

STATEMENT re NEED FOR WARM WATER POOL WITHIN BANES LEISURE FACILITIES.

Jenny Shrubsall

I am a full time wheelchair user and twice weekly attend the paid hydrotherapy classes run by the Royal United Hospital (RUH). This is essential for me as it provides movement which helps with my pain relief as well as maintaining some flexibility and mobility in my muscles and joints. This form of limited exercise also helps maintain my weight.

I am unable to exercise out of water and the water temperature of 29C as found in most swimming pools, is not only too cool for me but does not have the same beneficial effects as the warm hydrotherapy water of approx 33-34.

If warm water pools were available in the BANES area I would be able to go and exercise alongside my family and friends on an enjoyable social basis, as well as gaining therapeutic benefit.

It is likely that if existing users of the hydro pools at the RUH and Mineral Water Hospital were able to use other warm water pools, the long waiting list for these hospital facilities could well be reduced. A warm water pool within the community would provide a better quality of life for myself and many others in a similar situation.