

Session Times	
Morning	Afternoon
9.30 - 10.30	1.15 - 2.15
	2.30 - 3.30
10.45 - 11.45	3.45 - 4.45

On Friday the last session is 2.30 - 3.30

### How to find us



### You can help support Twinkle House

Raise funds by using 'Everyclick' as your web browser, go to [www.everyclick.com](http://www.everyclick.com) and register your charity as Twinkle House.

Hold a fundraising event. Download a Fundraising pack from our website or contact us to send you one.

Shop online through our web store links at [www.itallhelps/twinklehouse](http://www.itallhelps/twinklehouse) or [www.buy.at/twinklehouse](http://www.buy.at/twinklehouse)



Production of this brochure was funded by



# Relax

## Sensory Therapy For Adults

with physical or learning difficulties, sensory impairment or anyone seeking support with relaxation



Images: Wes Simpson Photography



### Contact Details

Twinkle House Multi-sensory Studio,  
126 Sandy Lane Centre, Skelmersdale,  
Lancashire, WN8 8LH.

**Tel:** 01695 455625/6  
**Email:** [enquiries@twinklehouse.co.uk](mailto:enquiries@twinklehouse.co.uk)  
**Website:** [www.twinklehouse.co.uk](http://www.twinklehouse.co.uk)

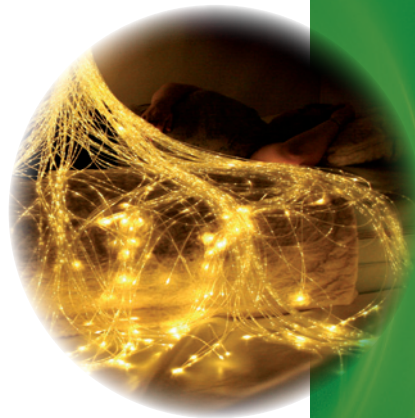


## *Need help with relaxation? or sensory stimulation?*

You are welcome to come to Twinkle House and enjoy a session for one hour in a relaxing environment with equipment that you control.

Staff at Twinkle House will be on hand to offer as much support as you require.

A range of equipment is available to use to help with engagement and interaction, making the sessions stimulating and fun. Or, if a more relaxing experience is preferred, we can help you create this.



*Vulnerable adults must be accompanied at all times.*

*All staff and volunteers at Twinkle House are CRB cleared at enhanced level.*

*Twinkle House is fully accessible for wheelchair users.*

*Adult users will be charged for the use of the Twinkle House facilities - please call for more details.*

## *What are the potential benefits?*

- Aids development or reactivation of hearing, sight, smell, touch and taste.
- Develops a sense of cause and effect
- Development of social skills
- Helps build self confidence and motivation
- Helps improve hand/eye co-ordination
- Encourages relaxation
- Drug free pain relief for those in Palliative Care and chronic conditions
- Promotes communication and sharing
- Reduces agitated behaviour (by relaxing)
- Helps to improve quality of life.

*“It helped me  
deal with stress.”*

*Parent of service user*

