

**PWYLLGOR CRONFA ELUSENNOL  
CHARITABLE FUNDS COMMITTEE**

<b>DYDDIAD Y CYFARFOD: DATE OF MEETING:</b>	09 June 2026
<b>TEITL YR ADRODDIAD: TITLE OF REPORT:</b>	Pentre Awel Hydrotherapy Pool Collaboration Agreement and Release of Funds to Carmarthenshire County Council and Closure of Administration Committee
<b>CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:</b>	Lee Davies, Executive Director of Strategy and Planning.
<b>SWYDDOG ADRODD: REPORTING OFFICER:</b>	Rhian Davies, Assistant Director of Finance Nicola Llewelyn, Head of Hywel Dda Health Charities Anwen Pearce, Capital Programme Manager – Planning Eldeg Rosser, Head of Capital Planning.

**Pwrpas yr Adroddiad (dewiswch fel yn addas)  
Purpose of the Report (select as appropriate)**

Er Sicrwydd/For Assurance

**ADRODDIAD SCAA  
SBAR REPORT**

**Sefyllfa / Situation**

The purpose of this paper is to provide the Charitable Funds Committee (CFC) with an update on the Pentre Awel Hydrotherapy Pool development and to receive ASSURANCE:

- That the Collaboration Agreement with Carmarthenshire County Council (CCC) has been signed and sealed
- That funds received from PNC have been transferred to CCC.
- That the Administration Committee (AC) has closed as no funding remains in the Elizabeth Williams Endowment Fund.
- That the small annual disbursement of funds from a second endowment, JC Williams Trust Under Will (not relating to the Administration Committee) will be managed through Hywel Dda University Health Board (HDdUHB) charitable funds business.
- That the final correspondence will be sent to PNC confirming the AC meeting proceedings and to include visuals of the new facility.

**Cefndir / Background**

Below is a timeline breakdown of the key activity:

- In 2012, Pittsburgh National Corporation Financial Services (PNC) (on behalf of the JC Williams Trust) agreed to provide a financial contribution to the development of a Hydrotherapy Pool at the Heol Goffa, Llanelli site from its Elizabeth Williams Endowment Fund.
- On 15 March 2018, the CFC received a position paper from Carmarthenshire County Director and Commissioner relating to the development of a Hydrotherapy Pool at the

Pentre Awel site (of note: discussions by this time had moved on from the Heol Goffa site in 2012, where a more appropriate site was identified – Pentre Awel). At this meeting, the Committee supported the recommendation to proceed and progress discussions with PNC to agree the next steps to draw down the capital funding held in the USA.

- On 3 October 2018, the CFC received a report from the Director of Strategic Partnerships and Corporate Services following its correspondence with PNC in order to begin the process of drawing down funds. The HDdUHB was asked to demonstrate that it had enacted its responsibilities relating to the Plan and Articles of the Elizabeth Williams Endowment Fund and that it would comply with Article I (Purpose) and Article IV (Duties). The Administration Committee (AC) was asked to consider and re-affirm its proposal (CFC 15 March 2018) for the development of the Hydrotherapy Pool at the Pentre Awel site.
- At the CFC meeting held on 15 September 2020, it was agreed that the £303,230 donation held by the Hydrotherapy Pool Committee (HPC) should be accepted in support of the Hydrotherapy Pool at the Pentre Awel development.
- On 10 March 2021, an AC for the JC Williams (Elizabeth Williams Endowment) Fund convened and approved the proposal for the development of a Hydrotherapy Pool at the Pentre Awel Village and confirmed the HDdUHB's compliance with the JC Williams (Elizabeth Williams Endowment) Fund's Plan and Articles, for the use of those funds to develop the Hydrotherapy Pool service.
- The funds of £303,230 raised by the external Llanelli HPC was released to Hywel Dda Health Charities (HDdHC) in October 2022.
- J C Williams Charitable Trust (Elizabeth Williams Endowment) of £1,216,594 was released to HDdHC on 28 March 2023.
- A condition of the release of funds was that the monies allocated would benefit the population of Llanelli.
- The Collaboration Agreement was signed under seal by the Chair and Chief Executive Officer (CEO) and completed legally on 9 December 2025.
- The Funds of £1,543,382 were released to CCC on 10 December 2025.
- Hydrotherapy funders celebratory event was held 16 February 2026.
- Patient services commenced in the week commencing 23 February 2026

### **Asesiad / Assessment**

Pentre Awel is a multi-million-pound economic regeneration development across 83 acres of land in South Llanelli which is led by CCC with an aim to create a new landmark infrastructure project that provides facilities for business, research, education, community healthcare, leisure and assisted living and establish an 'ecosystem' for life sciences. The HDdUHB is leasing part of the site for a Clinical Delivery Unit (CDU) to provide a range of therapy, nursing, audiology clinics, as well as research and development opportunities to develop health focused education

and training opportunities and improved population health and wellbeing across all five stages of life. The HDdUHB will also provide services from the Hydrotherapy Pool.

The HDdUHB's therapy service proposes to utilise the Hydrotherapy Pool for rehabilitative and therapeutic interventions for up to 10 sessions per week (Mon-Fri 08:00-17:30). This reflects the aim to work across traditional boundaries to create better outcomes for our population and efficiencies. The integrated pathways created will maximise the adjacencies of the CDU, Hydrotherapy Pool and wider leisure facilities (including the gymnasium).

The Collaboration Agreement was signed under seal by the Chair and Chief Executive Officer (CEO) and completed legally on 9 December 2025.

The Funds of £1,543,382 were released to CCC on 10 December 2025.

As the funds have now been transferred to CCC there is no ongoing role for the Administration Committee, and it was proposed and agreed in the meeting held on 28 April 2026 that this be the final meeting and that the Committee is closed. The notes and table of actions of that meeting are attached as Appendix 1 of this report. The actions from that meeting will need to be monitored by the CFC. Also attached as Appendix 2 is a copy of the presentation that will be shared with PNC.

There will be also a small annual disbursement of funds that are received from PNC in respect of the JC Williams Trust Under Will, which is not in relation to the Administration Committee, and this will be managed through HDdUHB charitable funds business. This annual disbursement is distributed to the Health Board following submission of how the previous year's disbursement was spent.

### Argymhelliad / Recommendation

The Charitable Funds Committee is asked to:

- **TAKE ASSURANCE** that
  - the Collaboration Agreement with Carmarthenshire County Council (CCC) has been signed and sealed
  - funds received from PNC have been transferred to CCC.
  - the Administration Committee (AC) has closed as no funding remains in the Elizabeth Williams Endowment Fund.
  - the small annual disbursement of funds from a second endowment, JC Williams Trust Under Will (not relating to the Administration Committee) will be managed through HDdUHB charitable funds business.
  - the final correspondence will be sent to PNC confirming the AC meeting proceedings and to include visuals of the new facility.

**Amcanion: (rhaid cwblhau)**

**Objectives: (must be completed)**

Committee ToR Reference:  
Cyfeirnod Cylch Gorchwyl y Pwyllgor:

3.1 To make and monitor arrangements for the control and management of the Health Board's Charitable Funds, within the budget, priorities and spending criteria determined by the Board and consistent with the legislative framework.

	3.2 To provide assurance to the Board in its role as Corporate Trustee of the charitable funds held and administered by the Health Board.
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	N/A
Parthau Ansawdd: Domains of Quality <a href="#">Quality and Engagement Act (sharepoint.com)</a>	7. All apply
Galluogwyr Ansawdd: Enablers of Quality: <a href="#">Quality and Engagement Act (sharepoint.com)</a>	2. Culture and valuing people 5. Whole systems perspective
Amcanion Strategol y BIP: UHB Strategic Objectives:	All Strategic Objectives are applicable
Amcanion Cynllunio Planning Objectives	7 Primary and community strategic plan
Amcanion Llesiant BIP: UHB Well-being Objectives: <a href="#">Hyperlink to HDdUHB Well-being Objectives Annual Report 2021-2022</a>	2. Develop a skilled and flexible workforce to meet the changing needs of the modern NHS 4. Improve Population Health through prevention and early intervention, supporting people to live happy and healthy lives 5. Offer a diverse range of employment opportunities which support people to fulfill their potential 8. Transform our communities through collaboration with people, communities and partners

### Gwybodaeth Ychwanegol: Further Information:

Ar sail tystiolaeth: Evidence Base:	<p>The design development work has been undertaken by ARUP Limited based on consultations held with representatives of HDdUHB and CCC</p> <p>The work has been benchmarked against best practice design for hydrotherapy facilities. This has included reference site visits to facilities in Cardiff, Star College and Bath University Hospital, and desktop/market research of hydrotherapy pools and associated equipment, including HydroWorx, Hippo Leisure and Dolphin Mobility.</p>
Rhestr Termiau: Glossary of Terms:	All terminology is explained within the report.

Partion / Pwyllgorau â ymgynhorwyd ymlaen llaw y Pwyllgor Cronfa Elusennol: Parties / Committees consulted prior to Charitable Funds Committee:	Pentre Awel CCC Project Board and Sub-Groups Pentre Awel HDdUHB/CCC Hydrotherapy Working Group HDdUHB Executive Team CCC, Council Management Team CCC, Preliminary Executive Board CCC Executive Board
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<b>Effaith: (rhaid cwblhau) Impact: (must be completed)</b>	
<b>Ariannol / Gwerth am Arian: Financial / Service:</b>	<p>There are two elements which will provide the capital to construct and fit out the Hydrotherapy Pool at Pentre Awel:</p> <ol style="list-style-type: none"> <li>1. The Charitable funds held by the HDdUHB totalling £1,516,595, received from the Llanelli Hydrotherapy Pool Committee and the JC Williams Trust</li> <li>2. £359k received by CCC from Welsh Government End of Year slippage</li> </ol> <p>The running costs of the Hydrotherapy Pool will be shared between HDdUHB and CCC based on actual usage of the pool as detailed within the Collaboration Agreement.</p>
<b>Ansawdd / Gofal Claf: Quality / Patient Care:</b>	<p>Services delivered will focus on wellness and not on illness and therefore on living and staying healthy and independent longer. When care is required the person will be placed at the centre of decision making and enabled to take a key role in that process.</p>
<b>Gweithlu: Workforce:</b>	<p>The staffing for the Hydrotherapy pool clinical operation will be provided by HDdUHB.</p> <p>Maintenance operation will be provided by CCC.</p>
<b>Risg: Risk:</b>	n/a
<b>Cyfreithiol: Legal:</b>	<p>Legal agreement developed to satisfy the conditions of the Trust fund.</p> <p>Legal framework provided within the Collaborative Agreement formed between CCC and the HDdUHB.</p>

<b>Enw Da: Reputational:</b>	<p>The plan to develop a hydrotherapy pool in Llanelli has been under consideration for a number of years. To deliver a state of the art facility will be positive for the Health Board and will provide improved opportunities and capacity for rehabilitation within the community.</p>
<b>Gyfrinachedd: Privacy:</b>	<p>Data systems used within Pentre Awel will be based on the Public Sector Broadband Aggregation (PSBA). Discussions have been undertaken between CCC and HDdUHB Informatics Department to maximise opportunities for joint working whilst ensuring cyber security.</p> <p>Detailed planning will ensure appropriate, future proofed infrastructure is created.</p>
<b>Cydraddoldeb: Equality:</b>	<ul style="list-style-type: none"> <li>• Has EqIA screening been undertaken? Yes</li> </ul> <p>Consideration has been given to protected equality groups as part of the Health Impact Assessment (HIA) in order that these demographic cohorts are given 'due regard' within the business and service planning processes for Pentre Awel. The HIA sought to establish a suitable evidence base, gathering quantitative and qualitative data about those with protected characteristics, in order that a robust assessment can be made about the positive and negative impacts the development may have on those categorised as vulnerable or disadvantaged</p>

**MINUTES OF ADMINISTRATION COMMITTEE – J C  
WILLIAMS (ELIZABETH WILLIAMS ENDOWMENT) FUND  
MEETING**

Date of Meeting:	<b>9.00am, Tuesday 28<sup>th</sup> April 2026</b>
Venue:	<b>MS Teams</b>

Present:	Dr Neil Wooding, Chair, Hywel Dda University Health Board Professor Philip Kloer, Chief Executive Mr Huw Thomas, Executive Director of Finance Mr Mark Henwood, Executive Medical Director Mrs Sharon Daniel, Executive Director of Nursing, Quality & Patient Experience Ms Donna Coleman Regional Director Llais West Wales Mrs Elin Mererid, Llais West Wales
In Attendance:	Ms Rhian Davies, Assistant Director of Finance - Financial Planning & Statutory Reporting Mrs Sian-Marie James, Assistant Director of Corporate Legal Services and Public Affairs Mrs Eldeg Rosser, Head of Capital Planning Ms Anwen Pearce, Capital Planning Project Manager

<b>AC 01</b>	<b>Welcome and Apologies</b>	
	The Chair, Dr Neil Wooding, welcomed everyone to the meeting.  Apologies were received from Mrs Nicola Llewelyn, Head of Hywel Dda Health Charities	

<b>AC 02</b>	<b>DECLARATION OF INTERESTS</b>	
	There were no declarations of interest.	

<b>AC 03</b>	<b>MINUTES OF THE MEETING HELD ON 2<sup>nd</sup> APRIL 2025</b>	
	<b>RESOLVED</b> – that the minutes of the Administration Committee meeting held on 2 <sup>nd</sup> April 2025 be <b>APPROVED</b> as a correct record.	

<b>AC 04</b>	<b>SBAR: ADMINISTRATION COMMITTEE JC WILLIAMS (ELIZABETH WILLIAMS ENDOWMENT) FUND</b>	
	The Administration Committee meeting for the JC Williams Trust on 28 April 2026 focused on finalising the closure of the committee due to the depletion of funds in the Elizabeth Williams Endowment Fund. Key discussions included transitioning fund management to the Charitable Funds Committee, ensuring compliance with the original intent of the	

trust funds, and providing updates on the hydrotherapy pool project, including patient outcomes and community engagement. The committee also discussed the need for improved evaluation processes to better measure patient-reported outcomes from hydrotherapy sessions.

- **Hydrotherapy Pool Update:** Significant progress has been made on the Pentre Awel hydrotherapy pool project. The facility opened to the public in October 2025, with an official launch in December 2025. It has since delivered hydrotherapy sessions to four patient groups, receiving positive feedback from patients and staff regarding its sensory features and equipment.
- **Collaboration Agreement Finalisation:** The collaboration agreement between Hywel Dda Health Board and Carmarthenshire County Council was legally finalised in December 2025, enabling the transfer of over £1.5 million in funds for the hydrotherapy pool development.
- **Patient Outcomes:** Testimonials indicate that hydrotherapy has facilitated progress in symptom management and functionality that would not have been achievable through land-based therapy. Feedback highlights the therapeutic benefits of heat, buoyancy, sensory lighting, and music.
- **Funding Transition:** With the Elizabeth Williams Endowment Fund fully discharged, remaining funds from the JC Williams Trust will be managed through the Health Board Charitable Funds Committee. A separate fund will be maintained to ensure continued benefit for the people of Llanelli.
- **Community Engagement:** There is a recognised need for proactive communication with Llanelli residents regarding the hydrotherapy pool's availability, its historical significance, and potential private hire options for groups such as parents of disabled children.
- **Evaluation Process Enhancement:** The committee plans to improve evaluation processes to better measure patient-reported outcomes from hydrotherapy sessions. This will involve collaboration with relevant stakeholders to ensure robust data collection.
- **Closure of Administration Committee:** The Administration Committee will be formally closed as its purpose has been fulfilled. Future annual disbursements from the JC Williams Trust will be handled by the Charitable Funds Committee.

### Decisions

- The Administration Committee will be formally closed as all funds from the Elizabeth Williams Endowment Fund have been discharged.

	<ul style="list-style-type: none"> <li>• Future annual disbursements from the JC Williams Trust will be managed through the Health Board Charitable Funds Committee under a separate fund dedicated to benefiting Llanelli residents.</li> <li>• Final correspondence will be issued to PNC confirming meeting proceedings and including patient testimonials and visuals of the hydrotherapy pool.</li> </ul>	
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<b>AC 05</b>	<b>SBAR – ADMINISTRATION COMMITTEE RECOMMENDATIONS</b>	
	<ul style="list-style-type: none"> <li>• Prepare final correspondence to PNC confirming the closure of the Administration Committee, including visuals of the hydrotherapy pool and patient testimonials.</li> <li>• Ensure that future disbursements from the JC Williams Trust are managed through a separate fund under the Charitable Funds Committee to maintain compliance with fund conditions.</li> <li>• Develop a communication plan to share hydrotherapy pool testimonials with Llanelli residents, highlighting its historical significance and availability for private hire.</li> <li>• Collaborate with Simon Mansfield to establish a process for collecting patient-reported outcome measures related to hydrotherapy sessions.</li> <li>• Review evaluation processes within the Charitable Funds Committee and apply them to measure the impact of hydrotherapy investments.</li> </ul>	

<b>AC 06</b>	<b>ANY OTHER BUSINESS</b>	
	No further business was raised.	



**TABLE OF ACTIONS FROM**  
**THE ADMINISTRATION COMMITTEE – JC WILLIAMS ENDOWMENT FUND**  
**HELD ON 28 APRIL 2026**

MINUTE REFERENCE	ACTION	LEAD	TIMESCALE	PROGRESS
<b>AC 05</b>	<b>RECOMMENDATIONS ON THE SBAR:</b>			
	Prepare final correspondence to PNC confirming the closure of the Administration Committee, including visuals of the hydrotherapy pool and patient testimonials.	DoF	End June	
	Ensure that future disbursements from the JC Williams Trust are managed through a separate notional fund under the Charitable Funds Committee to maintain compliance with fund conditions.	DoF via Charitable Funds Committee	Ongoing	
	Develop a communication plan to share hydrotherapy pool testimonials with Llanelli residents, highlighting its historical significance and availability for private hire.	Capital Planning Team – Eldeg Rosser	End October 2026	
	Collaborate with Simon Mansfield to establish a process for collecting patient-reported outcome measures related to hydrotherapy sessions.	DoF		
	Review evaluation processes within the Charitable Funds Committee and apply them to measure the impact of hydrotherapy investments.	DoF		

# CANOLFAN PENTRE AWEL HYDROTHERAPY POOL – UPDATE APRIL 2026



LLANELLI - SIR GÂR - CYMRU

Pentre Awel

LLANELLI - CARMARTHENSHIRE - WALES



**Cymru Iachach:**  
ein Cynllun Iechyd a Gofal Cymdeithasol

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**A Healthier Wales:**  
our Plan for Health and Social Care



**Zone 1**

- Research led business development
- Clinical Delivery and Research Centre
- Education & Training

**Leisure**

- 8x 25m lane swimming pool, learner pool
- Sports Hall
- Gym
- Dance, Spin and multi-purpose Studios
- Hydrotherapy Pool

**Zone 3**

**Assisted Living**

- Individual apartments/houses for sale/rent

**Business Expansion**

- Expansion business space for spin-out activities



**Zone 2  
Housing**

- c. 35 units of social and affordable housing

**Assisted Living**

- Nursing Home (100 beds)
- Residential Rehabilitation (30 beds)
- Extra care facility (90 beds)

**Hydrotherapy Pool**

**Zone 4**

**Hotel**

- Up to 120 bed hotel

**Housing**

- Open market housing

## **ZONE 1 – CANOLFAN PENTRE AWEL**

- Located in Llanelli on the coastline of the Wales Millennium Coastal Path
- Gross Floor Area = c. 20,000m<sup>2</sup>
- 5 buildings connected by a centrally enclosed communal area with café and seating area
- The building is operated, managed and owned by Carmarthenshire County Council (CCC)



## **HYDROTHERAPY SUITE**

- The Hydrotherapy Suite is located within the wet sports area at Pentre Awel
- It is a bespoke, clinical standard hydrotherapy suite with dedicated changing facilities
- Includes two changing places provision with direct hoist access to the pool
- Installed with sensory interactive lighting to enhance the patient experience and therapeutic environment, particularly for specific patient groups such as Paediatrics, Learning Disabilities and Neurological patients.



*Hydrotherapy provides well-established NHS clinical benefits including pain relief, improved mobility, reduced joint loading and supported rehabilitation. Sensory lighting enhances the therapeutic environment by promoting relaxation, reducing anxiety and supporting inclusive, person-centred care, particularly for paediatric and neurodiverse patients.*



## **UPDATE**

- Canolfan Pentre Awel (Zone 1) opened to the public on 15th October 2025.
- The official opening ceremony was held 11<sup>th</sup> December 2025 which was attended by Rebecca Evans, Welsh Government Minister for Economy, Energy and Planning and Anna McMorrin, UK Government Parliamentary Under Secretary of State for Wales, along with other delegates including councillors, project partners, contractors, supply chain members and third sector organisations.
- Celebratory event for the hydrotherapy pool was held on 16th February 2026, acknowledging the significant capital funding contributions made by local charities and the Elizabeth Williams Endowment.
- The other local charities included:
  - Llanelli Hydrotherapy Pool Committee
  - Treat Trust Wales
- Plaque in place to recognise the charitable contributions, located outside the entrance to the hydrotherapy suite



## **UPDATE**

- Carmarthenshire County Council and Hywel Dda University Health Board jointly worked on a Collaboration Agreement and Standard Operating Procedure for the hydrotherapy pool.
- The Collaboration Agreement was finalised and funds transferred to Carmarthenshire County Council in December 2025.
- Hywel Dda UHB delivered its first session to patient's w/c 23<sup>rd</sup> February 2026.
- Hywel Dda UHB is delivering Hydrotherapy sessions for the following patient groups:
  - Learning Disabilities
  - Children & Young People
  - Musculoskeletal (MSK)
  - Community Rehabilitation

LLANELLI - SIR GŶR - CYMRU



Pentre Awel

LLANELLI - CARMARTHENSHIRE - WALES

HYDROTHERAPY POOL



LLANELLI - SIR GÂR - CYMRU



Pentre Awel

LLANELLI - CARMARTHENSHIRE - WALES

HYDROTHERAPY POOL



LLANELLI - SIR GÂR - CYMRU

 **Pentre Awel**

LLANELLI - CARMARTHENSHIRE - WALES

**CHANGING PLACES**





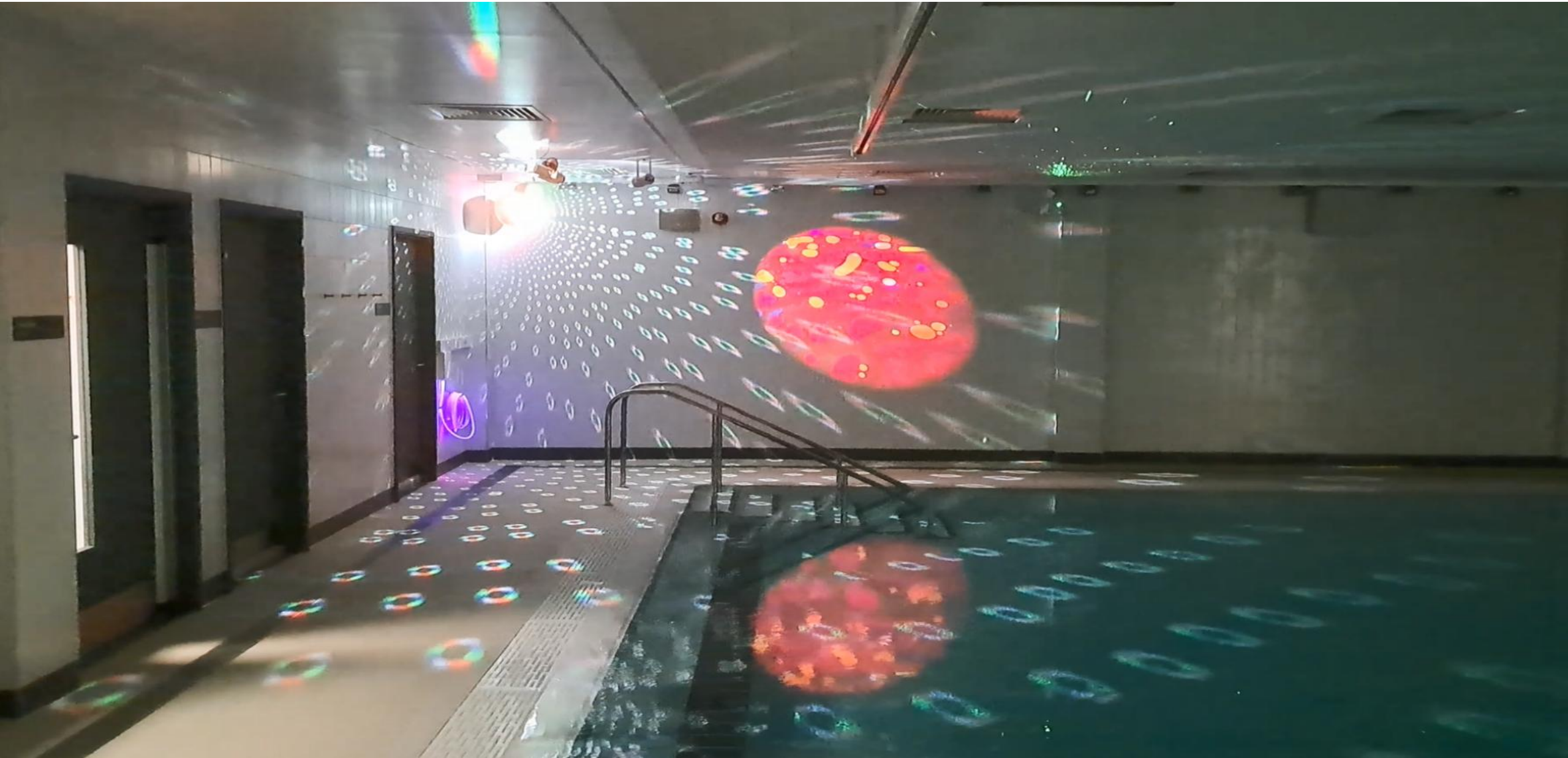
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Pentre Awel

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SENSORY LIGHTING





1m



Prifwngol Pŵll	Canrannol Lleoli
<ul style="list-style-type: none"><li>Wylwch ymlenni - buedwrdd</li><li>Yn ymrodd</li><li>Bwrdd - ysgafn</li><li>Sit yn hysbys</li><li>Yn ysgafn</li><li>Llyngwrdd</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li></ul>	<ul style="list-style-type: none"><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li><li>Yn ysgafn</li></ul>

1.3m

LLANELLI - SIR GŶR - CYMRU



Pentre Awel

LLANELLI - CARMARTHENSHIRE - WALES

MOBILE HOIST





- [Project website](#)
- [Public opening – press release](#)
- [Opening of hydrotherapy pool – press release](#)

## **PATIENT EXPERIENCE FEEDBACK**

### **Musco Skeletal Service:**

- “Having a dynamic approach in the water was good. Was able to push exercises within the water safely, that can't be done on land. Well overdue service & fantastic asset to the physio dept”.
- “Hydro sessions were great, very grateful”
- “Water exercise much better than anything else to get the joints working”
- “Found the pool helpful”
- “Helped push past the fear of hurting their back”
- “Being able to move freely and work on the joints”
- “All very helpful and staff excellent. Excellent service and helped brilliantly”
- “I feel the aquatic therapy has made a difference with me, its amazing and the staff have patience and are very helpful”

### **Learning Disability Service:**

- A client with LD who is profoundly physical disabled said 'this pool is tremendous'. 'The music is great, the place is great'
- A parent commented 'how lovely the place is and how the lights and sensory elements make a huge difference

## **PATIENT JOURNEY**

### **Activity**

Lower back pain post L2 compression fracture

### **Background summary**

Referred to physio by the GP due to lower back pain after bending to pick up something and feeling a “click”. Xray confirmed fracture.

Seen in MSK physiotherapy in PPH and referred to Pentre Awel Hydrotherapy by MSK physiotherapist. Patient started hydrotherapy in opening week of services.

### **What worked well/not so well**

Having hydrotherapy services allowed the patient to gain confidence in starting to move to improve her acute symptoms. Initial land physiotherapy was very painful, so progress was limited. Hydrotherapy allowed progression which was not possible on land as the patient could benefit from heat and buoyancy whilst in the pool. The heat improved pain and reduced muscle spasms and stiffness, enabling the patient to access movements which were too difficult on land and build confidence in movement. The exercises prescribed in the pool also utilised buoyancy, improving pain and assisting movement alongside the heat. We were also able to use buoyancy as a resistance to allow more comfortable strengthening, a progression which could not be achieved on land.

Hydrotherapy allowed for a supervised introduction to water-based exercise and gave the patient confidence and ideas of exercises to complete in the pool.

Having hydrotherapy in a leisure centre environment showcases accessible facilities for behaviour change to lead a more active/healthy lifestyle.

### **What good outcome or success looks like**

Hydrotherapy was essential to start this patient’s rehabilitation in this acute stage as their symptoms were limiting progress on land. Having access to the pool gave additional options to this patient’s rehabilitation, allowing much more timely progression compared to land-based rehabilitation alone.

Completion of hydrotherapy resulted in more manageable symptoms and better function so patient is now able to progress through land-based therapy.

Having hydrotherapy in Pentre Awel introduced this patient to the leisure centre which they now use socially following hydrotherapy sessions and plans to utilise hydrotherapy public sessions and Good Boost Aqua.

### **What has been learnt**

Further confirming the benefit of hydrotherapy in acute conditions, especially those struggling with early land-based rehabilitation. The benefits of early hydrotherapy are transferrable to land function and allow patients to progress better through land therapy.

Benefit of leisure centre environment to promote behaviour change amongst MSK population.

Our new hydrotherapy service provides sufficient support in completion of exercises to give patients the confidence needed to continue with water-based exercise independently.