

# St George's Community Hydrotherapy Pool



## E-Newsletter

Issue 7 -

October 2013

In this issue: Skydive special, Aquaplinth demonstration, Andrew King, Community Matters at John Lewis, Tom and Arthur Bailey, Josh Staggs' qualification, Research update, Notices

## Charity skydivers leap to success!

On Saturday 7<sup>th</sup> September, lifeguards Josh and Ashley and I jumped - literally - at the chance to raise money for St George's Community Hydrotherapy Pool by taking part in Inspire Peterborough's Charity Skydive event.

Held at Sibson Airfield near Wansford, the Inspire Peterborough Charity Skydive was held in conjunction with Peterborough Mayor's Charities to promote local disability-related and community-based charities. Between 40 and 50 people jumped out of planes that day, including Gillian Beasley, Chief Executive of Peterborough City Council, Deputy Mayor Mohammed Nadeem, and Bryan Tyler from Inspire Peterborough.

The Friday beforehand, we were mentioned on the Jeremy Sallis show on BBC Radio Cambridgeshire, wishing us the best of luck for our dive.



On the day, our stall (housed in a beautiful marquee, kindly provided for and erected by Ruth Tilley and her husband) attracted the attention of many organisations. Encouragingly, we have had a number of calls since enquiring about the pool.

We estimate we may have raised over £450 for the pool, which is really great news! Thank you to everyone who has donated money for us, and a special thank you to everyone who came to support us and helped to promote the pool on the Saturday. We really appreciated it.

*Tom*



Ashley Piper...Come on down!

We would like to thank paramedic and lecturer Matt Green for taking the time to come and speak to us. Matt gave us ideas for extending our use of the pool with paramedics. We would also like to thank Deeping St James Parish Council for lending us a notice board which we used at the skydive.

## Personal recount - Joshua Staggs

"I woke up in the morning, thinking it was going to be cancelled due to bad weather reports, but was met with exactly the opposite as the weather was lovely. It was like a push for me as I was really nervous, and by the time I got to the airfield the weather was only getting better, so I knew there was no backing out.

I arrived nice and early to sign in, and met Ashley there. Tom arrived a bit later, and we were all eager to jump, though there were a lot of emotions flying about at the time.



We waited for the next few hours to hear our name get called out over the speakers to go and jump, so we helped with the stall but was mainly pacing about, feeling really nervous. As soon as I heard mine and Ashley's names aloud, I knew it was time to suck it up and get on with it. We made our way to get our jumpsuits on with our funny hats and to make sure our harness was secured correctly.

The guys that we were doing the tandem with didn't make the experience any easier as they did their best to make me as nervous as possible, but I didn't mind as I knew they were only joking and it would only make the dive better in the end.

We made our way up in the plane, and although one guy jumped out at 3,000ft, we still had another 10,000ft to go. As we rose, some last minute checks were done and then we were all good to go.



"Me parachuting back down."

The door opened at 13,000ft, and straight away you could feel the cold air rushing in your face. We edged towards the door; then all of a sudden I was falling at 140mph!

I couldn't believe I was actually freefalling, then as quick as you could blink, the parachute opened. We drifted through the clouds and the view was amazing. Another 30 seconds later, we were on the floor. Since then I haven't stopped smiling!!

My self-confidence has boosted majorly after Saturday. It was an exhilarating experience, an epic day, and I'm really looking forward to skydiving again next year."

# Skydive photos!

With thanks to Robert Oldale and Tara Stone for taking such wonderful permanent reminders of the day.



Beginning of the day:  
smile guys -  
or at least try!



Ashley and Josh suited and booted, and wearing their brave faces, before their jump.  
Feeling nervous at this point? No, not at all...

## Ashley and Josh's flight



Chocks away!



Ashley coming back down to Earth.



Josh descending.



"Top Gun"!

Josh and Ashley after their jump.  
Altogether now: "Take my breath  
aaaaa-waaayyyyyyy."



On the day, Trisha, one of our pool users who come to support the event, made a new friend in the form of Nibbles a Southern White-faced Owl.

If the lifeguards have to jump, so does the manager...



Tom signing his life away.



Either they're getting ready to jump,  
or this is a weird place to do the  
Macarena...



Didn't even say goodbye...



Too late to think about backing out...



Tom enjoying his flight down.



# The Aquaplinth Demonstration

On Friday 2<sup>nd</sup> August, physiotherapist Pat Baker demonstrated our brand new aquaplinth to users.

Using lifeguard Josh Staggs, Pat showed a range of non-weight-bearing exercises and graduations that would assist with lower limb, upper limb and spinal rehabilitation.

The aquaplinth was purchased with money donated by John Lewis to the Friends of St George's which was matched by Peterborough City Council.



The demonstration was a great success; everyone left enthused knowing how to make full use of the aquaplinth.

Refreshments were provided by the Friends.

The photograph below, taken by physiotherapist Lee Croft, shows the staff with Sanam Rashid representing Healthwatch and pool users.



*Back row: Thomas Booker, Trayce Smeeton, June Worley, Karen Oldale, June Thompson, Sanam Rashid, Luke Bains*

*In the pool: Pat Baker and Joshua Staggs*



## Andrew King, our volunteer receptionist

If visiting the pool on a Monday or Wednesday morning you are sure to receive a special and warm reception from St George's newest team member, Andrew King.

Andrew is taking bookings, payments and answering phone calls with the assistance of his support worker, Conrad McMahon, from Circles Network. Andrew says he found it hard work at first, but now that he is developing his money, phone and professional interactive skills he is becoming more confident. When asked what he enjoys about the work most he enthusiastically replies - everything! He says the customers are very nice and when asked about the rest of the team he describes Tom as "brilliant support," Luke, "the nicest man in the world," Tara is "lovely and chatty" and Josh "excellent - my hero!"



Andrew is proving to be a popular addition to the St George's team and with our regular users, some of whom prefer to wait so they can be served by him.

Andrew came to assist at the pool through [Circles Network's 3D Community Support](#) initiative which enables people with physical, learning and mental health issues to be supported in an individual and flexible way. This has enabled Andrew to be included in a wide range of weekly activities of his choice. He has most recently taken up tandem bicycle riding. His support workers say his confidence and ability to deal with various things has noticeably developed during this time.

In his spare time Andrew enjoys contemporary music, drama and shopping.

Andrew enjoying his new role

### Social networking

Recently we have started re-using Twitter (a great social networking tool online) to help publicise the pool and to give you an insight to our work.

If you are on Twitter, why not "follow" us [@pborohydropool](#) ?

We are now on Facebook as well - type "[St George's Community Hydrotherapy Pool](#)" into the search bar and you will find our new page there!

Please remember to suggest us to your friends.



## Community Matters at John Lewis

The start of August brought exciting news to the tune of £870 for the Friends of St George's from John Lewis' charitable giving scheme, Community Matters.

Delighted pool user, Karen Oldale, was invited to pick up the cheque on behalf of the Friends. She said, "This is wonderful news. We would like to thank the John Lewis Partners, especially Emma and Sam, and all the customers for the tremendous support they have given to the pool. It is very heartening that the benefit St George's hydrotherapy pool provides to the local community is being so widely recognized. This money can make such a difference; I know it will be very carefully spent to ensure maximum benefit for all our users."



John Lewis' Community Liaison Officer Emma Valerio (left) presenting cheque to Karen Oldale (seated) with Rob Oldale and representatives from John Lewis, [Epilepsy Action](#) and the [Connor Wright Shwachman-Diamond Project](#).

### And another thank you...

In July, John Lewis at Peterborough assisted the Friends purchase a new vacuum and steam cleaner, chosen by the staff, for St George's reception and pool areas.





## User Profile: Tom and Arthur Bailey

Tom and his son Arthur regularly travel from one of the Peterborough's outlying villages to use the pool on a Saturday morning.

Three year old Arthur is deaf, has balance difficulties and autism. Tom says Arthur really looks forward to his weekly pool sessions and gets excited when he sees his swimming shorts. "It is one of the few things he likes and can do. It gives him freedom and confidence in a safe environment."

Tom also explains how important the pool is to him and his family. Not only does it provide a sensory experience that his young son really enjoys but Arthur is also much calmer after his hydrotherapy session, which allows the family to enjoy other activities together the rest of the day. He says, "Saturday is good day, an active, happy and content day."



Tom and Arthur enjoying the pool

## Josh is now qualified to operate the plant room.

In August, St George's lifeguard Josh Staggs successfully gained - with Merit - his National Pool Plant Operator's Certificate. This means he is now qualified to operate the pool's plant room.

To attain the qualification nineteen year old Josh went on an intensive three day course in York. He says, "It was 100% challenging but interesting; I thoroughly enjoyed it. We had lectures every day and we were examined on these on the final day of the course. We had practical activities too, such as how to correctly read water samples and testing for chemicals to ensure everyone in the pool stays safe." The course, which emphasised the importance of protecting the environment, also included subjects such as chemical handling, dosing, emptying the pool, backwashing and optimum chlorine levels.



After his passing his exam, the next stage of the qualification required Josh to complete a seven page written assignment which included information about the course and St George's hydrotherapy pool.

Josh wanted to express his gratitude to everyone. He writes, "This certificate will help me progress in sport and leisure - bring on the next qualification! I'd like to thank everyone who supported me in gaining this; it has definitely made me more determined. Thank you from your very appreciative lifeguard, Josh."

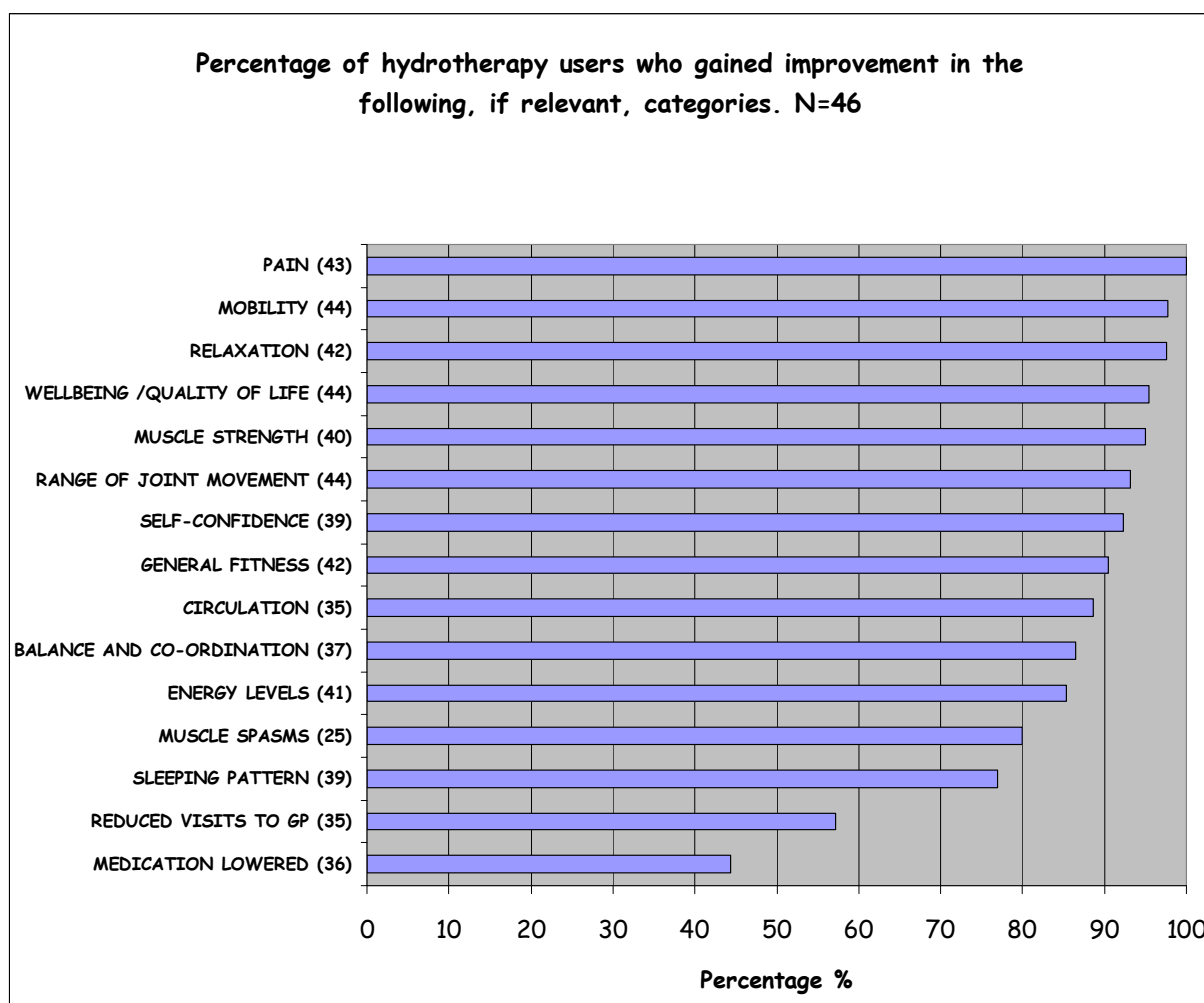
## St George's Research: Evaluating the Effectiveness of Hydrotherapy for Existing Clients

As you may recall from July's newsletter, Sam Ring and the staff at St George's have been conducting research to evaluate the effectiveness of hydrotherapy as a treatment.

Two standardized tests (MYMOP and EQ-5D-L) were administered to new patients and a third called the Hydrotherapy Users' Evaluation Survey was offered to existing clients. In this issue we will summarize the results for this.

Clients were presented with 15 categories listed on the graph. They were asked to mark which were applicable to them. Of the relevant categories they were then asked to mark on a scale of 0 = No improvement, 1 = Slight improvement, 2 = Improvement and 3 = Great improvement, how much, if at all, hydrotherapy had improved these.

46 clients took part in the study and a summary of the findings can be found below. The results show significant percentages of clients gaining improvement from hydrotherapy for relevant symptoms. For example, 'pain' was a relevant symptom for 43 of the 46 clients who took part in the survey. 100% of these said they had gained at least some improvement from hydrotherapy. 'Mobility' was relevant for 44 of the 46 and 98% said they had gained improvement following hydrotherapy for this. 55% of clients said they had been able to reduce the number of visits they made to their GP, and 45% had reduced their medication as a result of hydrotherapy.



If you would like to receive a copy of the full results or Sam's Hydrotherapy Patient Study 2013 please email: [stgeorghydrotherapypool@peterborough.gov.uk](mailto:stgeorghydrotherapypool@peterborough.gov.uk)



# St George's notices

## Logo competition

Have you noticed our new logo?



However, this is just a trial. Although this has received positive feedback we would like to offer you the opportunity to design a logo that will be used on all our branding and publicity.

Anyone can apply. If you would like to submit a design, please complete your entry and return to Tom by October 31<sup>st</sup>. A prize will be given for the best design as selected by the Friends.

## Public Physiotherapy Classes

Throughout October we shall be running public physiotherapy sessions on a Friday afternoon.

These classes are for any client who wishes to learn new exercises that will benefit their individual condition. This will enable users to maximise the benefits that they gain from the pool.

Classes will be held at 14:30 and 15:30. The price is £10 per person per session to cover the cost of the physiotherapist.

If you would like to book a session, do so in the usual way. Please state the condition that you would like assistance with in order to help our physiotherapists prepare in advance.

Spaces are filling up quickly, so don't delay - book today!

## Have you completed the "Friends and Family" test?

St George's is currently measuring its customer and NHS patients' satisfaction by asking, "How likely are you to recommend St George's Community Hydrotherapy Pool to friends and family if they needed similar care or treatment?"

If you use our hydrotherapy service and have not yet given your anonymous tick box answer, please pick up a form from the reception desk.

## Friends Group meeting

Please join us for the next Friends/SURF meeting on **Monday 7th October** from 13:00 - 15:00 at St George's Community Hydrotherapy Pool. Sessions in the pool are available at 12:00 on that day.



# Contact Information

## Bookings or general enquiries:

**Email:** [stgeorgeshydrotherapypool@peterborough.gov.uk](mailto:stgeorgeshydrotherapypool@peterborough.gov.uk)

**Telephone:** 01733 453 583

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

### New Public Opening Hours:

|           |  |
|-----------|--|
| Monday    | 10.00 - 13.00<br><i>(13.00 - 15.00 private clients only)</i>                 |
| Tuesday   | 09.30 - 13.30<br><i>(13.30 -15.30 private clients only)</i>                  |
| Wednesday | 10.30 - 13.00<br><i>(09.00 - 10.30 and 13.00-15.00 private clients only)</i> |
| Thursday  | 13.00 - 18.00<br><i>(09.30 - 13.00 private clients only)</i>                 |
| Friday    | 10.00 - 14.00<br><i>(14.00 - 17.00 public physio/NHS only)</i>               |
| Saturday  | 10.00 - 14.00  |
| Sunday    | Closed   |

### Public Session Prices:

- £4 - per session
- £10 - per public physiotherapy session
- £35 - block bookings of 10 sessions
- £90 - for private 1:1 session with Aquatic Physiotherapist

**Appointments are always necessary**

Our website is frequently updated, please take a look at:

[www.sgchp.btck.co.uk](http://www.sgchp.btck.co.uk)



Our website QR code

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