

Hydrotherapy



Helping local families
Since 1983

CancerCare is pleased to offer our clients the private use of a Hydrotherapy pool for 12 weeks.

For thousands of years people have used the warmth of water to improve their health. Discover the many benefits Hydrotherapy has to offer in our private & supportive sessions.

If you have scarring from surgery, feel self-conscious about your body or are suffering from Lymphoedema then this facility will be perfect for you. Hydrotherapy can also:

Reduce muscle tension and relieve pain

The weightlessness you feel when under water relieves tension in the limbs, supports aching muscles and eases movement opposed to when on land. Hydrotherapy also stimulates the release of endorphins and can act as a natural pain reliever to further reduce muscle soreness.

Boost the immune system

The increased blood flow and circulation of white blood cells around the body allows Lymph (an immune system fluid that helps collect and gets rid of unwanted materials from the body) to move more efficiently to strengthen the immune system.

Relieve stress

Hydrotherapy helps to reduce blood pressure caused by stress. It may also slow down the body's reaction to anxiety and releases endorphins - a natural stress fighter.

CancerCare Hydrotherapy sessions are offered at:

**SANDGATE HYDROTHERAPY POOL, SANDYLANDS ROAD, KENDAL, 1PM-2PM EVERY FRIDAY
3-1-5 HEALTH CLUB, MANNIN WAY, LANCASTER, 1PM-2PM EVERY WEDNESDAY**



To make a referral to Hydrotherapy please call TCT on 01524 381820 or complete a referral form and email to tct@cancercare.org.uk

WWW.CANCERCARE.ORG.UK



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