



Changing Places – Changing Lives here in

## Beeston

### Bramcote Leisure Centre

Derby Road, Beeston NG9 3GF  
Tel: 0115 917 3000



#### Opening Times

|                   |            |
|-------------------|------------|
| <b>Monday:</b>    | 7am -10pm  |
| <b>Tuesday:</b>   | 7am -10pm  |
| <b>Wednesday:</b> | 7am -10pm  |
| <b>Thursday:</b>  | 7am -10pm  |
| <b>Friday:</b>    | 7am -10pm  |
| <b>Saturday:</b>  | 8am - 10pm |
| <b>Sunday:</b>    | 8am - 10pm |

|                                |   |
|--------------------------------|---|
| <b>Access</b>                  | The Changing Place facility is in the first floor changing area accessible by lift. Please ask at Reception for the key to Disabled Changing Room 3 (deposit required). |
| <b>Changing bench</b>          | Freeway height adjustable shower trolley. Maximum weight: 200kg (31stones)  |
| <b>Hoist</b>                   | Freeway H track ceiling hoist. Maximum weight: 200kg (31stones)   |
| <b>Toilet</b>                  | Not centrally placed but there is space on either side for Carers.  |
| <b>Sling</b>                   | Please provide your own sling.  |
| <b>Who can use the toilet?</b> | Anyone in the area who needs to use it.   |

## **Health and Safety Information**

Access and use of these facilities is on the premise that:

- You provide your own sling.
- You are experienced in using the equipment provided and know how to do so safely.
- You lock up the facilities after use and return the key to reception – don't forget to get your deposit back!

## **Further Information about the Venue**

Free disabled swimming sessions available on Mondays 2.45-3.30pm and Fridays 11-12am – just turn up! Carers go free scheme also available.