



## **“Aquaepps® Paediatric Neurological Dysfunction”**

**Tutor:** Dr Heather Epps PhD MSc MCSP HT Grad Dip Phys  
Aquatic Physiotherapy Consultant and ATACP Accredited Tutor

**Date:** Monday 14th & Tuesday 15th June 2021

**At:** Lynden Hydrotherapy and Physiotherapy Centre (LHAPC)  
3 Eastnor Road, Reigate, Surrey, RH2 8NE

Thank you for your interest in the above course. I have enclosed general information, a course programme, and application form. This intermediate course is aimed at paediatric physiotherapists and physiotherapy assistants or technical instructors experienced in taking children with neurodisabilities and/or complex needs into pools.

Attendance certificates for CPD folders and a comprehensive handout are provided. Due to COVID-19 restrictions these will now be provided electronically. The course is split into theory and practical pool sessions.

If you would like to attend this course please return the application form or email to request an invoice. **Places are limited and will be allocated on a first come first served basis upon receipt of payment.** Please fill out the attached aquatic therapy experience sheet and return it to LHAPC with your application as it helps us to tailor the course to different needs.

**This course will not be confirmed until 1 week prior to the course start date**, however applicants will still be treated on a first come first served basis and confirmation of receipt of application form and payment will be emailed if an address is provided. **Due to the current Coronavirus situation please ensure any accomodation or travel you book is cancellable. LHAPC Ltd will only be able to refund the course cost (not any other expenses incurred) if we are forced to cancel the course.**

**If you need to cancel for any reason we are quite happy for you to find someone else to take your place as long as you let us know. If this is not possible we will readvertise your place and if we can find someone else to fill your place, and once we have received payment from them we will refund your payment (less a 15% administration charge). If we are unable to fill your place we will not be able to offer any refund.**

Please do not hesitate to contact me should you have any questions regarding the course. I can offer a prompt response to email enquiries- [heather@lhap.co.uk](mailto:heather@lhap.co.uk) - but would ask that you appreciate that as I spend most of my time with patients I am not always able to be as prompt taking or returning telephone calls. I look forward to hearing from you.

Yours sincerely

*Heather*



## **Information sheet – Aquaepps® Paediatric Neurological Dysfunction**

**Course Tutor – Dr Heather Epps PhD MSc MCSP HT Grad Dip Phys**  
**Accredited Bobath Trained and Accredited Aquatic Physiotherapy**  
**Trained Physiotherapist, Recognised tutor for the ATACP**

I have been involved in aquatic therapy/hydrotherapy since 1991, setting up and developing the service at Alder Hey Children's Hospital, then in 1996 after moving to London, working in hydrotherapy pools at Putney Royal Hospital for Neurodisability, Great Ormond Street Hospital, the Middlesex Adolescent Unit, Tadworth Children's Trust for children and adolescents with profound and multiple learning and physical disabilities, acquired brain injury and CP and independence homes for adults with severe and moderate learning difficulties and neurological dysfunction. I completed and received a merit in the 4 week residential Bath Hydrotherapy course for physiotherapists in 1993, and have since organised courses and taught aquatic therapy to paediatric physiotherapists and educational staff working in neurology and learning difficulties throughout the UK. I now work independently providing aquatic physiotherapy using Aquaepps® techniques with children, adolescents and young adults with a range of neurological conditions, post SDR and orthopaedic interventions. I received the Robert Williams award for meritorious papers at the world congress of physiotherapy for my work in hydrotherapy (part of my PhD) and developed a motor curriculum in PMLD launched at the conference for learning in 2006. I am also an expert witness in neurological dysfunction and aquatic therapy, a recognised and accredited tutor and executive education officer for the Aquatic Therapy Association of Chartered Physiotherapists, I have directed and released 4 training DVD's – Aquatic Therapy Parts I and II, which focus on special needs and Foundation Principles Parts I and II, the Upper Limb and Trunk and the Lower Limb.

### **Course Aims**

To consolidate and advance your theoretical knowledge & clinical skills when designing, implementing and evaluating safe, effective aquatic therapy treatment in the management of paediatric neurological conditions, including secondary musculo-skeletal change using Aquaepps® techniques, neurodevelopmental and physical principles of movement in water

**Venue:** **Lynden Hydrotherapy and Physiotherapy Centre (LHAP),  
3 Eastnor Road, Reigate, Surrey, RH2 8NE**

The centre is well located, close to Junction 8 of the M25, the M23 and Gatwick airport. Trains run frequently between Reigate train station, London Victoria and Gatwick airport.

The nearest train station is Reigate which is a 30 minute walk or a short taxi journey (there is a taxi rank at the station) from the centre or Redhill, which is also a short taxi ride, but also on the bus route that stops outside the centre. Please note parking bays are reserved for our clients at the centre. but there is usually on street parking available.



The nearest car park is Priory Park at a cost of £4.10 for the day. The car park is approximately 20 minutes walk through Priory Park from the centre.

The 430 bus stops outside LHAP and runs to the town centre. The 435 bus stops outside the town centre and runs to LHAP (approximately 11 minute journeys). These buses also serve East Surrey Hospital, Redhill and Merstham.

**Date and Time:**     **Monday 14<sup>th</sup> June 2021 9.00 – 4 pm**  
                              **Tuesday 15<sup>th</sup> June 2021 9.00 – 4 pm**

**Cost: £300.00** (plus VAT)

**Tea and coffee provided, please bring your own lunch and water bottle. Unfortunately due to CORONAVIRUS the kitchen is not in use.**

**You will be in the pool in the morning and afternoon (bring 2 costumes). Please also bring your own towel.**

For further details or an information pack on hosting a course – please email: [info@aquaepps.co.uk](mailto:info@aquaepps.co.uk) or look at my website [www.aquaepps.co.uk](http://www.aquaepps.co.uk)



# Application Form

Please list your expectations from this course and also your training needs on the back of this form



Have you watched the Aquaepps Aquatic Therapy DVDs? Yes/No

NOTE- We would like to keep your information on our secure database to inform you of any future courses that might be of interest to you. Your contact information will only be used by LHAPC for information specific to Aquatic Therapy, we would never pass your information to any third party. If you are happy for your details to be stored please tick here ☐

**Please return this form with a cheque payable to “LHAPC Ltd” for £360.00 (inclusive of VAT) Address for correspondence: LHAPC Ltd, 3 Eatnor Road, Reigate, Surrey RH2 8NE**

**For an invoice, BACs or paypal details please email: [office@lhap.co.uk](mailto:office@lhap.co.uk)**

Date	Place	Invoice	Paid	Receipt



## **Consent and Safety for Participants of a Course in Aquatic Therapy**

**Please read this statement carefully. It has been written to ensure that:**

1. All course participants are aware of the risk of injury at the pool
2. Precautions are taken to avoid accidents or injury during the course

### **Physical activity during the course**

**Aquatic therapy training courses have a large practical element to them. All participants will be involved with physical activities in the pool. You will normally be asked to join in two pool sessions not exceeding 3 hours in total each day. You may find the practical work physically tiring but my intention is for it to be enjoyable and not pressurised.**

By enrolling on the course I assume you are physically fit enough to join in all the activities safely.

### **Manual handling risks**

Course participants will be extensively involved in practising supporting techniques on each other for activities in the water as well as for commonly used therapeutic handling and techniques. Everyone should be made aware that manual handling is one of the most common causes of strain and back pain but with effective training and safety awareness the risks involved can be eliminated or reduced.

Course participants should minimise the risk of injury during manual handling activities by observing the following precautions:

- Using only correct supporting techniques as demonstrated by me.
- Always maintain good posture.
- Do not continue to support if it becomes a strain.
- If unsure at any time always ask me for help

### **Applicants with the following conditions should not take part in this course:**

- Heart conditions
- Recent acute illness
- Diarrhoea and Vomiting
- Pregnancy (Only if the water temperature exceeds 35 degrees celsius)
- Chlorine allergy

### **Other potential hazards and risk factors**

- All wet floor surfaces near the pool are usually very slippery. This includes showers, changing rooms and toilets. Walk carefully and also take care not to slip whilst entering and exiting the pool.



- All jewellery, necklaces, watches, earrings etc. should be removed before entering the water in case these are the cause of abrasions.
- As in all cases, health and safety is a shared responsibility between the tutor and course participants.
- Please inform the course tutor of any medical conditions or musculoskeletal complaints that might affect my participation, e.g. epilepsy or diabetes
- If you wear contact lenses, you may wish to wear daily disposables, glasses, or goggles. Trying to find lenses at the bottom of the pool is not a desirable exercise!