

## Clearer water but greener pool at the Chilterns MS Centre

Thursday 13 October, 2022

The Chilterns MS Centre has recently completed major improvement work on their hydrotherapy pool to help make it more energy efficient and reduce water wastage.

The £25,000 project carried out by the Wendover-based charity, funded partly by a grant from the Clothworkers' Foundation, involved several upgrades including the installation of a chemical dosing system, variable speed drive, digital flow meter and UV filter. It is anticipated that the variable speed drive alone will lead to savings of £15,000 per year as the pumps can be slowed down, or stopped altogether, during period of low usage.

All these upgrades will help maintain water quality in a way that is more cost-effective and environmentally friendly. Having more efficient ways of maintaining the water quality means less time needs to be spent on cleaning processes and more time is available for people to benefit from using the pool.

"The value of hydrotherapy to our members cannot be underestimated so being able to continue such an essential service but in a more sustainable way is vital," said Terry Baldwin, Head of Facilities and Business Development. "We are extremely grateful to the Clothworkers' Foundation for helping to make it happen."

The pool is used for hydrotherapy which is a form of aquatic physiotherapy where the water supports the body and helps to stabilise someone with balance problems, which can be very beneficial when treating people with neurological conditions.

"The hydro pool is a lifeline for people coming to the MS Centre," said Karen Butler-Caddle, user of the hydrotherapy service at the Chilterns MS Centre. "It's so helpful for physiotherapy and it helps with the pain. It also gives you extra ability to stand which I wouldn't be able to do normally on dry land."

The Chilterns MS Centre provides treatments and services to people with MS, helping them to live life to the full. This year the Centre has begun a pilot programme to open up its services to people with other neurological conditions starting with Parkinson's Disease and stroke survivors. If anyone with MS, Parkinson's or who has experienced a stroke feels they would benefit from the services offered then they should get in touch with the Chilterns MS Centre by phoning 01296 696133.

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