

Spring Newsletter 2021

A HUGE HELLO!

To all our fantastic Service Users, social media followers, friends, volunteers, colleague's, donors and fundraisers welcome to our Spring Newsletter.



Throughout the pandemic Twinkle House has continued to do what we can to help our community get through this difficult and demanding situation. We have been able to continue our children's sleep service online, along with being able to begin an adult sleep service since December 2020. We have also been able to support individuals impacted particularly by Covid through our Covid Support Package project – available to any adults who need to talk to someone about the stress and anxiety the pandemic is causing. We have managed too, to continue to deliver an online mindfulness course for those struggling with chronic pain since January.



So that is what we have been doing,, what are we hoping to do?

Like everyone else we are looking forward to getting back to normal and in line with the Government road map we have begun to take bookings for the hydrotherapy pool from 12th April. We will of course be asking everyone to continue to wear masks, use hand sanitisers and keep their distance whilst they are at Twinkle House to ensure that we can keep Twinkle House a safe space to visit and spend time with us. Along with ensuring a very warm welcome we want to give you all the peace of mind that you can come along for your sessions knowing that we have done and will continue to do everything we can to keep you safe. We are also beginning to take bookings for our fully immersive and sensory rooms which we are fingers crossed hoping to start reopening in May and June.



What is coming up in the coming weeks and months?

In this edition we just want to focus on some of the new services and programmes we have been developing. As we previously mentioned we now offer an adult sleep service, around the table with Twinkle and our new Aqua mobility classes starting in April



Adult Sleep Service



Are you experiencing difficulty in going to sleep? Do you feel you aren't getting a restful sleep caused by anxiety or stress?

Changes in our sleep pattern can be triggered by changes in our environment, life events, debt, past issues, pain, bladder, medication and or family life to name a few.



Why not take a minute to consider there may be a way to understand what is happening by coming along to a 3-week workshop that will take you into the world of sleep and its importance to our wellbeing.

For more information, contact: Minds Matter on 01695 684177 or email:

Mindsmatter.west@lscft.nhs.net and ask to be referred to the Adult Sleep Service

As part of our Wellbeing Programme, we now have:

Around the Table with Twinkle

Come and take a break with us here at Twinkle House. Grab a coffee and take part in our online friendship group. It's a chance to make friends, learn more about what support is out there during lockdown and take some time to relax

For more information or to join our next Zoom meeting get in touch with Belinda via email:

wellbeing@twinklehouse.co.uk

Aqua Mobility

Slow movement classes held in our hydrotherapy pool for 3 sessions for 45 minutes per week. Participants will follow a programme and will be guided through simple movements and exercises

Starting from Tuesday 20th April - Courses will run for three weeks and are £15.00 per course

Spaces are limited so don't miss out!!

How to book and for more information please contact:

Belinda on: wellbeing@twinklehouse.co.uk

TWINKLE HOUSE



There is more good news!!

We are able to extend our Covid Support Package beyond March 2021 with the help of the Lottery

Happily, we have been able to extend our Covid Support Project beyond March to continue to support those experiencing particular difficulties due to the impact of Covid 19 in all its forms. Jane our support project coordinator works with people at their own pace to understand themselves better to encourage greater resilience for those individuals



For more information, contact: Minds Matter on 01695 684177 or email:

Mindsmatter.west@lscft.nhs.net and ask to be referred to the Twinkle House Covid Support Project

And finally....



To:

FUND RAISERS AND DONATORS

A HUGE THANK YOU to everyone who has continued to raise funds and make donations throughout the pandemic, which has enabled us to continue our community work and keep the doors open against the day when we can welcome all our users back into the building in person



If you would be happy to do some fund raising or make a donation please, please do contact us at enquiries@twinklehouse.co.uk

As a non-profit Charity every penny goes back into Twinkle House.

We cannot thank you enough for your generosity

And our Volunteers

We want to take this opportunity to say hi and a huge thank you to our volunteers and let you know that we haven't forgotten you and all the amazing help you normally be giving us and it won't be long before you will be able to join us again very soon

TWINKLE HOUSE



Just a quick mention:

While we have no intention of constantly bombarding you with updates and sales pitches we would like to periodically keep you informed of what is happening at Twinkle House. If, however you no longer wish to receive this newsletter, please do not hesitate to contact Twinkle House and we will remove your from our Newsletter list.

I hope you have enjoyed catching up with us

Take good care, have fun and tell your friends about Twinkle House



Helen Seddon Receptionist and Administrative Officer
On behalf of the Twinkle House Staff and Trustees



If you would like to follow us on the official Twinkle House social media platforms, you can use the links below

[Facebook](#) @nwthouse

[Twitter](#) @nw_house

[Instagram](#) @twinklehousenw

If you are already following us on these social media platforms services, please take a minute to check that you are following our current and official accounts and not one of our old accounts that are no longer updated.

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

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Improving health and wellness of communities in the North West through therapeutic and interactive services



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