



TWINKLE HOUSE WELLNESS AND SENSORY CENTRE

# HYDROTHERAPY POOL

For all Ages and Abilities

TO BOOK A SESSION  
TEL: 01695 455625

Open Monday-Saturday  
9.30 – 5.30

**Therapeutically Reduces and Relieves pain and Muscle Tension / Promotes Relaxation / Reduces Pressure on Weight Bearing Joints Whilst Exercising / Improving and Maintaining the range of joint movement / Helps Increase Muscle Strength and endurance / Pre-operative Muscle Strengthening / Post-Operative Rehabilitation / Improves Circulation / Lowers Blood Pressure / Improves Balance and Core Stability / Boosts Immune System / Encourages Detoxification / Facilitating Rehabilitation / Relaxation for Well-being for anyone of any age / Private Swim for those unable to use mainstream pools**

## BENEFICIAL FOR THOSE WITH:

- \* Chronic Pain or Conditions
- \* short term-pain following injury
- \* Fibromyalgia / Chronic Fatigue
- \* Muscular Dystrophy
- \* Multiple Sclerosis
- \* Mental Health Needs
- \* Musculoskeletal Conditions
- \* Arthritis / Osteoarthritis
- \* Neurological Conditions
- \* Autism and other Special Needs Conditions
- \* Or Those Just in Need of Complete Relaxation

# Hydrotherapy

Twinkle House Hydrotherapy Pool ~ Tailored To Your Needs ~ With Sensory Lighting ~ Personalised Music



Rehabilitation



Personal Swim / Relax



Exercise for Health



Group / Baby Swim



Disability Support



### IMPORTANT HEALTH AND SAFETY NOTICE [Portable Voyager Hoist Available / Wet Room/Shower Facilities and Changing Cubicle]

Whilst Twinkle House ensures its site and facilities are maintained to a high standard; we advise those hiring the Hydrotherapy pool to carry out a full risk assessment prior to using our facilities. **Hoist Users:** Please ensure you bring a Pool hoist sling and ensure that anyone using hoists on site are trained and fully competent in the use of these, as any damage to our equipment must be paid for in full. Please ask for a Service User Pack for further details of our Policies and Procedures.

Twinkle House, 2 Gorsey Place, East Gillibrands, Skelmersdale, WN8 9UP

Website: [www.twinklehouse.co.uk](http://www.twinklehouse.co.uk) Twitter: @TwinkleHouse2

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