

Sue Smith and Jacquie Dodd co-ordinators for Bath NRAS group representing people with Long Term Conditions.

This quote is taken from the draft of BANES fit for life draft strategy 2014:-
'Lack of activity destroys the good condition of every human being while movement and methodical physical exercise save it and preserve it'

Plato

Wednesday 2nd July it was reported on the media that **NHS England** calculate that 70+% of hospital beds are taken up with people who have Long Term Conditions.

Many LTC are degenerative, incurable and their cause is beyond the control of the people affected by them. they affect all age groups and are in all social groups. There are also many LTC that are acquired by lifestyle. What binds LTCs is the requirement to exercise as part of a healthy lifestyle.

The following quote is from **BANES Fit for Life draft 2014**

'The overarching vision of 'Fit for Life' is to get more people, more active, more often, in a safe, sustainable environment leading to improved health and wellbeing for ALL'

NHS Bath and North East Somerset **Clinical Commissioning Group 5 year plan** reports that in five years time the following should have been achieved:-

Empowered people

A reputation for looking after the vulnerable

Joined up 24/7 care

Local people and clinicians working together

Better Information sharing

SUCCESS MEASURED BY EXPERIENCES

For those of us with mobility problems we often have many hospital episodes at great expense to improve our mobility and keep us independent and fitter overall. When this acute period has been passed we then need to continue with these activities. Easily accessible and moderately priced Warm Water pools for many of us is the essential medium. Not only can we continue our exercises from our hospital therapy independently, but also with our friends and family we become part of an inclusive society and not isolated from 'normal life'. Being in a warm environment relaxes muscles, tendons and joints allowing freedom of movement that would NOT be achievable on dry land, promoting increased movement and muscle strength. The pool needs to be deep enough so that your body is totally supported and relaxed. Relaxation and exercise are known to reduce pain perception and enhance feelings of wellbeing. It has been noted that medication is often reduced and people feel that they have some control of their lives.

Warm Water Pools are a positive and important tool for many people with LTCs to enhance their lives and keep them fitter. We wouldn't expect a Wimbledon champion to play without a racquet!!

Thankyou for listening.