



Aquaeppps® for Children and Young People with Neurological Dysfunction

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

**Date: Tuesday 7th and Wednesday 8th January 2025
At: Lynden Hydrotherapy and Physiotherapy Centre (LHAPC)
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 experienced in taking children with neurodisabilities and/or complex needs into pools.

Attendance certificates for CPD folders and a comprehensive handout are provided. Attendance certificates for CPD folders are provided electronically. A comprehensive handout will be provided in print so you can refer to it on the day. 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 Aquaeppps with your application as it helps us to tailor the course to different needs.

This course will not be confirmed until 2 weeks 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. **Please ensure any accomodation or travel you book is cancellable. LHAPC will only be able to refund the course cost (not any other expenses incurred) if we are forced to cancel the course for any reason.**

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 to fill it, 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 - info@aquaeppps.co.uk - but would ask that you appreciate that as I spend most of my time with families 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® for Children and Young People with 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 active care groups for adults with severe and moderate learning difficulties and neurological dysfunction. I now work at Lynden Hydrotherapy Centre providing aquatic physiotherapy and consultancy to children, young people and adults with a range of neurological and secondary MSK conditions.

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 physiotherapy treatment in the management of 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),
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 and Redhill train station, London Victoria and Gatwick airport.



The nearest train stations are Reigate which is a 30 minute walk or Redhill - a short taxi or bus journey (there is a taxi rank at the station). Please note parking bays are reserved for our clients at the centre.

There is on road parking at LHAP, if for any reason there is no parking available (this has never to date been a problem) the nearest car park is Priory Park at a cost of £8 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: **Tuesday 7th January 2025** **8.30am – 4.00 pm**
 Wednesday 8th January 2025 **8.30am – 4.00 pm**

Cost: £350.00 (plus VAT)

Tea and coffee provided, please bring your own lunch and water bottle.

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 e mail: info@aquaepps.co.uk, visit www.aquaepps.co.uk or www.lhap.co.uk



PROVISIONAL PROGRAMME

Day 1

08.30	Aims and Learning Objectives for the day
08.45 – 10.30	Pool session - Aquaepps® techniques with a focus on influencing muscle tone, mobilising, engagement and facilitated handling
10.30 – 11.00	Break and change
11.00 – 12.00	Interactive session – Post – op (GMFCS Level IV and V) hip surgery, soft tissue releases, spinal fusion
12.00 – 13.00	LUNCH and change
13.00 – 14.15	Interactive session - Post – op SDR (GMFCS Level IV and III), post botox.
14.15 – 14.30	Change and break
14.30 – 16.00	Pool session - Aquaepps® techniques with a focus on influencing muscle tone, muscle activation, motor control and muscle strengthening, stability and postural control.

Day 2

08.30 – 10.00	Pool session reflection and consolidation of learning from day 1 Aquaepps® techniques with focus on transitions, sequencing of movement and dissociation
10.00 – 10.15	Break and change
10.15 – 11.15	Advances in benefits of Aquatic Physiotherapy and Physiology of immersion
11.15 – 12.15	Problem solving and treatment planning theory
12.15 – 13.00	LUNCH and change
13.00 – 14.30	Pool session treatments
14.30 – 14.45	Change
14.45 – 15.45	Outcome measurement, complex cases. Interactive discussion
15.45 – 16.00	Reflection and evaluation



Please state any other teaching or hydrotherapy course attendance with year completed

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/your organisation's information on our secure database to inform you/them of any future courses that might be of interest to you/them. This 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/your organisation's (delete as appropriate) details to be stored please tick here:

Please return this form requesting an invoice for £420.00 (inclusive of VAT).

BACs details can be found on the invoice.

For any finance queries please email: info@aquaepps.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!