

# Hydrotherapy at your local pool

The aim of this information leaflet is to provide you with a list of local pools in your area where you can continue your hydrotherapy programme.

If you have any questions or concerns, please speak to the physiotherapist caring for you.

## Why is it important that I continue my hydrotherapy programme at the local pool?

It is important that you try to keep yourself as fit as possible to aid your recovery and help you get back to your normal activities.

Carrying on your programme at the local pool also allows you to:

- keep up the improvements you have made
- improve strength, flexibility, posture, balance and coordination
- increase your fitness
- manage pain from problems such as arthritis or poor posture
- have a feeling of health and well being, and
- have **fun!**

## Planning

You need to plan ahead to make sure that you get the best out of your time at the local pool of your choice.

The following questions should be considered beforehand:

- **Which pool?** Try more than one to find the one that suits you best.
- **What time?** Try and find the best time in the day and week so that you will go every week.
- **Best time at the pool?** Find out the quiet times or if there are any appropriate classes.
- **Motivation?** Try and find a family member or friend that may like to join you to help motivate you.

## Set some goals

It is important that you have a plan of action before going forward, so ask yourself the following questions:

- What do you want to achieve with hydrotherapy?
- How can you make your exercises harder as you improve?
- How many minutes of cardiovascular work can you do to improve your fitness?

## Remember

- Drink plenty of water to re-hydrate.
- If you feel faint or dizzy inform the lifeguard immediately and stop exercising.
- Pace yourself and gradually increase your exercises.

## Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

<b>Pool Name</b>	<b>Address</b>	<b>Opening Hours</b>	<b>Classes</b>
Brixton Recreation Centre Telephone: 020 7095 5100	27 Brixton Station Road, Brixton, London, SW9 8QQ	Mon – Fri: 06:30-22:00, Sat & Sun: 08:00-20:00	Women only: Fri 18:30-20:00 Ring for further information
Brockwell Lido Telephone: 020 7274 3088	Brockwell Park, Dulwich Road, London, SE24 0PA	Mon – Fri: 06:30-22:00, Sat: 07:30-21:30, Sun: 07:30-21:00	Hydrotherapy pool: as per opening hours Ring for further information
Camberwell Leisure Centre Telephone: 033 3005 0401	Artichoke place, Camberwell Church Street, London, SE5 8TS	Mon – Fri: 06:30-22:00, Sat & Bank Holiday: 07:00-18:00, Sun: 07:00-22:00	Women only: 18:00-19:00 Over 60's: Mon 09:00-10:15 & Weds 14:00-15:00 Disability swim: Mon 10:30-12:00, Tues 11:00-12:00, Fri 15:00-16:15, Sunday 10:00-11:00
Clapham Leisure Centre Telephone: 020 7627 7900	141 Clapham Manor Street, Clapham, Lambeth, London, SW4 6DB	Mon – Fri: 06:00-22:00, Sat: 08:00-20:00, Sun: 08:00-20:00	Lane, adults only and rehab swim sessions at differing times throughout the week. Ring for further information
Streatham Ice & Leisure Telephone: 020 8677 5758	390 Streatham High Road, Streatham, London, SW16 6HX	Mon – Fri: 06:00-22:00, Sat: 08:00-19:00, Sun: 08:00-19:00	Adult only swim sessions at varied times during the week. Ring for further information

West Norwood Health & Leisure Centre Telephone: 020 8761 1159	25 Devane Way, West Norwood, SE27 0DF	Mon – Fri: 06:30-22:00, Sat: 08:00-18:00, Sun: 08:00-18:00	Disability swim: Sun 15:00-17:00 Ring for further information
The Castle Centre Telephone: 033 3005 0411	2 St Gabriel Walk, Elephant & Castle, London, SE1 6FG	Mon – Fri: 06:30-22:00, Saturday: 07:00-18:00, Sunday: 07:00-22:00	Women only: Mon 20:00-22:00, Thurs 10:00-11:00 Disability swim: Fri 15:00-16:00 Ring for further information
Peckham Pulse Telephone: 033 3005 0406	10 Melon Road, Peckham, London, SE15 5QN	Mon – Fri: 06:30-22:00, Sat & Bank Holidays: 07:00-18:00, Sun: 07:00-22:00	Women only: Mon 11:00-12:00, Fri 11:00-12:00 Over 60's: Tues 09:00-10:00, Thurs 10:00-11:00 Aqua: Mon 10:00-11:00, Tues 18:30-19:30, Weds 10:00-11:00, Thurs 18:30-19:30, Fri 10:00-11:00 Ring for further information
Darwin Court Telephone: 020 7021 4670	1 Crail Row, London, SE17 1AD	Mon – Fri: 08:00-20:00, Sat: 08:00-16:00	Women only: Tues 12:15-13:00 Over 50's: Mon 19:15-20:00, Tues 19:15-20:00, Weds 8:15-09:00, Thurs 18:15-19:00, Fri 08:15-09:00 Therapy swim: Thurs 09:15-10:00 Aqua: 18:15-19:00 Ring for further information

Tooting Leisure Centre Telephone: 020 8333 7555	Greaves place, Tooting, London, SW17 0NE	Mon – Fri: 06:30-10:30, Sat 7:30-19:30, Sun 08:30-22:00, Bank Hols: 09:00-17:00	Aqua: Mon 18:15-19:00, Weds 20:00-20:45, Sat 17:30-19:00 Ring for further information
Latchmere Leisure Centre Telephone: 020 7207 8004	Burns Road, Battersea, London, SW11 5AD	Mon – Fri: 06:30-21:30, Sat: 07:00-19:30, Sun: 07:00-21:30, Bank Hol: 09:00-16:30	Aqua Zumba: Mon 19:45-20:30 Ring for further information
Putney Leisure Centre Telephone: 020 8785 0388	Dryburgh Road, Putney, London, SW15 1BL	Mon – Fri: 06:30-10:30, Sat 7:30-19:30, Sun 08:30-21:00, Bank Hols: 09:00-17:00	Women only: Sun 17:45-19:15 Aqua: Mon 12:30-13:15 18:40-19:25, , Tues: 12:30-13:15, Thurs 19:15-20:00 Ring for further information
Queen Mother Sport Centre	223 Vauxhall Bridge, London, SW1V 1EL	Mon – Fri: 06:30-22:00, Weekend: 08:00-20:00	Aqua: Weds 15:00-16:00, Sat 13:00-14:00 Ring for further information

## Contact us

If you have any questions or concerns about your hydrotherapy, please contact your physiotherapist at **Guy's on 020 7188 5101** or **St. Thomas' on 020 7188 5095** (Monday to Friday, 8.30am – 4.30pm). Out of hours, please contact your GP.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Patient Transport Service

If you need to use our patient transport service, a member of our team needs to assess whether you are eligible. This involves a brief telephone interview and is completely confidential. Assessments must be carried out at least 48 hours before your appointment. If you think you may be eligible for this transport service, please contact the Patient Transport Assessment Team.

**t:** 020 7188 2888

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support.

Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)

**w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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