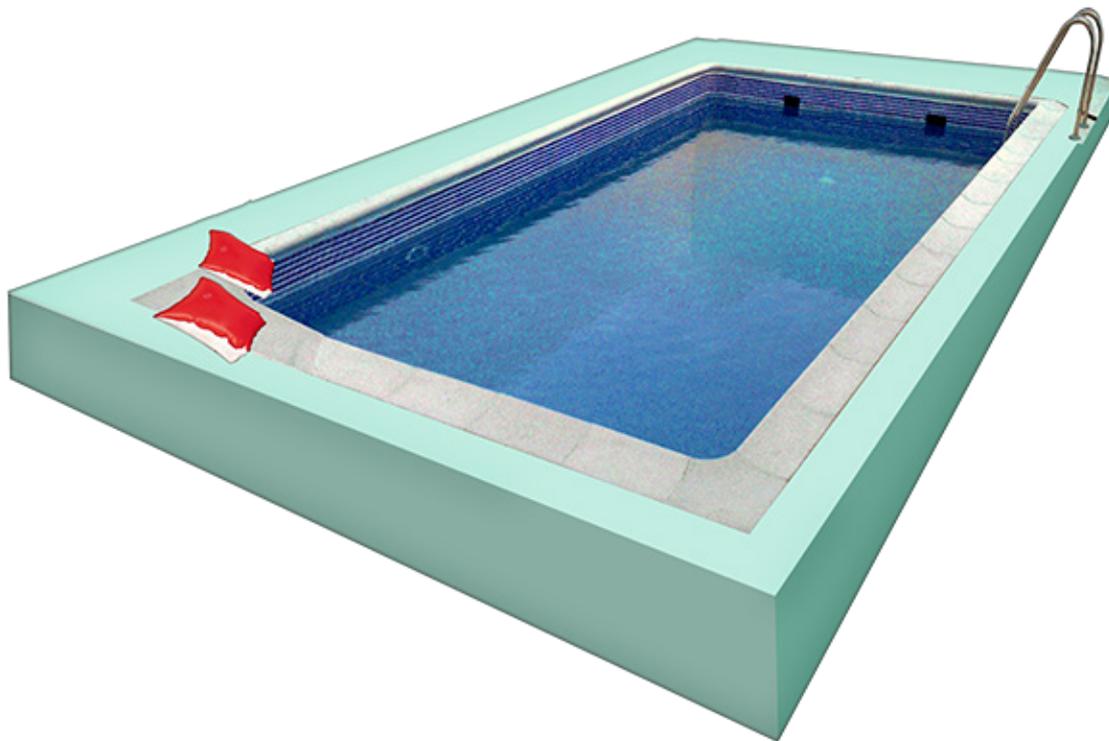




# Swansea Bay University Health Board - Changing for the Future

Our plan for Hydrotherapy Services after Covid-19

Tell us what you think



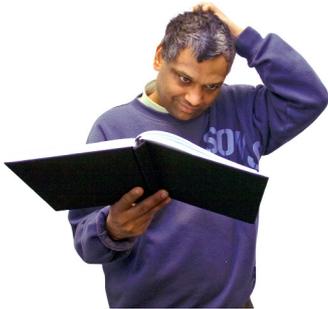
This document was written by Swansea Bay University Health Board. It is an easy read version of 'Changing for the Future. Public Engagement on Our Proposals for Hydrotherapy Services following Covid-19'.

January 2022

# How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what all the words in blue mean on **page 17**.

Where the document says **we**, this means Swansea Bay University Health Board. For more information contact:



**E-mail:** [SBU.engagement@wales.nhs.uk](mailto:SBU.engagement@wales.nhs.uk)

**Phone:** 01639 683355

**Website:** <https://sbuhb.nhs.wales>



This document was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

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# Who we are and what we do



**Swansea Bay University Health Board provides health services for people living in:**

- Neath
- Port Talbot and
- Swansea



We also run some specialist health services for people who live further away.

**We plan your NHS services by working closely with:**

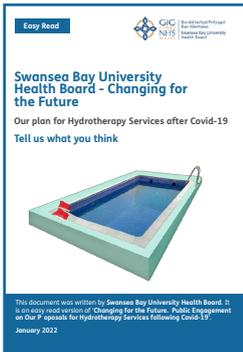


- Our patients and their families or carers
- The ambulance service
- Local authorities

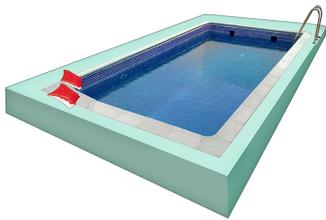


- Universities
- Charities

# Introduction



This document is about changes to our **Hydrotherapy** services.



**Hydrotherapy** is a treatment for some health problems using movement in a special pool. **Hydrotherapy** sessions are run by a Physiotherapist.



Many people find it easier to do exercises in water.

A **Hydrotherapy** pool is special because:

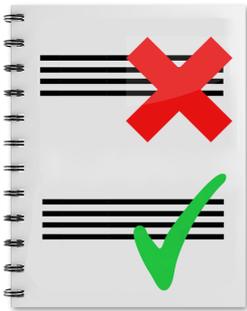
- The water is warmer which helps with:
  - Pain
  - Relaxation





- Access is easier for people with disabilities. For example, a **hoist** is available.

A **Hoist** is equipment used to lift and lower people who are unable to move by themselves.



We want to make some changes to provide the best **Hydrotherapy** service we can.



We want to know what you think about our plans.

# Our Hydrotherapy Service

We have 3 **Hydrotherapy** pools. One at each of our main hospitals which are:



- Morriston Hospital
- Singleton Hospital
- Neath Port Talbot Hospital



All our **Hydrotherapy** pools are different.



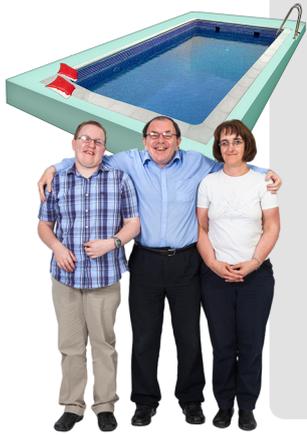
## Morriston Hospital **Hydrotherapy** pool:

- is our oldest pool
- 8 people can use it at the same time
- access to the pool is difficult.



## Singleton Hospital **Hydrotherapy** pool:

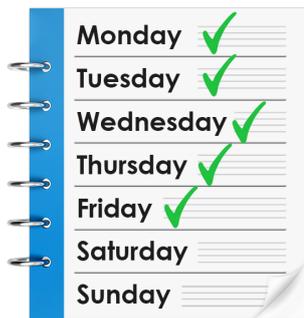
- 6 people can use it at the same time
- disabled parking is available
- access is easy
- community groups and charities can use it in the evenings.



## Neath Port Talbot Hospital **Hydrotherapy** pool:

- is our newest pool
- 3 people can use it at the same time
- access is easy.

## Hydrotherapy Before COVID-19



All our pools were open for up to 6 hours Monday to Friday.



Many of the **Hydrotherapy** sessions were not used.



It is expensive to keep a pool open when it is not being used.

# How COVID-19 affected Hydrotherapy services

During the COVID-19 pandemic:



- The Government advised that all 3 pools had to close.



- The pools at Singleton and Neath Port Talbot Hospitals were safe to open again in May 2021.



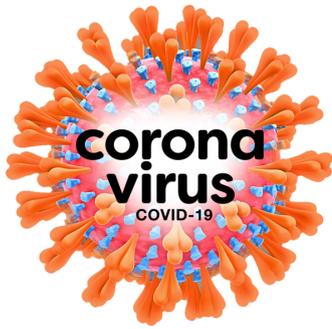
- They have been open for 7 hours a day.



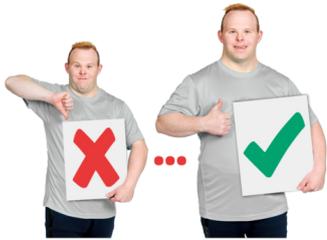
- Both these pools have been used all day, every day.



- The pool at Morriston is not safe to open. It is still closed.



- Everyone has been able to have **Hydrotherapy** if they needed it during COVID-19 since May 2021.

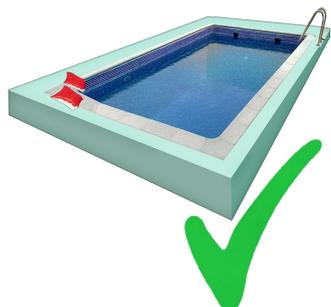


These changes gave us ideas to improve our **Hydrotherapy** service for the future.

## Our plan for Hydrotherapy services after COVID-19



- The pool at Morriston Hospital will close permanently.



- Patients staying in hospital will use the pool at Neath Port Talbot Hospital.



- Patients travelling to hospital for **Hydrotherapy** will go to the pool nearest their home. Either at:
  - Neath Port Talbot Hospital or
  - Singleton Hospital.

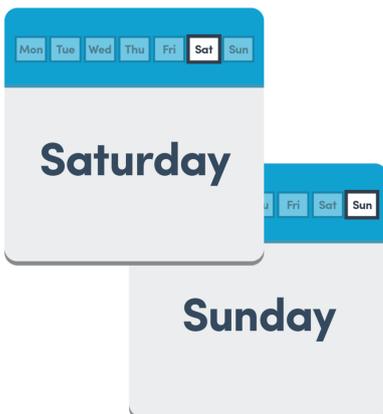


- Community groups and charities will be able to use the pools at:
  - Neath Port Talbot Hospital and
  - Singleton Hospital.

**We will improve our **Hydrotherapy** services at both the pools by:**



- Keeping them open for up to 10 hours a day.



- Thinking about making the pools available at weekends.



- Training more Physiotherapists to support the **Hydrotherapy** service.



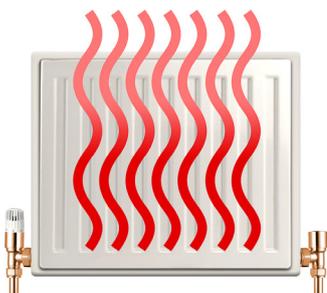
- Working with local leisure centres to offer similar services in their swimming pools.



- Thinking about how people get to **Hydrotherapy** sessions if they don't have a car.



- Buying a new **hoist** for the pool at Singleton Hospital.



- Fitting a new heating and hot water system at Singleton **Hydrotherapy** pool.

# Advantages and Disadvantages of our plans for Hydrotherapy services.

The advantages of these changes will be:



- Easier access to **Hydrotherapy** pools.



- More patients will be able to have **Hydrotherapy** treatment.



- More staff will be trained to support **Hydrotherapy** sessions.



- More opportunities for groups to use both **Hydrotherapy** pools at evenings and weekends.



- Opportunities for people to continue to exercise in a pool at their local leisure centre.



- **Hydrotherapy** services will be closer to home for some people.

**The disadvantages of these changes will be:**



- Some people will have further to travel to **Hydrotherapy**.



- Patients staying at Morriston Hospital will not be able to have **Hydrotherapy** until:
  - they are back at home or
  - they move to Neath Port Talbot Hospital to finish their treatment.



This will affect a very small number of patients.

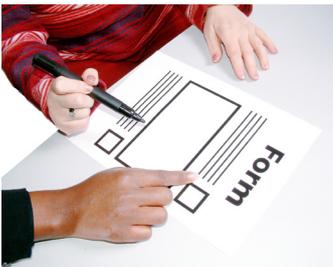
# How to tell us what you think about our plans for Hydrotherapy services



We want to know what you think.



We need you to tell us by **18 February 2022**.



You can tell us what you think by filling out a response form.

**You contact us for an easy read response form by:**



**Phone:** 01639 683355



**Email:** [SBU.engagement@wales.nhs.uk](mailto:SBU.engagement@wales.nhs.uk)

## Other ways you can tell us what you think:



**Write to:** Chief Executive  
Swansea Bay UHB  
One Talbot Gateway  
Baglan  
SA12 7BR



**Email:** [SBU.engagement@wales.nhs.uk](mailto:SBU.engagement@wales.nhs.uk)

**Phone:** 01639 683355

**Facebook:** Swansea Bay NHS

**Twitter:** [@SwanseabayNHS](https://twitter.com/SwanseabayNHS)

# Hard words

## Hydrotherapy

A treatment for some health problems using movement in a special pool. Hydrotherapy sessions are run by a Physiotherapist.

## Hoist

Equipment used to lift and lower people who are unable to move by themselves.