



**Almost everyone responds to water, regardless of any physical or cognitive disability**

**£18,824  
supervision**

**£4502  
maintenance**

**£163  
equipment**

Hydrotherapy is the use of water to relieve discomfort and promote physical well-being; it is an essential part of the care services programme provided at the Tŷ Hafan hospice.

It is used to stimulate the mind and body for both able-bodied and disabled children who use the facility, many of whom are wheelchair bound and have never experienced the feeling of weightlessness that a therapy pool can offer.

Our facility provides life-limited children and their families with a safe and fulfilling environment for therapy, communication, socialisation and play.

We are seeking to join forces with dedicated partners who are willing to make a unique and tangible investment in our Hydrotherapy service. Partners can be assured that their investment will make a meaningful difference to life-limited children in Wales.

**It costs £23,489 each year to run our Hydrotherapy sessions. On average 15 sessions per week take place in our Hydrotherapy pool.**

“The hydrotherapy pool provides the perfect place for Rhys to truly relax. We often take Carys swimming, but we have not been able to swim all together as a family until now.” **Mum, Natalie**

## The benefits of Hydrotherapy

The pool creates an environment to help symptom control, hydrotherapy and diversionary therapy as well as maximising movement potential through buoyancy. It also includes a multi sensory facility to help hearing or sight-impaired children and young people respond to light and sound.

Hydrotherapy offers tangible benefits to the health and wellbeing of children and young people with a range of disabilities and health conditions:



- For many families, the Tŷ Hafan Hydrotherapy Pool is the first time they are able to enjoy being in a pool together as the facility provides a safe and comfortable environment for children with complex medical needs. Allowing the opportunity for all members of the family to interact together in a 'normal' social activity which a family with a life-limited child often miss out on.
- The warmth of the water has an effect on the individual neuro-muscular junctions which results in decreased muscle tone and decreased spasticity.
- Buoyancy of the water is used to assist movement of joints - which is either more difficult or painful on dry land.
- Water movement and pressure helps to reduce residual lung capacity for children with chest problems, enabling more efficient lung function, reducing the risk of chest infections developing.
- Creating turbulence around an extremity (i.e. arm or leg) can increase their awareness of the limb and help with mobility - both in the water and later on dry land.
- A multi-sensory environment helps stimulate the senses whilst calming children with sensory and learning difficulties.
- There are very few hydrotherapy pools available to families with disabled children in Wales; Tŷ Hafan provides a unique opportunity for them to experience the benefits of this type of therapy.

## Hydrotherapy Costs

It costs £23,489 a year to run our Hydrotherapy sessions, below outlines the associated costs.

Description	Weekly Cost	Annual Cost
Supervision cost per week (15 sessions with Tŷ Hafan Care Staff and a Physiotherapist)	£362	£18,824
Annual Maintenance	£86	£4502
Floats and Water Aids	£3	£163
Total	£451	£23,489

Tŷ Hafan is committed to providing the very best facilities and aims to meet all of the needs of life-limited children and their families at the hospice.

### Beth's Story by Mum, Karen

Beth loved the hydrotherapy pool. It was fantastic to see her in the pool, moving her arms and legs so freely.

She can't walk or talk, but when she was in the water she was able to move independently and you could tell that she enjoyed it as she looked so relaxed and content. She even smiled. The whole family would go in the pool, including her brother Sam, and we all really enjoyed it.

"It was lovely to feel so close to Beth in the water and have that skin on skin contact which was more difficult when she was in her chair. The hydro pool is just one of the ways that Tŷ Hafan helped us as a family. I love this picture of her smiling – to see her smile is the most precious thing and she smiled all the time when she was at Tŷ Hafan."

Beth used to attend Tŷ Hafan when she was a child. She suffered from an undiagnosed neurological condition causing severe epilepsy and used to benefit from Tŷ Hafan's range of services, including practical and psychological support as well as therapies delivered in the family home. Beth has since transitioned into adult hospice services.



If you are interested in discussing our hydrotherapy service further or showing your support please contact the Major Giving Team at [mair.kinsey@tyhafan.org](mailto:mair.kinsey@tyhafan.org) or 029 2053 2276.