

The Seamen's Orphanage Newsham Park



The accommodation could provide for a number of local groups of people.

The main area obviously lends itself to Cultural social events and sporting events.

Preserving the past protecting the future



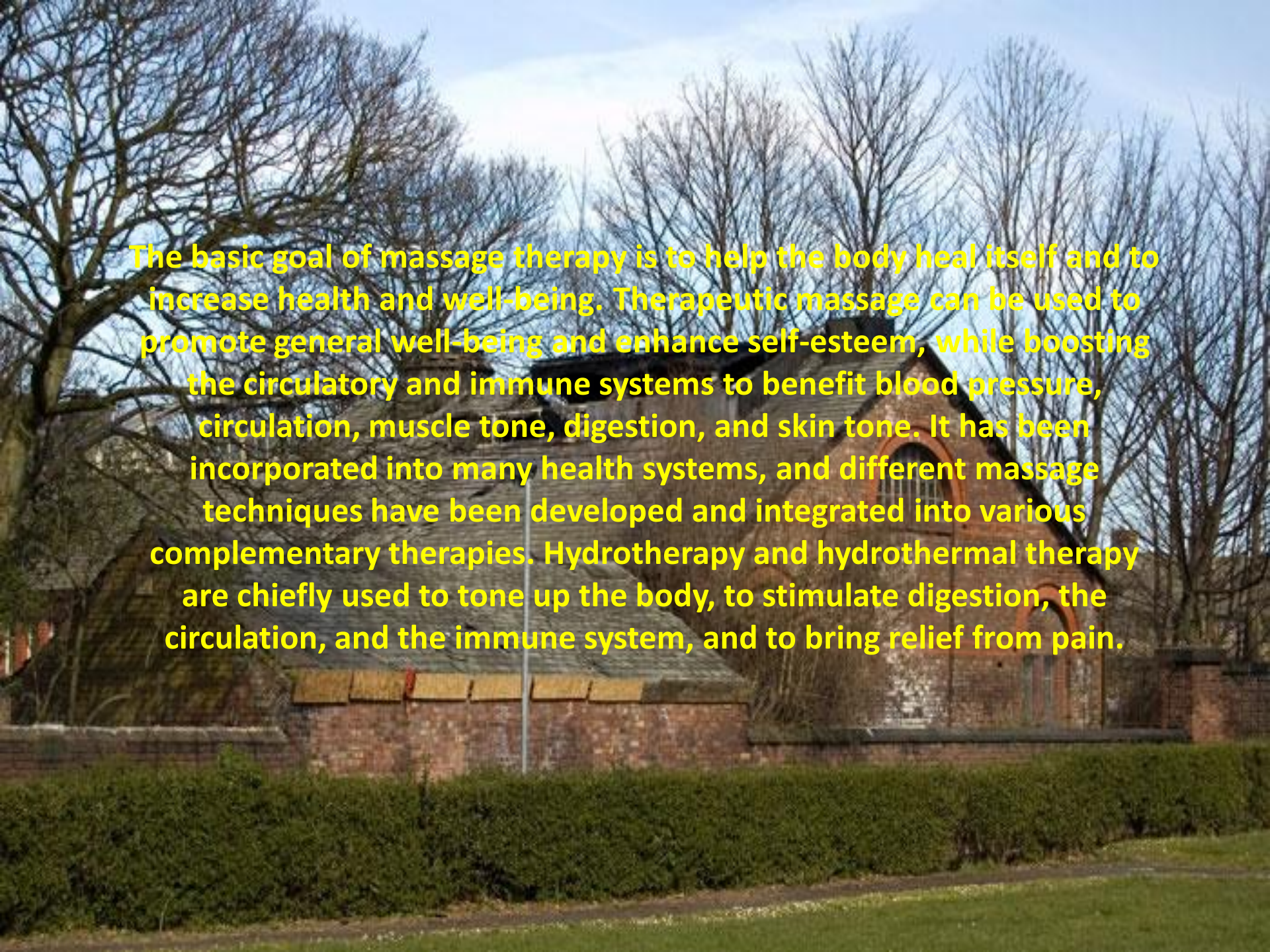
The Old Swimming pool

Lets restore the old swimming baths, and improve the facilities

specialised swimming baths specifically for disabled children,, ramps, chairs, Jacuzzi's, floating devices.

with a hydrotherapy centre and massage therapy to promote health and well being.

Making the heart pump stronger



The basic goal of massage therapy is to help the body heal itself and to increase health and well-being. Therapeutic massage can be used to promote general well-being and enhance self-esteem, while boosting the circulatory and immune systems to benefit blood pressure, circulation, muscle tone, digestion, and skin tone. It has been incorporated into many health systems, and different massage techniques have been developed and integrated into various complementary therapies. Hydrotherapy and hydrothermal therapy are chiefly used to tone up the body, to stimulate digestion, the circulation, and the immune system, and to bring relief from pain.

A photograph of a large, multi-level indoor sports facility. In the foreground, a boxing ring with red and blue ropes is visible. The background shows a large, open space with a wooden floor, possibly a gymnasium or training area, with bright lights illuminating the space. The overall atmosphere is that of a professional training facility.

Parts of the building could be set aside for training facilities.



**Whilst other parts of the Accommodation could be made
available for
Pre Schools**

Playgroups Nurseries Crèche

Recording Studios

Smaller offices and Meeting rooms.

**Information technology training rooms for local adults and
Students**

Proficiency Courses in motorcycle riding.

Library service and community history archive.

And other Social enterprises.