision has not yet been made.

City Hospital hydrotherapy pool has an established competency package, used for initial training and to cover all aspects required by the independent users of the pool, service users, carers / personal assistants, including additional knowledge required by the poolside person in the event of emergencies.

Nottinghamshire Healthcare NHS Trust hydrotherapy pools

Historical access

Previously access to hydrotherapy facilities through Nottinghamshire Healthcare NHS Trust has been reasonable with access to Cedars Pool in Nottingham and Balderton Hydrotherapy Pool in Newark.

The Cedars

The Cedars Hydrotherapy Pool although officially owned by Nottinghamshire Healthcare NHS Trust was leased to Nottingham City Primary Care Trust. Nottingham Learning Disabilities Physiotherapy Team had access to use the pool for four sessions each week. Clients attended these sessions on a rotational basis, where required in order to ensure that the availability of the session was as equitable as possible. When Nottingham City Primary Care Trust decided to stop leasing the pool, Nottinghamshire Healthcare NHS Trust was unable to fund the upkeep, which resulted in the closure of the pool in 2005/2006.

Balderton Pool

Around 100 people per week accessed Balderton Hydrotherapy Pool which was used mainly but not exclusively by people with learning disabilities. Due to a leak, the Balderton Pool was closed in 2005. Extensive investigations were undertaken but it was not possible to locate the exact source of this leak. In addition, there were concerns about the structure of the building due to the damage caused by water leaking into the ground and the foundations of the building.

The pool had provided access to hydrotherapy and water based activity sessions for a wide range of people with learning disabilities from across Newark and Sherwood, Ashfield and Mansfield. Therapeutic sessions were led by the Learning Disabilities Physiotherapy Team. In addition, carers and day centre staff provided recreational and relaxation sessions. In order to maximise access to the pool, physiotherapists developed therapy programmes that could be delivered by care staff. This ensured that more individuals could be included in the rotation of hydrotherapy sessions, and that people could continue their exercise in the pool without the need of a physiotherapist. Although other groups used the pool it was available to the Learning Disability service for around 10 sessions per week.

Table 3: Previous and current provision of hydrotherapy by Nottinghamshire Healthcare NHS Trust Physiotherapy Service.

Previous provision	Current provision
Cedars Rehabilitation Centre hydrotherapy pool - 4 sessions* per week accessed by people with learning disabilities. (2005)	1 session* of hydrotherapy per week at Fountaindale School accessed by people with learning disabilities from the city and county.
Balderton hydrotherapy pool - 14 sessions* per week accessed by people with learning disabilities and other users.** (2003)	1 disabled swim session per week by referral at Rebecca Adlington Swimming Centre accessed by people with disabilities. (lower water temperature) 1 session at Lamma Leisure Centre, Mansfield (lower water temperature and limited access)

*A session is normally between one to two hours.
** See Table 4 below

The total number of people who accessed hydrotherapy sessions through Nottinghamshire Healthcare NHS Trust is unavailable. However, Table 3 suggests that far less people are now able to access the service, and the following timetable indicates the average weekly use of Balderton hydrotherapy pool before refurbishment in 2003.

Table 4: Average weekly use of the hydrotherapy pool prior to refurbishment in 2003

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	Pool Test	Pool Test	Pool Test	Pool Test	Pool Test
9.30	Mansfield LD Physiotherapy			Mansfield LD Physiotherapy session	Newark Physiotherapy Children's Service
10.00	Session				
10.30	Mansfield LD Day Services	Leylands	Balderton Resource Centre	Mansfield LD Day Services	Whitewater Day Centre
11.00		Newark LD Physiotherapy Service			
11.30			Redoaks Day Centre	Newark Day Services	
12.00		Whitewater Day Centre			
12.30	Newark Day Services				
1.00		Newark Day Services			
1.30	Pool Cleaning		Mansfield LD OT Service	Newark Hospital Physiotherapy	Leylands
2.00					
2.30	Newark Day Services				
3.00		Mansfield LD OT Service			
3.30					

	Monday	Tuesday	Wednesday	Thursday	Friday
4.00		Newark Physiotherapy Children's Service	Service	Newark Physiotherapy Children's Service	
4.30					
5.00			Leylands		
5.30					
6.00					

Source: Tucker C (2005) Supporting Document for Capital Bid Proposal for Balderton Hydrotherapy Pool. Community Learning Disabilities Directorate, Nottinghamshire Healthcare NHS

Current hydrotherapy provision offered by Nottinghamshire Healthcare NHS Trust

Nottinghamshire Healthcare NHS Trust have negotiated with other organisations, and as a result are currently able to offer two hours of hydrotherapy per week at Fountaindale School hydrotherapy pool in Mansfield. Between two and four people from Nottinghamshire and Nottingham City access each session which is staffed by physiotherapists. The service runs on a rotational system with each person referred being offered between eight and twelve sessions.

Nottinghamshire Healthcare NHS Trust are currently working to secure the use of the hydrotherapy pool at Portland Training College to offer further access to service users in the north of the county. As part of the negotiations, sensory lights from the Balderton hydrotherapy pool have now been donated to Portland College.

Mansfield college helped in sensory facilities revamp

A NOTTS college for people with disabilities has improved its facilities with the help of the county's mental health trust.

New hydrotherapy and sensory equipment has been installed at Portland College in Mansfield. The sound and lighting equipment includes projectors and a smoke machine – which will be used at the college's hydrotherapy pool. The equipment has been donated by Notts Healthcare NHS Trust, which has closed its own hydrotherapy pool in Balderton.

City firm Barratts Solicitors also donated £500 to the college towards setting up the lighting project within the pool. The money was raised through staff not sending Christmas cards. Paula Manning, physiotherapy and hydrotherapy manager at Portland College, said: "We are very grateful for the generosity of both Notts Healthcare NHS Trust and Barratts Solicitors. To receive this top-spec equipment is amazing.

"It means we can engage learners in different ways to target their specific needs and adds a new dimension to their physiotherapy and rehabilitation where appropriate."

Nottingham Evening Post, Monday, June 07, 2010, available at <http://www.thisisnottingham.co.uk/news/Mansfield-college-helped-sensory-facilities-revamp/article-2273846-detail/article.html>

Access to swimming pools

'Regular exercise is important for everyone and brings about positive benefits to both physical and mental wellbeing. It is important to ensure that regular exercise appropriate to the individual is incorporated into their daily activities.'⁶

Water based exercise is suitable for people who are able to manage in lower temperature water and with a programme designed by a physiotherapist to meet the individual's need, but without the physiotherapist being present. This could be offered as a step down service where appropriate, taking into account individual needs, for example, the support of a carer.

Water based exercise can be provided in community pools, however, access can be limited for a number of different reasons. Many public pools have inadequate changing facilities, there are no grab rails or hoists and pools are often busy and not suitable for those with challenging behaviours. Mansell⁷ recently recommended that local authorities should improve access to public swimming pools to promote social inclusion.

Nottinghamshire Healthcare NHS Trust Physiotherapy Department have undertaken an audit of community facilities available in 2010 (Appendix 1) and a Nottinghamshire Swimming Facilities Review is currently in the process of being completed by Nottinghamshire County Council.

Requirements for inclusive access

- ✓ Poolside hoist with both chair (with removable footplates and bed attachment to facilitate access into/out of the water)
- ✓ Mobile hoist for use in changing rooms (or an appropriate procedure to enable transfer)
- ✓ Changing beds to be available for those clients who need to be lying for dressing/undressing
- ✓ Changing rooms to be located on poolside, (as it can be very difficult to move the bed attachment through narrow corridors with corners)
- ✓ Space in the changing rooms for all the equipment to be used.
- ✓ Storage space for equipment to be placed in when not in use.
- ✓ Ability to increase water temperature and air temperature in order to sustain the warmth of the water.
- ✓ Locations within communities as longer journeys can negate the benefits of the therapy

Nottinghamshire Healthcare NHS Trust Audit of Community Facilities

Nottinghamshire Healthcare NHS Trust Physiotherapy service undertook an audit of community facilities available in 2007 (updated in 2010). This audit advised service users of suitable locations to continue water based activities or hydrotherapy. This was reported to the Learning Disability Partnership Board who subsequently wrote to

⁶ Gates B & Barr O (2009) Oxford Handbook of Learning and Intellectual Disability Nursing

⁷ Mansell J. ((2010) Raising our sights: services for adults with profound intellectual and multiple disabilities

all District Councils asking them to improve access, and offering support from the physiotherapy service. Mansfield District Council worked closely with the Mansfield Change Group, to ensure that the refurbishments of Sherwood Baths (which reopened as the Rebecca Adlington Centre) are accessible to all. The refurbishment included:

- changing plinths for people with a requirement to lie down to be dressed or undressed
- shower chairs
- improved access into the actual water either via the slope or the hoist and the bed attachment (required for those unable to sit)

In addition, a mobile hoist was provided by Nottinghamshire Healthcare NHS Trust to enable people who need to be hoisted from their wheelchair to the changing beds in the changing rooms.

Additional audit by Nottinghamshire County Council

On behalf of a request by NHS Nottinghamshire County, District Councils were approached by Nottinghamshire County Council to provide information about what disabled facilities are available in swimming pools across the county. Appendix 2, page 27, provides the information that has been provided by District/Borough Councils about how swimming pools currently cater for those with learning disabilities (July 2010).

Limitations on the use of swimming pools

Factors limiting use of community swimming pools usually involve access to the changing rooms and access to the water and for some, the water temperature.

Limitations include:

- There is usually only a chair hoist for access into the water or to a chair which is then wheeled down a slope. Often these chairs have fixed footplates which are difficult for those with limited mobility. Some clients are not able to be seated whilst they enter the pool and need to enter using the bed attachment which is usually available as an accessory for the same pool side hoist.
- Most community pools do not provide a mobile hoist for use by those people who are not able to stand and transfer from their wheelchair.
- Water temperature is the main factor which prevents some people going to community pools. Clients with reduced mobility or increased tone will not be able to tolerate the cooler water, even children's pools (which are often warmer than normal public pools) may be too cold for them. Unless a pool has specifically been designed to be a hydrotherapy pool it is not advisable to raise the water temperature. Increased pool temperatures increase the rate of pool water evaporation that must be dealt with by the ventilation systems many of which are unable to remove excess evaporation. As a result the condensation

will damage the pool structure and fabric. Additionally it is not practical to raise water temperature for short period only as it takes approximately 20 hours (at a maximum rate of rise of 0.25°C per hour to prevent pool tiles de-bonding) to raise to the desired temperature and twice as long to cool down.

Good practice and achievements

- Partners in the group have demonstrated commitment to consideration of different alternatives that may sit across organisations. It is hoped that partnership working between organisations continues following this report, as the group feels that this has been an achievement.
- The Nottinghamshire Healthcare NHS Trust Audit of Community Facilities provided an information resource for people to use to identify suitable facilities. In addition, physiotherapists have been working with district/borough councils to support access to community pools.
- Nottinghamshire Healthcare NHS Trust have negotiated sessions at existing hydrotherapy pools, for example Fountaindale School, to improve access for those assessed to require the service.
- The Rebecca Adlington Centre is now offering weekly disabled swim sessions and participation is increasing.
- This report provides a review of hydrotherapy provision, particularly regarding access for people with learning disabilities to inform relevant organisations and the Learning Disability Partnership Board.
- Nottinghamshire Healthcare NHS Trust are considering the development of a carer led step down hydrotherapy group and plan to consult with the public about this.

Concerns and recommendations for action

Concerns and recommendations are divided into two sections, those relating to hydrotherapy and those relating to access to recreational water based exercise for people with long term conditions.

Review of access to hydrotherapy

Concerns	Recommendations
<p>1. Since the closure of Balderton and Cedars hydrotherapy pools, access to hydrotherapy sessions through Nottinghamshire Healthcare NHS Trust has reduced significantly.</p> <p>We are aware that physiotherapists may not be able to refer individuals to hydrotherapy as part of a package of care due to the lack of hydrotherapy facilities. We understand that due to current demand, cost and availability of hydrotherapy, individuals tend to be offered a limited number of sessions of hydrotherapy when available.</p>	<p>1a. Awareness of the ability to refer to physiotherapy should be raised. Information regarding referral should be disseminated through Speak Out Groups, Annual Health Checks, Annual Reviews and through contacting previous users of hydrotherapy. People should also be supported to self refer and to be referred to physiotherapy through their Community Learning Disability Team.</p>
<p>2. It has not proved to be sustainable for Nottinghamshire Healthcare NHS Trust to own and maintain its own hydrotherapy pools. Therefore, it is necessary to share hydrotherapy resources across the county and between organisations.</p> <p>Existing hydrotherapy pools may not be fully utilised currently, and this may be due to the different policies and procedures of each organisation. For example, the mapping exercise has highlighted the number of hydrotherapy pools within schools and a college which appear not to be utilised outside of normal school hours and during holidays. Specialised transport can be expensive for people with profound and multiple learning disabilities, and is in limited supply following the closure of Dial-a-Ride.</p>	<p>2a. Organisations should work together closely to minimise bureaucracy and to ensure that the existing hydrotherapy pools are used to their full capacity. For example, using school and college based hydrotherapy pools outside of school hours and in holidays, and facilitating community group use of hospital based hydrotherapy pools. This would ensure that there are more opportunities to include hydrotherapy within a package of physiotherapy.</p>
<p>3. The Task and Finish Group determined that the hydrotherapy sessions provided by Kings Mill hospital physiotherapists offered good instruction for a self directed treatment plan, during the limited use of the facility, but found current shortfalls because of poor information provided to patients. Improved transition to step down services would be enabled through better communication and information of existing</p>	<p>3a. We recommend that Acute Trusts explore and share best practice to ensure that, following their six sessions, patients are fully aware of opportunities in the community to continue their exercise.</p>

Review of access to hydrotherapy

Concerns	Recommendations
<p>alternative pool facilities and could avoid the failure to continue treatment.</p>	
<p>4. There are concerns regarding funding. Direct Payments (which are provided by the Adult Social Care and Health department of Nottinghamshire County Council) can be used to cover transport costs and carer support to access Hydrotherapy or public swimming pools, if part of the individual's agreed support plan. Direct Payments cannot be used to pay for physiotherapist led Hydrotherapy. This would be provided by the NHS for those assessed to require it.</p> <p>There may be potential in the future to use a Personal Health Budget to fund an individual to access hydrotherapy where hydrotherapy is identified to meet an individual's health needs (as opposed to social needs). It is unclear when Personal Health Budgets will become available.</p>	<p>4a. We recommend that Nottinghamshire County Council ensure that service users wishing to use a Direct Payment to cover transport costs and carer support to access hydrotherapy and water based exercise are supported to do so within their agreed support plan.</p>
<p>5. The map of existing hydrotherapy pools in Nottinghamshire (page 5) clearly shows that there are facilities in Nottinghamshire for hydrotherapy, however, there is a concentration of hydrotherapy pools in the South West corner of the County. Travelling can counteract the benefits of hydrotherapy. In some areas of the county, particularly Newark and Sherwood and Rushcliffe, there is very limited access to hydrotherapy pools. This may mean that people who require the warmer water temperatures may not be able to access any form of exercise without significant travel, and are therefore at a disadvantage.</p>	<p>5a. We recommend that long-term consideration should be given to a better spread of access to hydrotherapy pools across the county due to the perceived negative impact of travelling following a hydrotherapy session.</p> <p>5b. Council Planning Departments should consider including hydrotherapy pools within new leisure centre complexes.</p>
<p>6. There is a currently a limited evidence base for the benefits of hydrotherapy particularly for those with learning disabilities, however, there is anecdotal evidence.</p>	<p>6a. Organisations should make use of research regarding hydrotherapy as it is undertaken, for example, the HyDAT Project: the UK Aquatic Physiotherapy Data Collection 2009</p>

Review of recreational hydrotherapy and water based exercise

Concerns	Recommendations
<p>7. We recognise that there is a need for a 'step down' recreational service to enable people to continue their plan of care on completion of a hydrotherapy programme. Individuals may also decide to continue their exercise for reasons other than a health need. Our Task and Finish Group has explored opportunities to facilitate this, for example, using Self Directed Support.</p>	<p>7a. We recommend that Nottinghamshire County Council supports people wishing to undertake recreational water based activity through Self Directed Support, when the activity is included in that individual's support plan as an identified, affordable and sustainable outcome.</p>
<p>8. There are concerns around the cost to hire another organisation's hydrotherapy pool, and also around health and safety issues, for example, insurance, risk assessments, lone workers and out of hours access.</p>	<p>8a. We recommend that support is given to community organisations that wish to take on responsibility for the running of a recreational hydrotherapy / water based exercise group.</p> <p>8b. Nottinghamshire Healthcare NHS Trust Physiotherapy Team has undertaken an audit to identify people interested in using a recreational hydrotherapy / water based exercise group.</p> <p>The information is divided into three groups:</p> <ul style="list-style-type: none"> • Those requiring warmer water of the hydrotherapy pool (around 25% of people with a learning disability) • Those who do not need such warm temperature and could access a community pool with the appropriate equipment • Those who have a carer who would be able to assist a session <p>This audit should be used to ensure that the recreational hydrotherapy / water based exercise group is accessed by those needing it.</p> <p>8c. People should have equal support offered through support plans, irrespective of the availability of support offered by parents/carers.</p> <p>8d. Organisations should develop a competency package to enable independent users of the pool, community groups, service users, carers and personal assistants to use the facility safely without physiotherapist supervision. The competency package would include training and cover established competency package, used for initial training and including additional knowledge required by the poolside person in the event of emergencies. Nottingham University Hospitals Trust have developed a competency package based on staff training, which has been used in the past to ensure that community groups hiring the hydrotherapy pool are doing so safely.</p>
<p>9. There are concerns about the amount of information available / known</p>	<p>9a. NHS Trusts and Local Authorities should make better use of current</p>

Review of recreational hydrotherapy and water based exercise

Concerns	Recommendations
<p>to the public regarding access provision in community swimming pool facilities.</p>	<p>information regarding community pool and hydrotherapy pool access arrangements, for example, the pool survey. This information should be proactively disseminated in the community and regularly reviewed to improve the transition to step down service.</p>
<p>10. We acknowledge that there are currently limited funds for new builds, however, local councils should consider improved provision for inclusive access in all newly built leisure centres. There are examples in other countries of complexes including leisure, children and hydrotherapy pools within one centre, greatly improving the sustainability and affordability of the service.</p> <p>Despite progress being made to facilitate access to community swimming pools for all, there is still work to be done in this area to increase access to water based exercise.</p>	<p>10a. Inclusive access should be considered in all newly built leisure centres to maximise the potential for people with disabilities to take part in exercise and to reduce the strain on the hydrotherapy service.</p>

Monitoring

This Task and Finish Group has undertaken this piece of work in response to community concerns and to look into existing good practice and opportunities for improvements to accessing hydrotherapy and recreational water based exercise.

Ongoing monitoring of access to hydrotherapy will be undertaken by the Nottinghamshire County LINK, and it is hoped that Nottinghamshire Learning Disability Partnership Board will also continue to monitor the situation through the changes to the commissioning process proposed in the White Paper, Liberating the NHS. The Task and Finish Group will reconvene in six months to begin measuring progress and the results of this monitoring will be included in appropriate LINK publications and fed back to communities and relevant organisations. The recommendations will also be passed on to Heathwatch when it is established.

If you would like this document in easy-read format, please go to www.strongerlocalvoice.com or contact the LINK Team by the contact details on the back of this document.

Appendix 1 – Nottinghamshire Healthcare NHS Trust Audit of Community Facilities (2007 updated in 2010)

NOTTINGHAMSHIRE POOL SURVEY

Pool Name and Telephone Number	Disabled Toilet / Shower	Disabled Changing Facilities (i.e. hoist/plinth/grab rail)	Disabled swim/ Wheelchair Access to Pool	Chair Hoist into Pool and weight limit	Bed/Sling Hoist into Pool	Temperature	Depth of pool(s)
Arnold Leisure Centre 0115 9670114	Y Y	Disabled changing room with changing bed, toilet and hoist available,	Sedate swims scheduled daily Y	Y 160 kg / 25 St	N	29-30°C	0.8m-1.8m
Beechdale Swimming Centre 0115 9151575	Y Y	Grab rail, Low bench Separate male and female facilities	No disabled swim Y	Y 160 kg / 25 St	N	29-31.5°C over different pools	Diving pool variable 0-3.6m
Bingham Leisure Centre 01949 838628	Y Y	Grab rail	'Penguins' group Sun 8:30 pm Y	Y 160 kg / 25 St	N	Main 30°C Teaching 31°C	0.8m-2m Teaching 0.8m
Bramcote Leisure Centre 0115 9173009	Y Y	4 changing rooms with rails, toilet, basin and shower	Mon 2-45 (Term Only) Fri 10-11am Y	Y 160 kg / 25 St	N	Main 29°C Teaching 33°C	1-3.5m 1m
Calverton Leisure Centre 0115 9653781	Y Y	Grab rail Child changing bed	Sedate Swim 4:30 pm Mon Y	Y Not known	N	28-30°C	2'8"-5'10"
Carlton Forum Leisure Centre 0115 9872333	Y Y	Disabled changing area	Sedate Swim Mon & Thurs 3-4 pm Y	Y 101.5 Kg / 16 St	N	Main 29°C Teaching 30°C	1m-2m Teaching 1m
Cotgrave Leisure Centre 0115 9892916	Y Y	Disabled area Small 1st aid room with plinth. Mobile hoist	No disabled swim Y	Y 130 kg / 20% St	N	29-30°C	Beach - 2m
Clifton Leisure Centre 0115 9152333	Y Y	Larger room but no grab rails	Fri 2-3pm Y	Y 160 kg / 25 St	N	30.5°C	0.5m-1.57m
Dukeries Leisure Centre 01623 862489	Y Y	Changing room; lift up to pool	No disabled swim Y	Y 160kg / 25st	N	28-30°C	Mid: 5ft 6 Sides: 2ft 6 (20m x 9m)

NB. This information has been gathered over the telephone and thus may be subject to inaccuracy. Please contact the pool to verify information wherever appropriate.

POOL SURVEY, PAGE 2

NB. This information has been gathered over the telephone and thus may be subject to inaccuracy. Please contact the pool to verify information wherever appropriate.

Pool Name and Telephone Number	Disabled Toilet/ Shower	Disabled Changing Facilities (i.e. hoist/ plinth/grab rail)	Disabled swim/ Wheelchair Access to Pool	Chair Hoist into Pool and weight limit	Bed/Sling Hoist into Pool	Temperature	Depth of pool(s)
East Leake Leisure Centre 01509 852956	Y Y	Grab rails Long bench, Shower + chair for pool hoist	No disabled swim Y	Y 140 kg / 22 St	N	29°C	0.9m-1.8m Teaching 0.6m
Grove Leisure Centre 01636 655780	Y Y	1 Changing room (available on request)	No disabled swim Y	Y 160kg / 25st	N	30°C (both pools)	0.9-2.0m 0.7m (teaching)
Hucknall Leisure Centre 0115 9568750	Y Y	Grab rails Long wide bench	Tues 6pm Y	Y 160 kg / 25 St	N	30°C	Variable floor (1.1m-2m)
John Carroll Leisure Centre (Radford) 0115 9151535	Y Y	Grab rails and bench	"Panthers" Wed 7:30 pm Y	Sling hoist	Adult Sling hoist ? limit Main pool only	Main 29°C Teaching 30°C	0.8-1.9m 0.3-0.5m
Ken Martin Swimming Pool (Bulwell) 0115 9151555	Y Y	Grab rails	(Not yet known) Y	Y 115 kg / 18 St	N	29°C-30°C	2'6"-6'
Keyworth Leisure Centre 0115 9375582	Y Y	Grab rails Children's changing bed	Sun 9.15 am Y	Y 160 kg / 25 St	N	30°C	1m-2m
Kimberly Leisure Centre 0115 9173366	Y Y	Tracking hoist with adult and child slings Large Changing bed	Sat 1-2 pm Y	Y to both pools 140 kg / 22 St	N	Main 29°C Teaching 30°C	Main 1m-2m Teaching 1m
Mansfield Water Meadows 01623 463880/2	Y Y	Grab rails Adults changing bed No hoist	No disabled swim Y	Y to both pools 150 kg / 25st	N	Leisure pool 30°C Competition 28°C	Beach—2m in leisure pool
Noel Street Leisure Centre (New Basford) 0115 9151545	N N	No disabled facilities	No disabled swim. Steps to reception area and pool	Y Not known	N	Teaching 31-32°C	1m Wide steps up and down
Portland Leisure Centre (The Meadows) 0115 9150015	Y Y	To be upgraded Grab rails	No disabled swims Y	Y Not known	N	30°C	3-6'

POOL SURVEY, PAGE 3

NB. This information has been gathered over the telephone and thus may be subject to inaccuracy. Please contact the pool to verify information wherever appropriate.

Pool Name and Telephone Number	Disabled Toilet/ Shower	Disabled Changing Facilities (i.e. hoist/plinth/grab rail)	Disabled Swim/ Wheelchair Access to Pool	Chair Hoist into Pool and weight limit	Bed/Sling Hoist Into Pool	Temperature	Depth of pool(s)
Rainworth Leisure Centre 01623 466266	Y Y	2 changing rooms; Shower, sink, toilet	Wed 12-1.00pm Thurs 12-1.00pm Y	Y 160kg / 25st	N	30.5 – 31.5°C	0.9 – 2.0m
Rushcliffe Leisure Centre (West Bridgford) 0115 9234921	Y Y	Grab rails	Mon (Term only but time to be confirmed) / Y	Y 160 kg / 25 st	N	30°C	Beach - 6
Rebecca Adlington swimming centre 01623 463082	Y Y	2 changing rooms with showers. 1 poolside changing area with changing bed and hoist 2 shower chairs	Mon 12:00- 00pm Y	Access to pool using chair or bed via ramp	N/A Bed attachment for use with pool ramp	32°C	0.8m
Sky Larks (West Bridgford) 0115 9820962	(Refurbishment Closed till Summer 2010) Y Y Grab rail in toilet	Oxford mini and extra hoists available No grab rail/No plinth	11.5 pm majority disabled users Y	Y 160 kg / 25 St	N	Around 34°C	Between 4'-4'6" (NB Small pool)
Southglade Leisure Centre (Bestwood) 0115 9151595	Y Y	Grab rails	No disabled swim Y	Y 160 kg / 25 st	N	28-30°C	Main 1.2m-1.9m Teaching 0.9m
Southwell Leisure Centre 01636 813000	Y Y	All showers open plan. 1 disabled area with toilet	Sun 9:30 -10.00am Y	Y 160kg / 25st (main pool)	N	28 – 30°C (main) 28 – 32°C (teaching)	0.9 – 3m (main) 0.8m (teaching)
Lammas Centre Sutton 01623 511177	Y Y	1 large changing room with shower, toilet and sink	Y Wed 2.30- 3.15pm	Y 160kg / 25st	N	29°C 33°C	Main 4'-12'6" Teaching 3'-6"
Victoria Leisure Centre (Sneinton) 0115 9155600	Y Y	Recently upgraded Grab rails	Sat 2pm in teaching pool Y	N	Sling hoist (Adult + child sizes) into pool, 160kgs/25st	Main 28-29°C Teaching 29°C	Main 1m-1.78m Teaching ~ 1m

Useful Information from the internet

Leisure Centres: http://www.nottinghamcity.gov.uk/sitemap/leisure_and_culture/leisurecentres.htm
 Swimming Programmes: http://www.nottinghamcity.gov.uk/sitemap/leisure_and_culture/leisurecentres/leisure_centres_swimming.htm
 Swimming Times: http://www.nottinghamcity.gov.uk/swim_times_15.pdf (1st May to 31st August 2007)

NB. Most pools will allow carers to go into the pool for free.

Appendix 2 – Audit of Community Pools by Nottinghamshire County Council

	Swimming Pool	Resources currently suitable?	Is it wheelchair accessible?	Changing facilities?	Hoists?	Additional resources needed?	Availability of pool?	Can temperature be raised?
Ashfield	Edgewood	Suitable for client group.	No	Only one accessible changing room that is not directly linked to the pool	No	Investment needed for this pool however it is likely to be extensive and probably cost prohibitive.	Unused school times could be available	No
	Lammas	Suitable for client group	Yes Small pool with ramp access	Accessible facilities	Yes – secured funding for a recumbent hoist to be fitted in 2011.		Unused school times could be available	No
	Hucknall	Suitable for client group	Yes – moveable floor capable of creating beach access	Accessible facilities	Yes		Unused school times could be available	No
Bassetlaw	Bircotes	IFI accredited site that accommodates a disability sports club	Yes	Dedicated adapted changing	Yes	Changing beds and hoists in changing room	Identified sessions already in use	Bircotes is run at a warmer temperature. There are no sites in which the temperature can be raised even relatively quickly/easily.
	Worksop	Fully DDA compliant	Yes	Dedicated adapted changing	Yes			
	Retford	Fully DDA compliant	Yes	Dedicated adapted changing	Yes			
Broxtowe	Bramcote	Main pool, splash pool, teaching pool and spa/jaccuzzi	Yes	Currently being constructed with Aiming Higher funding	One is to be fitted along with a moveable pool hoist		Unable to identify times presently. Various activities identified within Aiming High agreement	Spa pool is 38-40 degrees but is not accessible

	Swimming Pool	Resources currently suitable?	Is it wheelchair accessible?	Changing facilities?	Hoists?	Additional resources needed?	Availability of pool?	Can temperature be raised?
	Kimberley	Main pool and teaching pool	Yes Poolside wheelchair available	Accessible facilities	Yes			No
Gedling	Arnold	Suitable for client group	Yes	Accessible change/ wet room	Yes		Times during day that are available	No
	Carlton Forum	Suitable for client group	Yes	Separate toilet / shower area /changing facility	Hoist for both main and small pool		Unused school sessions could be available	No
	Calverton	Suitable for client group	Yes	No specific disabled change /toilet facilities.	Yes		Unused school sessions could be available	No
Mansfield	Water Meadows	Suitable for client group	Yes	Specifically designed changing areas	Yes into main pool. Pool runs out to a beach		Time available in the day	No
	Rebecca Adlington	Suitable for client group	Yes	Specifically designed changing areas	Yes in main pool Teaching pool has a ramp		Time available in day around school lessons	Training pool is at a higher temp than a normal pool
	Meden Sports Centre	Access and changing issues with this pool	No	No	No			
Newark and Sherwood	Grove Leisure Centre	Suitable for client group	Yes	Changing / shower facilities	Yes	If finance available possibility that could further adapt pools in Newark and Sherwood district	With prior arrangement	No
	Southwell Leisure Centre	Suitable for client group	Yes	Changing / shower facilities – to be updated in	Yes		With prior arrangement	No

	Swimming Pool	Resources currently suitable?	Is it wheelchair accessible?	Changing facilities?	Hoists?	Additional resources needed?	Availability of pool?	Can temperature be raised?
				August: portable changing bed and new changing facilities – funding from Aiming High				
	Dukeries Leisure Centre	Suitable for client group	Yes School changing rooms not DDA compliant	Disabled changing	Yes		With prior arrangement	No
Rushcliffe	Cotgrave	Sessions hosted for Ash Lea Special School and a Mencap group	Yes	There are larger cubicles	Yes	Training for staff for client specific issues	Daytime session during the week	No however as a leisure pool the temperature is slightly warmer than normal

Please note that this list is not exhaustive and is based upon information provided by district/borough councils to Nottinghamshire County Council.

Appendix 3 – Newark Advertiser Article

Group looks at hydrotherapy need - July 30, 2010

By Lucy Millard Lmillard@newarkadvertiser.co.uk

The father of a son with cerebral palsy is among members of a health advisory group looking at ways to improve access to hydrotherapy in the Newark area.

Mr Adrian Hartley, of Hawton Road, Newark, is involved with a task-and-finish group set up by Nottinghamshire County LINK (local involvement network) to look into hydrotherapy and water-based exercise. In October, the group is due to make recommendations, to the organisations that deliver or pay for these services, about what should be done to improve access.

Mr Hartley's son, Dale, 29, has complex needs. His father said hydrotherapy made a huge difference to Dale, who otherwise spent his time either in bed or in a wheelchair. "The environment of a hydrotherapy pool gives him freedom and the ability to move," Mr Hartley said.

Dale was a pupil at Fountaindale Special School, Mansfield, where he was able to use its hydrotherapy pool. When he left he used the pool at the former Balderton Hospital site for two years until it closed because of problems with maintenance.

Since then Dale's parents have been trying to continue to give him the benefit of hydrotherapy and joined Vitalise Skylarks in Nottingham which has a heated indoor pool and an overhead tracking hoist. But Mr Hartley said there had been times when they had been unable to use the pool for various reasons and it was now temporarily closed. This has meant that for two years they have been unable to find any alternative and, as a result, Dale's muscle structure has been dramatically reduced.

Mr Hartley said: "Dale has become a lot stiffer and has a much poorer quality of sleep," he said. "We as carers have not been able to get any suitable respite during that time and as a result are constantly tired." Dale has suffered from abdominal pain for the past 14 months and Mr Hartley said that, even if a lack of hydrotherapy was not the cause of the problems directly, he felt it had left him less able to deal with them.

"The high cost of medication and medical treatment including numerous hospital stays is never factored in when considering providing hydrotherapy. How do you put a value on people's quality of life?" Mr Hartley said.

Restraints

He said in an ideal world it would be wonderful to find a replacement for the Balderton pool locally, but said they had to accept that there were financial restraints.

However, he felt a realistic option might be to rent pools at King's Mill or Portland Training College, Sutton-in-Ashfield. Mr Hartley said it was important that people who needed hydrotherapy services made their needs known.

The group can be contacted at LINK Team Office, Unit E2 South glade Business Park, Cowlares, Hucknall Road, Nottingham, or email k.jeffery@Ccarersfederation.co.uk

The LINK network was set up in 2008 by the Department of Health to give communities a voice in health and social care.

Last week the Advertiser reported how rheumatoid arthritis sufferer Kate Murrell, of South Scarle, is continuing her fight for regular hydrotherapy, after being told she could have only six sessions at King's Mill.

She is due to meet representatives of Sherwood Forest Hospitals Foundation Trust next month to try to find a way forward.

Kate Murrell urged people in the Newark area who felt they would benefit from hydrotherapy to speak out to help highlight demand.⁸

⁸ Millard, L (2010) Group looks at hydrotherapy need. Newark Advertiser. Available at <http://www.newarkadvertiser.co.uk/news/archive.asp?q=hydrotherapy&x=0&y=0>