

Open Week Success

Almost a year to the day that hydrotherapy user and LINK member Karen Oldale contacted Peterborough LINK about the lack of hydrotherapy, following the closure of the pool at Peterborough District Hospital - St George's celebrated its opening with a week of free sessions.

The week-long event, the popularity of which was overwhelming, has been able to show the viability of this much needed provision and the reopening of Peterborough's first community hydrotherapy pool is a cause for celebration for all those who have worked so hard to turnaround the devastating loss of this provision. Due to the overwhelming demand the pool has continued to offer free sessions during the trial period (see page 3).

Hydrotherapy has proven to reduce the costs of healthcare and maximises the outcomes for rehabilitation, enablement and independence for service users

Hydrotherapy increases ability versus disability, social interaction, reduces pain, improves fitness and ensures that the people of Peterborough are offered equal access to health, welfare and social environment.

Since the re-opening 300 people have used the facility from across the whole City and they have indicated they would all like to use it again on a regular basis.



Supporting the hydrotherapy pool open day –Celebrities David Proud from EastEnders and Julie Fernandez from The Office – along with others including Leonie McCarthy of PCC, Chas Ryan of Peterborough PCT, Cllrs John and Judy Fox and Cllr Hiller, Bryan Tyler of the Disability Forum, Christine Cunningham of Innova, Angela Burrows of Peterborough LINK and The Mayor with volunteers and Lifeguards.



David Proud and Julie Fernandez

Partnership Working

Peterborough LINK (soon to be HealthWatch under NHS reforms) Chair David Whiles said 'this project has demonstrated that working together in partnership and creating a strong dedicated team can deliver real results benefiting the whole community. It gives enormous pleasure to see those in need of such a provision, being able to access it locally'.

Peterborough City Council

Peterborough City Council is very proud to be working in Partnership with organisations from across the City to secure the future of hydrotherapy in Peterborough.

When Peterborough City Council was approached by the LINK Task and Finish Group we developed an action plan, identified individuals and organisations that we believe will help deliver our vision of an excellent community facility.

The partnership team have been amazed at the wonderful response from so many of you – it has made all the hard work and effort so worthwhile.

We continue to work hard to identify funding for staff and equipment and to work towards transferring the pool so that further funding and grants can be obtained to secure its future and obtain vital additional equipment.

Peterborough Primary Care Trust

Part of the funding for the Open Week was provided by the PCT as part of support for stroke patients:

"Used to improve and build up my muscles"
Stroke patient

"This provides a wonderful facility with a great level of privacy for stroke patients"
Stroke Patient carer

Further by accessing the response and feedback from the open week and establishing the demand it would provide a patient-lead approach to commissioning services.

Disability forum

Peterborough Disability Forum was established to provide a platform and voice for disabled people in the City. We are involved in Disability Awareness Training for Bus Companies, the redevelopment of the Train Station and the Regional Pool.

Another important element of our work is our Health and Wellbeing programmes. We work closely with Chas Ryan, Long Term Conditions Manager and Nick Blake, Adult Social Care Transformation Commissioner for the PCT to encourage more people to participate in our sport and health programmes.

Over the past year we have set up daily gym sessions for people with disabilities. We run an accessible cycle club at Ferry Meadows, a kayaking club and last July we had twenty disabled people taking part in a sponsored skydive. We raised £6000 for good causes and we are doing it again this year.

If you would like to get involved with the Peterborough Disability Forum

Contact Bryan Tyler 01733 265551 or
dialsport@gmail.com

Innova Development Trust

Many of the volunteers helping at the pool and welcoming users have been from the local voluntary organisation.

Innova have supported the pool since the beginning of the year and look forward to continuing support and engagement with this vital facility.

Supporters

Community Sports Association (HCSA)

Following the Open Week and the fantastic response, 20% of users were residents from the Hampton area. Chas Ryan Chairman HCSA approached the volunteer committee to promote the project. The HCSA agreed a small grant to help sustain the work carried out between many organisations led by PCC in collaboration with LINK, INNOVA, DIAL, NHS Peterborough and many others. Chas Ryan is also approaching the Hampton Parish Council to gain support and potentially additional funding.



Chas Ryan handing over £250 from the Hampton Community Sports Association a registered charity to support the continued access to the Hydrotherapy facility in Peterborough.

Special thanks also to:

John Lewis has offered to support and provide reduced cost white goods for the pool

Brian Gascoigne - Diabetes UK (Pboro) and Chair of Peterborough Hackney cab drivers - lent a blood pressure monitor at short notice

Bannatynes - Gave towels and Shampoo

Chris and Ian Worley have temporarily supplied for the trial period some disability equipment.

Brian Moss and those at The Manor for assistance for access

Jamie Fenton and the lifeguards from Vivacity for their continued support for the facility.

Update

Many LINK members and hydrotherapy pool users have been anxious to know what the future holds for the newly refurbished pool.

There have been some comments regarding delays in returning calls and being able to book sessions. Peterborough LINK has been given a current update of the development:

Peterborough City Council timetable

We have had overwhelming praise for the pool to date, but we recognise that there can always be improvements – a special thanks to those of you who have taken the time to tell us what we could do better.

We believe you will see the changes week by week and enjoy the ongoing development and improvement of the pool.

At the time of writing, we are operating on a week to week basis depending on finances. The sessions will remain free during this extended trial period.

Before the end of May, we hope to have regular sessions for up to 15-20 hours per week on a Wednesday, Thursday, Friday and Saturday.

By the end of July we hope to transfer the pool into the ownership of a community based organisation, where it will become fully self-financing and have the capacity to expand into a social and community centre offering City wide advice, information and signposting.

It has become a vision of those involved in bringing this facility to the whole community that the pool will not only help relieve pain, aid those rehabilitating from injuries and operations and offer unique facilities for those with a range of disabilities - but also provide social engagement and actively enabling people to meet, support and have fun together.

In August it is hoped the pool will be open seven days a week – with evening sessions available too.

A personal special thank you from PCC to all the people that have come to try the pool, and particularly those wonderful individuals who believed so much in it and made this happen!

Can you support?

The pool could be improved, from Physio equipment to hairdryers in the changing rooms – if you can help – from volunteering to fundraising – get in touch!

Volunteers

Many individuals kindly offered to give their time to help and support this facility.

We will be offering a series of training sessions to volunteers covering the many areas of interest on **Thursday 26th May at St George's from 9am till 12 noon.**

We will be contacting those who have expressed an interest.

If you have not completed a feedback form, but would like to volunteer, please get in touch.

How to book and for more information

Limited spaces are available but if you would like to discuss how you could benefit from hydrotherapy treatment and find out times of opening and other information, please ring 01733 453583

If you would like to become a Friend Of St Georges Hydrotherapy Pool contact eleanor.culpin@peterborough.gov.uk

LOBBY YOUR COUNCILLOR!

A plea was made by Councillor John Fox for members of Peterborough City Council to donate a portion of the £10,000 given to each ward under the Community Leadership Fund (CLF) scheme to the hydrotherapy pool at the St George's.

The motion was passed unanimously after numerous positive comments from members of the council and feedback from users from across the city.

Has your councillor donated yet? And if so how much? Lobby your councillor TODAY!

Feedback and Commentary

"Fine just the way it is, you have my support" –user with mental health issues

"Unbelievable shoulder movement and usage" – a resident who suffered a fall in 2010

"Really enjoyed the pool. Kept very clean and was much bigger than I thought" – Double hip replacement

"Excellent - my first time in water in 40 years" - Hernia patient

"Really good facilities, staff are friendly and the pool is a nice size" - arthritis sufferer

"Adequate facilities. Swimming aids, hoist and floats were available if required" - head injury 13 yrs old, left side paralysed, frozen shoulder, slurred speech and deaf in right ear

"Very pleasant, nice temperature" – breast cancer patient
"dislocated hips twice since op, only given Physio sheet – this has made me more supple – a must for those with disabilities." - Total hip replacement patient

"It was brilliant to be able to move and exercise with no pain! Could have spent all day in there. The use of this

provided both a mental and physical bonus, thank you!"
Post-operation Patient, lack of muscle strength and lower back problems

"Good – very useful – a definite need for the disabled community" – osteoarthritis in lower back and Parkinsons

"Really liked the pool gave me a totally different workout – felt tired and the strain after – but in a good way!"
Shoulder operation patient

"Water great to exercise in" –Car Accident patient (under 25yrs old)

Findings from survey feedback Forms

99% were prepared to pay for using the facility

Of those (% rounded down):

47 % were willing to pay £1-3

40 % were willing to pay £3-5 and

12 % were willing to pay £5+

67 % were willing to use their personal budget to fund their sessions in the pool.

Also, there were 29 people who have expressed an interest in volunteering (see pg 2 about training)

Other LINK news in brief

Following LINK's successful community engagement events, areas that were raised and are being explored further include:

- Mental Health
- Dignity & Respect/Awareness
- Communication issues (inc GPs)
- Social and Residential care
- Various issues around the new PCH – signage, transport, food etc
- Personalisation

Other areas remain on LINK's workplan, including the NHS reforms, HealthWatch transition, complaints procedure, patient appointments and discharge planning.

If you would like to know more, join LINK or be involved please get in touch.

The report following the Enter and View carried out by Peterborough LINK on 25th March at Peterborough City Hospital - investigating nutrition and assistance at meal times - will be available to view on our website from the Thursday 5th May.

The investigation on smoking at PCH site will continue with further surveys and feedback forms being collated and analysed.



Bin at entrance to Peterborough City Hospital

Contact Us

Email: angela.burrows@shaw-trust.org.uk

Mobile: 07590 231 674

Website: www.peterboroughlink.org.uk

Main regional Office

Telephone: 01522 705 190

Address:

Peterborough LINK

Unit 11, Evans Business Centre,

Gateway Park

Lincoln LN6 9UH.

LINK