

Have you had a Stroke & are you interested in

EXERCISE IN WATER /

HYDROTHERAPY POOL



Hydrotherapy takes place in a **heated pool** (35.5 C) which allows painless exercise, aiding balance and ease of movement. These hydrotherapy sessions are organised by the Cork Stroke Support Group in collaboration with COPE Foundation. Exercise in water is a useful aid to rehabilitation and recovery from a variety of conditions including stroke.

The **45 min group session** is facilitated by a **qualified physiotherapist / hydrotherapist** which facilitates individual assessment & programme. The pool is **wheelchair accessible** with assistive equipment in the changing facilities & hoist for transfer. A family member or friend is asked to accompany you if you require assistance in the pool / changing room (separate cubicles available). No walking aids are permitted to access pool and participants are asked to use transfer chair if indicated. **Cost for 6 week programme €50**

All attendees are required to pay CSSG annual membership **€15**

For application form & enquiries about hydrotherapy

Contact: **Helen O' Callaghan** **085-7455152**

Thursday Evening: 6.15 pm – 7.15 pm

(changing facilities accessible from 6.10pm, not before)

Location: Hydrotherapy Pool, Cope Foundation, Montenotte, Cork.

(follow signs for Montenotti & take turn off for Cope, signposted Ard Dara)

Places limited therefore we ask that you pay in advance and text if unable to attend.