

# Dementia Friendly Swimming

# NEW



£2.80  
per person

Carers  
swim for  
free

If you're living with dementia, or care for someone who does, come and try one of our new Dementia Friendly swimming sessions. With accessible equipment and facilities, and assistance from specially trained staff, you can relax and enjoy your swim in a safe and supportive environment.

Please  
refer to  
our Pool  
Timetable

## Fridays

14.00 - 15.00

**Basingstoke Sports Centre**

For more information, contact Sally Starbuck  
on 01256 302219 or email: [sally.starbuck@mybst.org](mailto:sally.starbuck@mybst.org)

[mybst.org](http://mybst.org)



the **asa**  
swim for life | Affiliated  
Provider

# Frequently asked Questions

If you're interested in joining us for a Dementia Friendly swimming session, Please read the FAQ's below which we hope will answer any questions you may have.

## **What makes the session dementia friendly?**

A diagnosis of dementia doesn't mean you have to stop taking part in the activities you enjoy. Swimming is a great all - round activity that is beneficial to everyone. It is particularly beneficial for people living with dementia as the sensation of being in the water can provide a calming and soothing effect. Our Dementia Friendly swimming sessions allow you to continue doing something you love, or even give you a chance to try something new, in a safe and supportive environment.

Because we know that you might need a little extra help during your visit, we have specially trained staff on hand to support you, all of whom completed dementia awareness training. You will be offered support if you need it at reception, in the changing area and on poolside, giving you the confidence to enjoy swimming as part of an active lifestyle.

We've also been working on improving our facilities to help make things easier for you, including better signs and identifiable wristbands.

## **How to I use the lockers?**

Lockers are available in the changing area. There are some lockers especially for your use and will be identified by the 'Working towards becoming Dementia Friendly' logo.

Lockers require a £1 coin to operate them, but you will get this back when you reopen your locker.

## **Do facilities have mixed changing areas?**

We have a mixed changing room with a range of different cubicle sizes. This means that there are larger changing areas available which you and your carer can use together if you prefer. There are also accessible toilet facilities and showers.

## **Can flip flops / towels be worn on poolside?**

Yes, Flip flops can be worn on poolside but please no outdoor shoes. Towels can be taken onto poolside and placed on the benches around the pools.

## **Is it possible for me or my carer to swim alone if the other doesn't want to? Is there support to help with this?**

Yes, There is an option for you or your carer to sit on poolside whilst the other one swims.

## **Do I need to be able to swim?**

Ideally yes, but don't worry if its been a while since you were last in a pool. As long as you have some previous experience of swimming and feel comfortable about getting in the water, then you'll be fine. We always try to provide a space in the pool without lanes, too, so that there is no pressure for you to swim in a straight line if you don't want to. You can discuss any concerns you have about your swimming ability with us beforehand.

## **Should I register my interest in attending with someone at the centre?**

For your first session we would like to offer you a tour of the facility and have a member of staff available to meet and greet you. Therefore, if you could let us know when you plan to attend, we can ensure that someone is available to welcome and support you. Please call this number for further information, Sally Starbuck: 01256 302219.

## **Can I access the sessions using Public transport?**

The Basingstoke Sports Centre is easily accessible by local bus or public transport. Please call the Centre on 01256 326331 if you would like to find out more about how to visit us.

## **Do I need to check with my doctor before attending?**

If you live with another medical condition such as a heart condition, respiratory condition or have a muscular / joint injury and are not used to being active then it may be worthwhile checking with your doctor to see if you're ok to exercise.



## **Basingstoke Sports Centre**

Festival Place

Basingstoke

Hampshire

RG21 7LE

t: 01256 326331

e: [enquires@mybst.org](mailto:enquires@mybst.org)

Issue: August 2018