

Wednesday

5pm - 6pm Open swim.

6pm - 7pm Swim for people with disabilities.

Thursday

9am - 10am Open swim.

10am - 12pm Physio/swimming lessons.

12pm - 1pm Parents and tots.

1pm - 3pm Swim for people with disabilities.

Friday

9am - 12pm Swim for people with disabilities.

12pm - 1pm Parents and tots.

1pm - 5pm Physio/swimming lessons.

Sunday

11am - 12:30pm Swim for people with disabilities/Adults only.

12:30pm - 1:15pm Parents and tots.

1:15pm - 2:45pm Family swim.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust, Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Hydrotherapy and Leisure Centre

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:
[https:// www.wvl.nhs.uk/patient-information-leaflets](https://www.wvl.nhs.uk/patient-information-leaflets)
or scan the QR code.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021

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Introduction

Now that you have completed your course of hydrotherapy, you will likely be assessed by your referring physiotherapist.

We would encourage you to continue with your exercise programmes in your local swimming pool. There are five council Leisure Centres within Wigan & Leigh, that are accessible through the BeWell Scheme. Each of the pools have pool hoists and accessible changing facilities. There are also swim classes available at each Centre, which may be appropriate for you.

Unfortunately there is no open access hydrotherapy pool available within Wigan and Leigh. The Jubilee Centre in Bolton is available for open swims. Please see information attached.

BeWell Scheme Wigan and Leigh

Register at your local Leisure Centre with a free BeWell Card to use the pool facilities.

Staff are unfortunately not able to provide you with any assistance that requires lifting and handling. Anyone accompanying you must have a BeWell card and will not be charged when supporting as a carer.

➤ Ashton Leisure Centre

Facilities: Hygiene room which has a shower, toilet, swinging movable hoist and a bed. Hoist on poolside which can be used with a sling or a chair.

➤ Howe Bridge Sports Centre

Facilities: Disabled poolside changing room (inc. shower, toilet & lockers). Large & small pool disabled hoist. Disabled shower hoists.

➤ Hindley Pool and Leisure Centre

Facilities: Pool has hoist access and disabled changing facilities.

➤ Wigan Life Centre

Facilities: Disabled changing rooms with hoist. Oxford Dipper pool hoist. Disabled toilets.

➤ Leigh Leisure Centre

Accessibility: Pool hoist, disabled changing rooms, a changing bed and a transfer wheel chair.

The Jubilee Centre and Pool - Bolton

The Jubilee pool is also especially suited and equipped to help, support and benefit people with physical and learning disabilities. It has a specialist hydrotherapy pool which helps with aches and pains, and is good for muscle relaxation. It also has two poolside hoists that assist access to the pool from either a bed chair or sling, and it has easy access steps into the pool. The timetable is attached. Adult swim £4.20. Junior swim £3.00.

The Jubilee Centre Timetable

Monday

9am - 12pm Swim for people with disabilities.

12pm - 1pm Parents and tots.

1pm - 4pm Physio/swimming lessons.

Tuesday

9am - 10am Open swim.

10am - 12pm Physio/swimming lessons.

12pm - 1pm Women only swim.

1pm - 4pm Swim for people with disabilities.

Wednesday

9am - 12pm Swim for people with disabilities.

12pm - 1pm Parents and tots.

4pm - 5pm Women only swim.continued