



# Splish Splash Splosh

for the Noah's Ark Appeal

Help us fund a hydrotherapy pool  
at the Children's Hospital for Wales

## WHY DO WE NEED A POOL?

Because we don't have one! Hydrotherapy is a form of physiotherapy carried out in a heated purpose-built pool. Currently paediatric patients are treated in the adult hydrotherapy pool, but this is only available for one hour per week. This means that around 500 children who would benefit from hydrotherapy treatment miss out each year.

## HOW MUCH MONEY DO WE NEED?

We need £500,000 to buy a state-of-the-art hydrotherapy pool complete with changing rooms, shower facilities and hoists to lift patients who may require assistance in and out of the pool. Pictured below is an example of a pool similar to the one we hope to fund.

## WHO WILL IT HELP?

Children with a wide range of conditions will benefit from the use of a hydrotherapy pool.

**Neurology patients** - Acute head injuries, paediatric stroke

**Neurosurgical patients** - Removal of tumours, cerebral bleeds

**Development delay patients** - Downs syndrome, cerebral palsy

**Orthopaedic patients** - Spinal injury patients in rehab, multi-trauma

**Oncology patients** - Bone cancer, brain tumour

**Respiratory patients** - Asthma

## WAYS TO SPLISH SPLASH SPLOSH

If you don't mind getting your toes wet, why not raise money for our pool with a water related activity? A sponsored swim, a charity car wash or a rubber duck race are loads of fun.

If you'd rather stay warm and dry then a coffee morning or a cheese and wine evening are great fundraising events.

You don't have to splash the cash to help us. We can recycle any clothes, mobile phones and ink cartridges and turn them into cash.

## EVERY DROP COUNTS!

For more information and ideas visit [www.noahs-ark-appeal.org](http://www.noahs-ark-appeal.org) or call the Appeal office on 029 2033 5016.



# A PARENT'S STORY



"After surgery we were worried that physiotherapy would cause my child additional pain and discomfort. However, the physiotherapist suggested that hydrotherapy treatment would help control the pain and speed up recovery.

We really enjoyed the sessions and felt they helped my child recover quicker; however, we had to use the adult pool which is a considerable distance from the children's ward. Access to the adult pool was limited to one hour a week so daily treatment was not possible. We are very pleased that Phase Two will include a children's hydrotherapy pool and look forward to using it if necessary."



"Swimming changed my life at the age of 11 when I was diagnosed with Cerebral Palsy.

The importance of hydrotherapy cannot be underestimated. When a child is in the water, they can relax and be themselves without realising the full benefit.

I feel very strongly about the need for the hydrotherapy pool and will throw my full support behind this vital campaign. The pool will definitely help to change lives across Wales."

David Roberts- Eleven-time paralympic champion.

## I WANT TO SPLISH SPLASH SPLOSH FOR THE NOAH'S ARK APPEAL

Donations towards the hydrotherapy pool can be made online at [www.noahs-ark-appeal.org](http://www.noahs-ark-appeal.org), by phoning 029 2033 5016 or by sending us a cheque made payable to 'Noah's Ark Appeal' with your name and address to The Noah's Ark Appeal, Cardiff Royal Infirmary, Cardiff, CF24 0SZ.