

Information for Patients

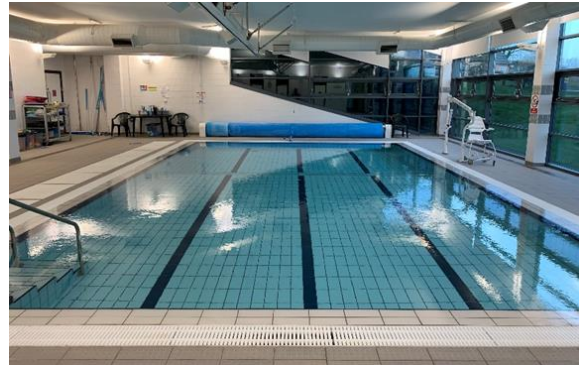
Hydrotherapy at Serennu Children's Centre – Adult

Physiotherapy Service

Before your appointment

Please do not attend if you have any symptoms of Covid-19, are unwell or have experienced vomiting or diarrhoea in the past 48 hours.

If you require use of the hoist, please ensure that you bring an additional sling that you are happy to get wet, as we do not have any spares. Please bring drinking water if appropriate. Alternatively, this can be purchased from the café, if it is open.



On the day of your appointment

You will need to arrive at Serennu approximately 10 minutes before your appointment time to allow time for changing.

On arrival, please report to reception at the main entrance of the building. Once you have signed in, you will be directed to the ground floor waiting area. Please ring the bell next to the entrance to the pool, so we know you have arrived.

Before entering the pool, you will be asked to have a fully unclothed shower, private showers are available in the changing cubicles. Hair will need to be tied up when entering the pool.

It is recognized that on occasions, people may involuntarily swallow water and consequently regurgitate this during their treatment session. Clients should be instructed NOT to eat within one hour of their hydrotherapy session to reduce the chance of vomiting stomach contents into the water.

Accompanying persons

A carer/ family member will need to be present throughout the duration of the session. If the accompanying person is also entering the pool, the physiotherapist will discuss the Hydrotherapy Contraindications and Precautions with you, prior to entry.

In the pool

You can enter the pool via the pool steps (graded entry with handrail) or via the overhead or chair hoist. Your Physiotherapist will have already discussed this with you and your carer prior to the referral but you may also have further discussion with the Physiotherapist at Hydrotherapy, regarding the most suitable method of entry

Following your appointment, you will be informed of the next appointment. If you have finished your treatment block, your Physiotherapist will be informed and a dry land review will be arranged.

Attendance policy

If you do not attend your appointment and don't let us know, the remaining hydrotherapy appointments may be cancelled. Your physiotherapist will then follow the health board's attendance policy and you may be discharged from the service. If you are unable to attend your appointment, please let us know using the contact details below.

What to bring:

- Swimwear
- Towel
- Shower gel
- 2 hoist slings (if required)
- Drink (if appropriate)

How to find us

Address: Serennu Children's Centre, Cwrt Camlas, High Cross, Newport, NP10 9LY

Contact: 01633 656300 ALD Physiotherapy office and 01633 748000 Serennu.

M4 junction 27 – Follow the roundabout towards High Cross and pass the Texaco petrol station/Asda and take the first right turn (signposted on white sign) and then right again into Serennu's carpark. You can park in the parents' and children's parking slot.

We look forward to seeing you soon.
ALD Physiotherapy Team

This document is available in Welsh /

Mae'r ddogfen hon ar gael yn Gymraeg