

INFORMATION FOR PATIENTS

Self-led aquatic therapy group

This leaflet explains more about the Therapy Services self-led aquatic therapy sessions. If you have any further questions, please speak to the aquatic therapist.

What is self-led aquatic therapy and how does it work?

Self-led aquatic therapy encourages patients to continue with their pool exercise programme under the guidance of a staff member remaining within the hospital setting and supporting the independent management of their conditions.

The group is supervised by physiotherapist assistants, who remain poolside in case of emergencies. They can issue equipment, offer basic advice on exercise techniques, progressions and pacing, but are not available for assessment or treatment.

Who can use the service?

You can access this service if you have recently completed a series of aquatic therapy sessions with a fully qualified physiotherapist at King's Mill Hospital. You must be independent with the pool exercises and can access the pool independently. Please bring a carer to assist with changing if necessary.

When are the self-led aquatic therapy sessions?

We are currently offering Friday morning sessions from 8.15am to 12pm.

Each session lasts 30 minutes. There is a **maximum of six people per session**, so you will need to book your session times in advance.

The hydrotherapy pool is situated across from Clinic 10 (Therapy Services) at King's Mill Hospital. You can park in the main car park opposite the main entrance of the hospital.

What do I need to bring with me?

- Swimsuit or shorts, flip flops or sliders to wear outside the pool.
- Any fast-acting medication like asthma inhalers or angina spray or tablets.
- You must shower thoroughly before entering the pool, so bring shower gel, a towel and, if you have long hair, a hair band to tie your hair up.

Please call and cancel if you:

- Are unable to attend for any reason.
- Have a fever or the flu, or you are feeling unwell.
- Have had diarrhoea or vomiting within the last 48 hours.
- Have an open cut or wound that cannot be covered with a waterproof dressing.

How much does it cost?

£30 for a block of six consecutive sessions.

If for any reason you are unable to attend any of your paid block of six sessions, you will unfortunately lose these sessions, as we are unable to add missed sessions on to the end of your block.

Where do I pay?

The block of six sessions are paid in full at the General Office, ideally before your first session. **Please bring your receipt of payment from the General Office and give it to the therapist at your first session, for our records.**

Booking/cancelling

To book or cancel your sessions, please contact the physiotherapy team on 01623 622515, extension 4273 or 2526. Lines are open Monday to Friday. 8am to 4pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202605-02-SLAT
Created: July 2024 / Revised: May 2026 / Review
Date: May 2028