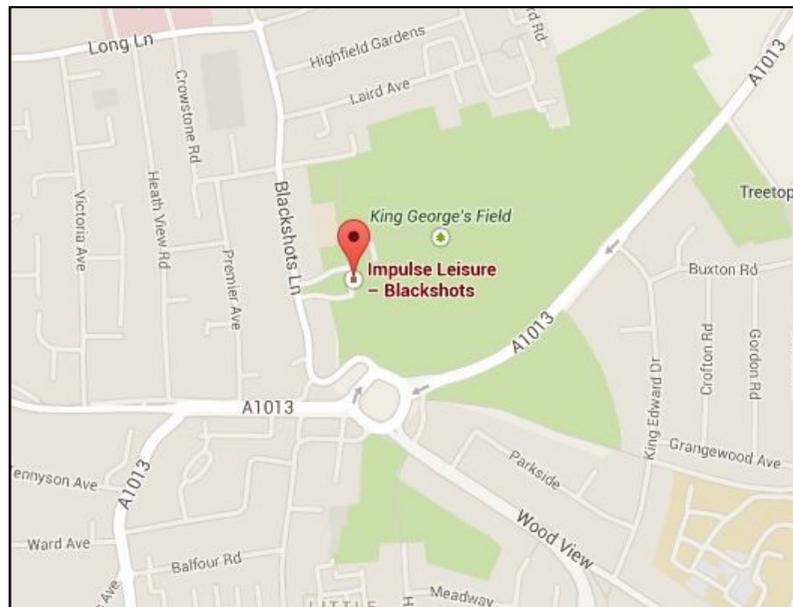


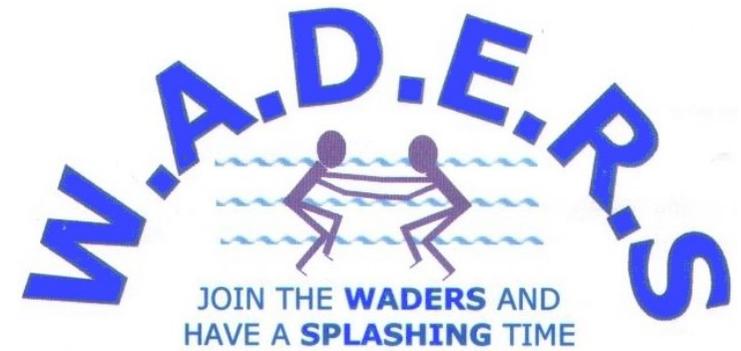
Where to find us



Courtesy of Google Maps



August 2018



Water Assisted Disabled Exercise & Rehabilitation Scheme

www.waders.org.uk

(Supervised by a qualified Aquatic Physiotherapist)

Do you have a mobility or physical problem?
Are you aged 18 or over? Do you want to keep fit?
Do "normal" exercises not cater for you?

Try **W.A.D.E.R.S.**

Blackshots Leisure Centre

Teaching Pool
Grays RM16 2JU
3ft deep all over

Tuesday:
8.00pm – 9.00pm

Corringham Leisure Centre
Swimming Pool, Next to Morrisons
Corringham SS17 7NB
Depth starts 3ft slowly sloping deeper

Friday:
11.00am-11.45am: Dynamic
11.45am-12.30pm: Gentle
12.30pm-1.15pm: More challenging

Cost: £4 per session (includes pool entry)
£10 per annual membership (Jan-Dec)
Prices correct at time of printing

Please contact a Committee Member before attending your first session so you know what to expect.

Jo: 07951 603092 Daphne: 01375 374322
Julia: 07968 751083 Email: ask-waders@hotmail.com

W.A.D.E.R.S. stands for

Water Assisted Disabled Exercise and Rehabilitation Scheme

We are an independent organisation based in Thurrock offering exercise in water for people with a physical impairment.

Whether your difficulty is neurological (eg MS), orthopaedic (eg fracture, joint replacement) or rheumatic (eg arthritis, fibromyalgia) in origin, it is likely that you will benefit from exercise in water.

With any physical impairment, moving becomes difficult. When we move less our muscles become weak, joints stiffen up, we become less fit and are more at risk of falling.

In water, buoyancy enables you to perform activities which are often difficult or painful on dry land.

W.A.D.E.R.S. Aims to offer you the opportunity to maintain or improve muscle strength, joint flexibility and general fitness levels. People who are fitter, cope better with their aches and pains.

W.A.D.E.R.S. Is NOT an individual treatment.

Do I need a referral?

No official referral is necessary, anybody is welcome to try. At your first attendance please arrive 10 minutes early. You will need a very brief assessment before you are allowed in the water. Please also bring with a list of any medication you are on. You will be advised on what and what not to do.

Please note: if you arrive late for your first session and it has already started, you will be asked to watch on this occasion and join in next time.

In the case of a heart, lung or kidney disorder, it is wise to get your GP's opinion.

If you have angina or asthma, you MUST bring your tablets or inhaler to the poolside.

Be very careful when walking on the wet floor. Walking sticks/crutches will easily slip. If you have a walking frame please bring it with you.

When wet, take extra care!

A whole hour is too much for me!

Yes, it will be initially. You are advised to gradually build up your programme: start with 20 minutes and see how you feel the next day. If OK, stay a bit longer next time.

You can either join the group exercise session or do exercises on your own, or do a bit of both.

Some people work better in a group, others prefer to work individually. If the group is not suitable, you will be advised on an individual programme.

When you have attended for a while and you feel ready for "a bit more", your exercises can be reviewed on request.

What does it cost?

Money is needed to:

- Hire the pool,
- Pay the therapists (one at each session) and lifeguards,
- Buy and replace the equipment (floats)

Thanks to tireless fundraising by members we are able to keep the cost very low at £4.00 per session, including entry to the pool.

Please bring your money to the poolside where it will be collected.

There are changing facilities for disabled people and each pool has a hoist with a maximum weight of 25stone/158kg to get in and out of the water.

If you need help with (un)dressing, showering, etc, you can bring your PA/carer free of charge.

If you are not quite confident enough to be on your own in the water, your PA/carer can come in with you.

Should your PA/carer take part in the exercises for his/her own benefit as well, then s/he will obviously be asked to pay.

Please note: participation is at your own risk!!