



Our mission Statement-

“Vestacare Hydrotherapy Centre is a provider of life enhancing holistic, and rehabilitating hydrotherapy- tailor made for every individual need.”

We would like to welcome you to our brand new facility at Vestacare. Vestacare provides innovative services for vulnerable people with learning disabilities.

The Hydrotherapy Centre is attached to our day care centre, Oakdene. We would like to present to you our fantastic facilities.



Reception Area



What is Hydrotherapy?

Hydrotherapy is the use of water for treatment of many conditions, pain relief and can be used as a form of exercise which is carried out in a heated pool that is around 35 degrees Celsius. Its many benefits include pain relief, improving and maintaining range around joints, reducing pressure on weight bearing joints whilst exercising, facilitating rehabilitation and can also be used as a life enhancement for people with learning and physical disabilities.

Scientific studies have shown Hydrotherapy can benefit people with various conditions including: strength and rehabilitation of muscle, tendon and ligament injury. Neurological conditions including: M.S, Cerebral Palsy, Parkinson's and Fibromyalgia. Orthopaedic conditions such as hip, knee replacements and post fracture rehabilitation. Pre and post-natal fitness.

Sensory integration for people with impaired senses i.e. sight, hearing, proprioception and balance deficits.

Hydrotherapy increases muscle strength and fitness, offers relaxation and promotes good health.

Other benefits of Hydrotherapy include improving circulation, influencing the production of stress hormones and improving digestion. Hydrotherapy can be used as treatment for acne, depression, stomach problems, sleep disorders and stress.

At Vestacare Hydrotherapy Centre we aim to provide a flawless, individual service to anyone who may want to rent the area, tailor-made for every client.

Benefits are across the age range from babies, post-natal, toddlers, children, adolescent, adults and seniors.



Hydrotherapy Pool



Who can benefit from Hydrotherapy?

- Arthritis patients
- MS patients
- Cerebral Palsy patients
- Muscular Dystrophy patients
- Post and pre-surgery patients
- Sports Injuries
- Back injuries
- Neuropathy patients
- Rheumatism
- Lumbago
- Poor blood circulation
- Cancer patients
- Tendonitis
- COPD
- Fibromyalgia patients
- Stroke Patients
- Varicose veins
- Diabetes patients
- People who suffer with migraines
- Sciatica patients



Shower Area



Guidelines of Hydrotherapy treatment and our facilities.

Prior to hydrotherapy you will be assessed by your Physiotherapist and they will decide on the correct course of treatment. Hydrotherapy treatment is usually broken down into five or six 30 minute sessions.

At Vestacare Hydrotherapy Centre we provide lockers, hairdryers and towels although you can bring along your own towel. We have a mechanical hoist and steps leading down into the pool for easy access. We also have sensory lighting in the pool and provide a selection of floats.

It is normal to feel tired after treatment, please keep yourself hydrated by drinking lots of water, prior to and after your hydrotherapy treatment.

Our pool is microbiologically tested every two weeks and maintained daily with a depth of 1.2 metres.



Pool Sensory Lighting



OAKDENE DAY CENTRE

Please allow us to introduce ourselves. We are the team at Vestacare, an independent provider located in north Manchester. We have worked in collaboration with people with learning disabilities, physically disabled and parents/carers to develop our day service provision, one that enables people to have greater choice and say over how they spend their day, maximise integration and facilitate opportunities for work, leisure and learning.

The outcome of this collaborative working has allowed us to announce the establishment of Oakdene, a flexible day service provision in Blackley. Its opening in December 2008 came at an exciting time for families wanting a greater choice in services they feel meets their needs.

Our aim is to provide services, which enable people to have a greater degree of independence and inclusion at a time that fits in with the way they lead their lives.

Our emphasis is very much about taking a therapeutic approach towards support and to strengthen this approach we employ a physiotherapist, an occupational therapist, have a state of the art sensory room, and a hydrotherapy pool.

Dianne Newell	Head of Service
Jackie Newman	Head Office Admin
Rachel Cain	Oakdene Admin



Sensory Room