

Autumn Newsletter 2022



To all our fantastic Service users, social media followers, friends, volunteers, colleagues, donors and fundraisers welcome to our autumn newsletter!



We have much to celebrate this autumn! Our hydrotherapy pool, sensory room and fully immersive suite have been busy, and we have loved being able to receive new and familiar faces into the centre! We have continued to deliver our Chill skills course for 9-11 year olds, sensory sessions and welcomed clients from the pain management service.



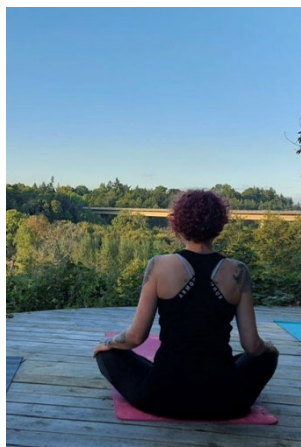
Our 2 most recent coffee morning have been an enormous success. The SEND Partnership came and spoke about their offer during the first coffee morning, and it was lovely to hear about all the services that the Family and Wellbeing Services offer in the second. Parents and carers were able to share experiences and swap ideas over a brew and a chat, it was great to facilitate new friendships and networking here at Twinkle House. Look out for our Christmas coffee morning on Wednesday 14th December.

New to Twinkle House...

We are excited to announce that from November, in addition to providing 'Chill Skills' sessions for 9-11-year-olds that start on Thursday 10th November at 4.00 pm to 5.00 pm. We will also be running 'Calm Kids' sessions for children aged 6-8. Our Calm Kids classes will be starting on Wednesday 9th November from 4.00 to 5.00 pm. The courses run for 5 weeks with the first session being a taster and sign up session. These sessions teach children how to manage anxieties they may be experiencing and gives them calming strategies to use when feeling overwhelmed, angry or stressed. These are popular courses and demand is high. We will be holding these regularly into 2023 from January onwards. Booking is essential for these courses

For more details please email: services@twinklehouse.co.uk or phone us on 01695 455625 and ask to speak with Helen Lomas, Team Leader and she will be able to give you more details regarding times, dates and availability.

And....Starting from Thursday November 17th from 10.30 to 12.00 we are thrilled to announce that we will be offering a parent / carers yoga classes. More details to follow.....but we are taking names and places are limited so again contact Helen Lomas for more details



Due to the success of last year's Christmas open day, we are thrilled to announce that Mrs Claus has agreed to take time out of her busy schedule to visit Twinkle House once again!

Details about to book onto this magical event where you can meet Mrs Claus listen to stories, make Christmas crafts and play will be shared shortly!



We would like to say a massive THANK YOU!! To all our wonderful Donors and those who raise money for us. We are always so grateful for each and everyone. Look out for more information that we are hoping to provide to you from January onwards.

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