

★ **BOOKING IS ESSENTIAL**



TWINKLE HOUSE

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Wellness and Sensory Centre

Twinkle House Wellbeing Programme:

TRANQUILITY

Time to relax and take a break
with guided meditation in our
Immersive room

Alternate Fridays

10-11am

STARTING 2ND OCTOBER

FUN TOTS

Under 4's—Fun activities, story
time and sing along sessions

Every Friday

1-2pm

STARTING 25TH SEPTEMBER

WALKIE TALKIES

Walking group for fitness, friendship
and healthy living

Every Tuesday

10-11am

STARTING 22ND SEPTEMBER

SENSORY TIME

Come and explore our sensory stations,
play, create and discover

**Tuesdays and
Thursdays**

STARTING 22ND SEPTEMBER

For more information or to book please email :

wellbeing@twinklehouse.co.uk