



SESSION TIMES

Monday to Friday - Sensory Rooms and Hydrotherapy Pool Hire

Session 1	10.15 – 11.15
Session 2	11.30 – 12.30
Session 3	1.00 – 2.00
Session 4	2.15 – 3.15
Session 5	4.00 – 5.00 (Family Time below)

Monday to Friday - 1:1 SUPPORT SESSIONS with Integrated Practitioner

Charity Funded sessions: Donations towards costs of these sessions is greatly appreciated, sessions cost us £30 per hour

Session 1	10.00 – 11.00
Session 2	11.15 – 12.15
Session 3	2.30 – 3.30
Session 4	3.45 – 4.45

Monday to Saturday – FAMILY TIME

Family Time staff are funded by the Big Lottery Fund – Overheads of sessions are funded by Twinkle House funds

Monday 4-5pm	Carers Hydrotherapy (Relax and unwind session)
Tuesday 4-5pm	Family Hydrotherapy session
Wednesday	
Thursday 4-5pm	CYP Dance / Carers Hydrotherapy / Carers Sensory Relaxation
Friday 4-5pm	CYP Yoga / Carers Hydrotherapy / Carers Sensory Relaxation
Saturday	10-11am - Yoga / 11-12 - Dance / 12-1pm - Dance / 1.15-2pm - Yoga
Saturday 10-11 / 11-12 / 12-1	Family Sensory Time in the Light and Dark Sensory Room

Saturday - Light and Dark Sensory Rooms

Session 1	10.00 – 11.00 (Family Sensory Time only)
Session 2	11.00 – 12.00 (Family Sensory Time only)
Session 3	12.00 – 1.00 (Family Sensory Time only)
Session 4	2.15 – 3.15 (available for hire)
Session 5	3.30 – 4.30 (available for hire)

Saturday - Hydrotherapy Pool (available for hire – see Room Hire Price List)

Session 1	10.15 – 11.15
Session 2	11.30 – 12.30
Session 3	2.15 – 3.15
Session 4	3.30 – 4.30

To Book Sessions Telephone 01695 455625

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

Twinkle House is a Registered Charity No. 1221205

Cancellations - Fees will be payable for bookings unless at least 24 hour notice is given