

St George's Community Hydrotherapy Pool



E-Newsletter

Issue 5

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Eggstraordinarily Successful

St George's Easter "Eggstravaganza" on 28th March certainly lived up to its name raising a magnificent **£348.41**.

Staff, Friends of St George's and users provided something for everybody including refreshments, a tombola, silent auction, and various children's activities. Everyone enjoyed a fun filled day including the Easter Rabbit who made a special guest appearance.

Robert Oldale, on behalf of the Friends said, "I want to thank everyone who worked so hard and donated generously and contributed to make the Eggstravaganza such a success. The money raised will be used to buy equipment for the benefit of the users and the pool."

Congratulations To Our Competition Winners



Winner, Mason Smith (6) who came in with his father Mark Smith to collect his prize.

A dark chocolate Taste the Difference Easter Bunny.

Mason attends the City of Peterborough Academy.



A big thank you to all of you who entered and also to Eleanor Culpin for drawing the lovely picture for us.



Runner up, Eva Howard (4) who is a regular user of the pool along with her mum Hayley Howard and sister Jess.

Eva has won this Thornton's Easter egg.



Goodbye Ashley Piper

It was with a mixture of sadness and pride that we learned Ashley Piper would be leaving St George's on 12th April to become a PE technician at Jack Hunt School.

Ashley has been the senior lifeguard for one and half years, a role he developed and made his own. In addition to ensuring everyone's comfort and safety, keeping the pool crystal clear and at a constant temperature, Ashley liked to entertain and enhance clients' experiences with his music, quizzes, and sense of fun. He even hired some memorable costumes to wear in reception on fundraising days. Popular Ashley enjoyed great rapport with the pool's users - young and old alike.

He said, "It's been a great experience and very different from any other job. I've loved every aspect of my work here, especially the social side. I talk to everyone and everyone talks back. I am going to miss everyone and all their stories."

Ashley's new job will involve developing sport activities for local primary and secondary aged children and he hopes it will enable him to gain further qualifications.

He has promised to keep in touch with St George's and support the pool whenever he can. On Saturdays, Ashley will continue to be one of our lifeguards.

We would like to thank Ashley for everything he has done for the pool and its clients, say how much we will miss him, and wish him every success in the future.

Luke Bains, who previously worked as a lifeguard at Matley Primary School, will be covering Ashley's job until a permanent appointment is made.



Ashley Piper, and in one of the costumes he recently hired.

We all wish you well in your new job and are glad we will still see you on Saturdays.

The Easter Eggstravaganza raised £348.41

Please visit our website

www.sgchp.btck.co.uk

to see more pictures of the day.



Would You Volunteer For A Skydive?

Inspire Peterborough's Skydive and Sports Day will take place on Saturday 7th September at Sibson Airfield near Wansford. Bryan Tyler, Disability Forum and Inspire Peterborough Project Manager writes:

"We want as many people jumping out of planes as possible and raising lots of money for local disability charities and voluntary organizations. It's a fantastic experience and all in a good cause. The money we raise can then be distributed to some of the small Peterborough based sports and leisure providers who support people with disabilities and improve their life outcomes. Also on the day, we have been given 3 acres of land adjacent to the airfield where we want to have a day of fun, games and competitions. Last time we did this we put on a raffle, a band and various displays and a brilliant day was had by everyone and we raised over £8000. We want to exceed this total and the money raised will make a massive difference to lots of great local groups. More details will follow, but at present I am trying to get numbers of interested jumpers as the more we get, the cheaper it becomes." If you are interested and feeling brave please contact Bryan Tyler on 01733 265551 or email dialsport@gmail.com

Would you be willing to jump on behalf of St George's Community Hydrotherapy Pool?

NEWS! We would like to make all our users aware that from the week commencing **Tuesday May 7th 2013** our fees will be increased. Since we opened in March 2011 we have avoided increasing our fees to allow people to access and experience this facility. Going forward these changes will allow us to continue to keep our doors open and ensure the facility is being run sustainably. See our website: www.sgchp.btck.co.uk for more information.

The new fees for self-referrals and private hire groups will be as follows:
(ALL PRICES LISTED INCLUDE VAT)

Self-Referral (fee for anyone entering the pool) - £4

Self-Referral Block Booking (10 X Sessions) - £35

Private Group (Care) - £50

(e.g. care homes or schools etc.) to gain exclusive use of the pool with lifeguard and changing rooms for up to 12 people

Private Aquatic Physiotherapist - £90 per person
exclusive use of the pool with lifeguard and with dedicated assistance of an Aquatic Physiotherapist

Private and group bookings are by arrangement with the pool manager: Tel: 01733 453583

John Lewis Peterborough has generously supported St George's Hydrotherapy Pool since it first opened to the community. In 2011, the pool received a donation to buy a set of slings for the hoist. Last year, the John Lewis Golden Jubilee Trust seconded local Partner, Sam Ring, to work at the pool and Family Voice for six months.

Most recently, Emma Valerio, Community Liaison Co-ordinator for the Peterborough branch, came to the pool to present a £300 cheque to The Friends of St George's, a fundraising group that was set up with Sam's assistance and of which she is one of the signatories. Afterwards, Emma wrote:

"I was delighted to receive an invitation recently to visit the hydrotherapy pool, Sam's enthusiasm had made me extremely keen to visit and meet everyone involved. I am aware of the huge benefits hydrotherapy can provide and the struggle to ensure this vital facility is maintained.

I was truly delighted to meet the trustees, lifeguards and also users. It's clear to see the hard work which has been put into ensuring that every visitor has a positive experience.

I can see the potential of the hydrotherapy pool, both for the users and the building. I sincerely hope the pool can continue to do its great work for a long time to come."

This much appreciated donation will help the Friends purchase an exercise bed for the pool.



From left to right: Emma Valerio with Friends of St George's signatories, Ruth Tilley, Robert Oldale, Sam Ring and Jane Thompson.



Community Leadership Fund Update

St George's is one of the few hydrotherapy pools in the country which is open to the whole community. Every one of any age and ability is welcome. Our users' ages range from 8 months to over 80 years and they come from every ward every ward in the city. Over 1400 local people have accessed the pool, which currently has over 200 clients every week. As well as individuals, schools, nurseries, care homes and day centres access the pool.

Peterborough's City Councillors have supported the hydrotherapy pool recognizing the positive impact it has on the community and the benefits it can bring to their constituents.

This year the following wards have made donations from their Community Leadership Funds:

Bretton North £500, Central £500, Dogsthorpe £1,050, Fletton £100, Newborough £500, Northborough £750, Orton with Hampton £500, Orton Longueville £793.50, Orton Waterville £500, Park £650, Paston £606.01, Werrington North £500, Werrington South £500 and West £905.81.

The total donated was **£8334.32**

Everyone at St George's Community Hydrotherapy Pool would like to express their appreciation for this and thank all the city's councillors for their continued support of this very special facility.

User Profile

Joy and George Kitchen have been coming to the pool from Eye every week for 18 months.

George feels that hydrotherapy has done him the world of good. He no longer wears a support belt for his back and does not need to take painkillers anymore. Before coming to the pool, George tried sessions with a chiropractor but that did not help: within two weeks of coming to the pool, his condition had improved. The spa has also helped George, he says, "It is the best massage you can get, so gentle on your muscles". Before he started coming to the pool, George could not lift his arms above his head; now he can do this easily.

Joy has hip trouble and her physiotherapist recommended she try St George's. She can do exercises in the water that she cannot do on land. The hydrotherapy is enabling Joy to reduce her painkillers. Because the regular pool sessions help her to manage her condition, Joy has declined to have hip surgery for the time being.

Both Joy and George say they enjoy their sessions at the pool. "It is the best exercise we have and we would recommend it to anyone."





John Lewis - Community Matters

We have very exciting news: The Friends of St George's Community Hydrotherapy Pool has been chosen by John Lewis, Peterborough, as one of the three charities it will support through its Community Matters scheme May - July.

Every three months the shop donates £3000 to be divided between the three local groups. John Lewis' customers decide how much each nominated group receives by voting with green tokens. Customers are given one token for each transaction in the John Lewis cafe where the Community Matters voting box is located.

So if you are enjoying refreshments in the John Lewis' café between May and July please do remember to take your token and consider voting for the hydrotherapy pool.

Public Launch Of Healthwatch



Healthwatch Peterborough, the new independent consumer champion for local health and social care issues and will hold its public launch at The Fleet on Monday 20th May 10:00-12:00. If you would like to attend please email Healthwatch@peterboroughcab.org.uk

Local voluntary and support groups are also invited to promote their work at the launch. To book a free stand, which will be allocated on a first come, first served basis, please email Healthwatch using the address above.

Skip Of Gold Result

Thank you to everyone who voted for St George's Hydrotherapy Pool in the 2013 Mick George Skip of Gold initiative. Unfortunately, we were not successful this time but congratulations to the Peterborough Netball Club which scooped the £1000 prize.



We are in need of a fridge to keep our perishables nice and chilled. If anyone has an old mini fridge they wish to part with that is perhaps gathering dust and spiders in their garage, PLEASE let the pool team know as we would be very grateful to give it a new home.

Thank you!



Contact Information

Bookings or general enquiries:

Email: stgeorgeshydrotherapypool@peterborough.gov.uk

Telephone: 01733 453 583

Address: Pool Manager, Eleanor Culpin
St George's Community Hydrotherapy Pool,
367 Dogsthorpe Road,
Peterborough, PE1 3RE

Please join us for the next Friends, SURF meeting, it is on Monday 13th May
between 1:00 - 3:00 at St George's Community Hydrotherapy Pool

New Opening Hours:

Monday 10.00 - 11.00 (11.00 - 3.00 private clients only)

Tuesday 9.30 - 1.30 (1.30 - 3.30 private clients only)

Wednesday 10.30 - 1.30 (9.00 - 10.30 private clients only)

Thursday 1.00 - 6.00 (9.30 - 1.00 private clients only)

Friday 10.00 - 2.00 (2.00 - 5.00 NHS only)

Saturday 10.00 - 2.00

Sunday - closed



[Link to our twitter page](#)



Our website QR code

New Public Session Prices:

£4 - per session

£35 - block bookings of 10 sessions

£90 - for private + Aquatic Physiotherapist

Appointments are always necessary

Our website is frequently updated, please take a look at: www.sgchp.btck.co.uk

Supporters

