

TWINKLE HOUSE

Sleep Clinic

Helping Families To Help Themselves

For families of children and young people 0-18 with disabilities and additional needs in West Lancashire

Are you a parent or carer of a child or young person 0 -18 with disabilities or additional needs ?

Do you experience difficulties with your child/young person at bed time/with bed-time routine ?

Does your child or young person have difficulty sleeping at night ?

**If you can answer 'Yes' to any of the above questions,
Twinkle House can offer you support through our Sleep Clinic.**

What support will be available?

- We can offer you a consultation appointment with our Sleep Practitioner at our Sleep Clinic
- We can provide strategies for you to use at home
- We can provide advice and emotional support for as long as it is needed
- We can provide you with specialist resources and aids by joining our Specialist Resource Library
- We can provide practical support by booking your child/young person into sessions at Twinkle House
- We can refer you to other services for specialist support

Please note that we do not offer any advice on or provide any medication

Referrals: Families can refer themselves or anyone working with families can refer them to us

Twinkle House Sleep Clinic will be held on Thursday's by appointment only

To make an enquiry, referral or appointment, please Telephone: 01695 455625



Contact Details: Twinkle House
Address: 126 Sandy Lane Centre, Sandy Lane, Skelmersdale, WN8 8LH
Telephone: 01695 455625
Email: enquiries@twinklehouse.co.uk
Website: www.twinklehouse.co.uk

Twinkle House Sleep Clinic has been accredited by The Handsel Trust

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