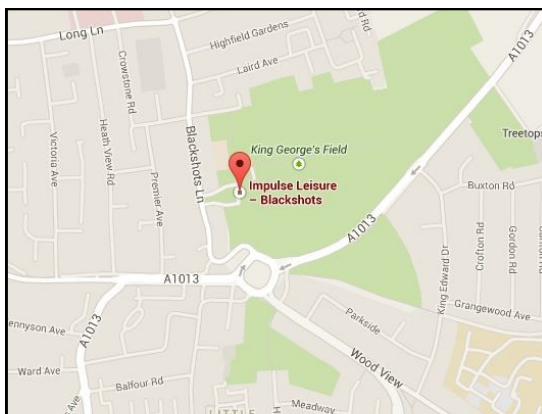


Where to find us

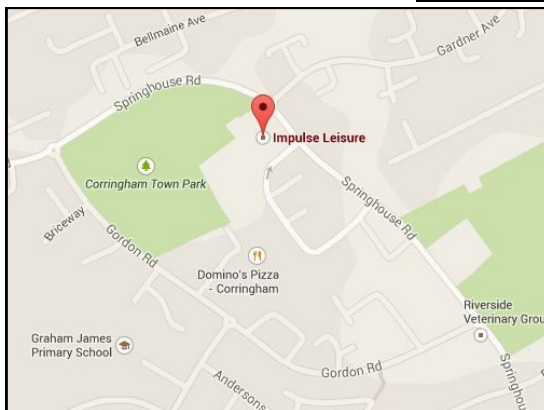


SwimMania
Laindon

Impulse Leisure
Blackshots

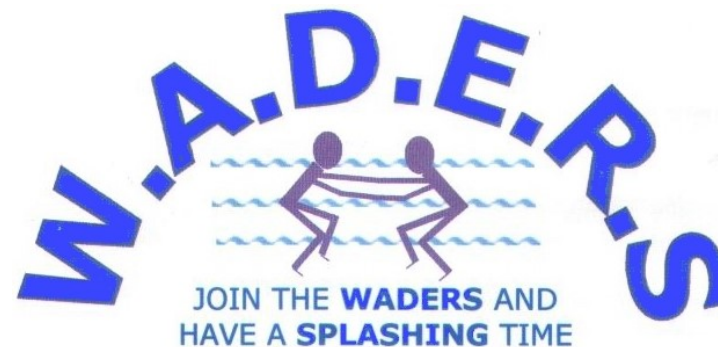


Impulse Leisure
Corringham



Courtesy of Google Maps

March 2023



Water Assisted Disabled Exercise & Rehabilitation Scheme

www.waders.org.uk

Exercise in water for Adults with mobility difficulties
(Supervised by a qualified Aquatic Physiotherapist)

Tuesday:

Impulse Leisure Blackshots

Teaching Pool

Grays RM16 2JU

8.00pm – 9.00pm

Friday:

Impulse Leisure

Corringham Pool

Corringham

SS17 7NB

11.30am-12.15pm

12.15pm-1.00pm

Tuesday:

Laindon Pool

SwimMania, Stannetts,

Laindon North Trading Estate,

Basildon, SS15 6DN

7.30pm-8.10pm

8.20pm-9.00pm

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

Kay-Anne: 07899 745020 for Corringham

Dawn: 01375 461885 for Blackshots

Julie 07881 686843 / Sharon: 07792 827638 for Laindon

Email: ask-waders@hotmail.com

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.

Referral and Assessment

No referral is necessary, anybody is welcome to try. Please ring before one of the numbers on the first page for more information.

You will require a brief assessment before you attend for the first time. We can send you a form to complete or you may download it from our website. You will then need to send it to our Aquatic Physiotherapist who will call you.

You **MUST** speak to our Aquatic Physiotherapist before attending.

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. Please use the walking frame provided instead.

When wet, take extra care!

A whole session 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?

Blackshots/Corringham: £5 per session (includes pool entry)

Laindon: £6 per session (includes pool entry & warmer water)

£15 annual membership

Prices correct at time of printing

Money is needed to:

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

There are accessible changing facilities in all pools. Blackshots/Corringham have a hoist with a maximum weight of 25stone/158kg to get in and out of the water. Laindon has 3 steps up and 5 down with a handrail.

If you need help with (un)dressing, etc, or if you are not quite confident enough to be on your own in the water, your PA/carer can come with you free of charge.

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!!