

Therapies Centre



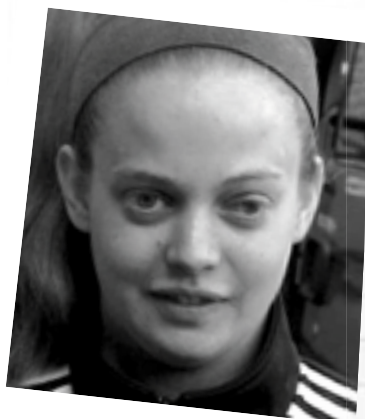
Therapies Centre

An integrated programme of appropriate therapies can increase mobility, communication, enhance self confidence and transform the lives of severely disabled young people.

Therapy in all its forms plays a crucial role in the day to day life of most of our students - developing physical and motor skills, autonomous communication building self confidence, and teaching techniques to help them enjoy real independence beyond their time at College.

The range of therapies provided includes Physiotherapy, Occupational Therapy, Speech and Language Therapy, Behavioural Therapy, Enabling Assistive Technologies and Nursing and Medical support.

A life transformed: Laura's story



“Some years ago I was involved in a terrible car crash. During the accident I acquired a brain injury that left me with severe physical and sensory disabilities. I had to spend ten months in hospital. After that I started coming to the Star College as a day student. Medical and therapy staff at the College were great!

I had lots of physiotherapy and did a swimming course that strengthened my back arms and legs again. After the accident I found it hard to remember things for long. Staff helped me with exercises in writing and numbers and that improved my memory. I also had occupational therapy which helped me to use my hands again and the speech therapists improved my speaking so that I could talk better.

I feel so much more confident now I can do all of this and I am really proud to have achieved qualifications in IT and cookery. But best of all was when I passed my driving test in the final year at College! I am now working voluntarily in the reception of a special school and my aim is to live independently and get a paid job.”

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Why change is needed

As more young people with severe and complex disabilities have come to the College substantial investment has been made in increasing therapy staff. However, the facilities have not kept pace and are now seriously cramped and out of date.

Physiotherapy rooms are small and unconnected and are accessed off a busy gym. Hydrotherapy provision competes against other priorities in the main pool, severely limiting delivery.

The one small multi-sensory room is used to full capacity and even in constant use can only offer support to a maximum of 50 of our 160 students per week. No facility is available to provide emergency multi-therapy sessions for students with severe discomfort or high levels of stress.

Transforming facilities

Star Appeal will fund:

- A large physiotherapy suite with an area for rebound therapy.
- A specialist hydrotherapy pool (5.7m X 7.5m), working at a temperature of up to 95°F
- Three multi-sensory rooms equipped with lighting and sound effects, fibre-optic strands, water mattresses, vibrating cushions, coloured bubble tubes, relaxing chairs and hoists all with switches operated by students.
- Two fully equipped therapy assessment rooms.

Expected Benefits

- Transformational improvements for therapy provision in all areas.
- Increased student access to essential and emergency therapies.
- Ample space for students to learn to walk, for floor level activities and the use of specialist equipment.
- Introduction of rebound therapy to help strengthen limbs, improve spatial awareness and balance.
- Dramatically improved hydrotherapy provision to assist with muscle relaxation, freedom of movement, strengthening and re-education of weak muscles, improvement of balance, co-ordination and posture and reduction of fluid retention.
- Facility to work with external agencies to provide therapy assessments for disabled people outside the College community.

The difference your support can make

Physiotherapy Suite	£540,000
Hydrotherapy Pool	£290,000
Therapy Assessment Rooms	£210,000
Large Multi Sensory Room	£170,000
Small Multi Sensory Room	£90,000
Hoist for hydrotherapy pool	£7,500