



St. Gabriel's Hydrotherapy Pool

Your Health, Your Wellbeing, Your Lifestyle

St. Gabriel's is a non-profit organisation and registered charity (CHY 5548)

Fundraising and Development

St. Gabriel's hydrotherapy pool was built as a result of initial funding received from the J.P. MacManus Invitational Golf Pro Am in 2005. The annual running cost of the hydrotherapy pool is €150,000. Most of this money comes from contributions we receive from individuals, companies, businesses, schools and colleges along with revenue gathered through a wide range of fundraising events.

St. Gabriel's hydrotherapy pool is an essential community resource. The benefits of having this valuable facility here in our region for people who need it far outweigh the yearly outlay. If you would like to support us or take part in any of our fundraising activities, please contact us. We would be delighted to hear from you!

HYDROTHERAPY POOL OPEN SESSION TIMES

*Individuals can avail of Open Sessions
during the following times:*

Monday:

12:00 - 12.45 & 12.45 - 1.30

Tuesday:

5:15 - 6.00 & 6.00 - 6.45

Wednesday:

2.30 - 3.15 & 3.15 - 4.00

Group times available on request.



CONTACT US

To find out more about St. Gabriel's, please call us on **061 302733**, or email either **Dorothy Shine** (Hydrotherapy Pool Manager) at dshine@stgabriels.ie or **Kate Sheahan** (Fundraiser) at ksheahan@stgabriels.ie www.stgabriels.ie

St Gabriel's hydrotherapy pool has been in operation since January, 2009, and although our original focus was on making it available to the children with disabilities who attend St Gabriel's services, demand from the public has led us to open the pool to the wider community.



What is Hydrotherapy?

Hydrotherapy is the use of water at an increased temperature – in this case, 32° Celsius - for the maintenance of health and the treatment of injury and disability. It is used to relieve pain and promote physical wellbeing. Hydrotherapy also employs the properties of warm water to maximise an individual's level of function - physical, physiological or psychological.

Conditions that Benefit from Hydrotherapy

People who use the hydrotherapy pool as part of the overall management of their condition may notice certain improvements, especially those who suffer from chronic pain, such as fibromyalgia. These users report significant relief when they are in the water. Other conditions that benefit from the hydrotherapy pool are:

- ✓ **Sports injuries**
- ✓ **Musculoskeletal conditions, like low back pain, soft tissue and ligament injuries**
- ✓ **Rheumatology conditions, such as arthritis and fibromyalgia**
- ✓ **Orthopaedic conditions, for example after hip and knee replacement**
- ✓ **Neurological conditions, such as stroke, multiple sclerosis and Parkinson's disease, or recovery from road traffic accident injuries**
- ✓ **Chronic pain**

Benefits of Hydrotherapy for Wheelchair Users and People with Impaired Mobility

The warm water lessens a person's muscle and joint stiffness, and this helps to increase their range of motion. Hydrotherapy can also improve balance, motor skills, co-ordination, posture and gait, and it allows freedom of movement and independence for wheelchair users that they cannot attain on land.

Sports Rehabilitation and Injury Recovery Programmes

St. Gabriel's hydrotherapy pool is available to individual athletes and sports players who wish to implement an exercise or recovery programme. It is also used by conditioning coaches who carry out their own exercise regime as part of their team training and conditioning programmes.

Water Exercises for the Older Adult

We are all becoming more aware that health and long life are dependent on our individual behaviour and lifestyle. Water fitness programmes for the older adult help to minimise the effects of disease, disability and loss of independence.



Little Ducklings - Baby & Toddler Swim Groups

Water is ideal for creating an enjoyable social experience and a fun learning environment for children. Adjacent to the hydrotherapy pool is a smaller hydrotherapy pool suitable for children - the perfect place to introduce your little ducklings to their first swimming experiences!

Sensory Development

Children with sensory conditions can benefit from hydrotherapy pool sessions. These children's parents report improvement in their child's sleeping patterns and social behaviour, and this improvement results in great enhancement to their family's quality of life.

Poolside Relaxation and Wellbeing

The poolside air temperature is maintained at the same high temperature as the water, making it an ideal place to relax and feel calm. Natural sunlight streams onto the pool deck and there are plenty of chairs where people can sit and rest, away from it all.

Hydrotherapy Pool Features

- ✓ **Water and poolside temperature heated to 32 degrees Celsius**
- ✓ **Two therapeutic pool jets**
- ✓ **Pool hoists, ceiling hoists in the changing rooms, shower chairs and shower beds and plinths available to assist people**
- ✓ **All areas (including dressing rooms) adapted to allow ease of movement for wheelchair users and people with decreased mobility**
- ✓ **Swim floats and aids provided**

