



At Lochaber Hydrotherapy Pool we aim to be as inclusive as possible, therefore this page has been specifically created to offer information and advice to customers who may find having knowledge of our changing and showering facilities of benefit before visiting the centre.

Lochaber Hydrotherapy Pool have provided specific changing areas for our customers who might need more assistance than others to get changed

Within the areas we have provided

- A height adjustable adult-sized changing bench
- A portable electric hoist
- Two showers
- Changing area for the disabled person and carers, divided by curtains to meet required changing space and provide privacy
- A toilet with room for the carers and large waste bin
- A large waste bin for disposable pads

Wheel chairs, slings and Z-bed are also situated in changing facilities for use of our two hoists located on poolside for access. Lockers are also available and require a £1 deposit.

The changing area is located in the main foyer of the hydrotherapy building, with direct access to the swimming pool. The main reception area for signing in is located in the main Lochaber Leisure centre building.

Use of the changing facilities only comes along with use of the hydrotherapy pool which must be booked in advance, up to a week in advance. Towels and costumes can be purchased from main reception.

### **Further pre-visit information**

We hope the details on this page of the website offers sufficient information to customers looking to find out about Lochaber Hydrotherapy Pool changing and showering facilities. However, if any customer requires additional information or would like to have a tour around the whole facility including the changing/showering areas before visiting, this can be arranged by calling 01397 704359 and asking to speak to the Duty Officer.

