



Twinkle House

Spring Newsletter 2023



WELCOME!!



*and thank you for subscribing to our newsletter.
We have so many things we want to share with you.....*

Dee's Update

It's been a busy few months since returning in January and time seems to be marching on into Spring and Summer. We wanted to catch you all up with our latest news and developments. Sadly, we said goodbye to 2 of our Board members in recent weeks. Both Pam and Andy have been very faithful supporters and guides to Twinkle House for several years and we will miss them very much. We welcomed 2 new board members last year (Tina and Geoff) and we are hoping to attract a few more in the coming months to help to guide and develop our 2-year plan of sustainability for Twinkle House. This will ensure that we as an organisation continue to be a vibrant and welcoming space for everyone who visits us.

We would also like to give a warm welcome to Melissa. Melissa has joined the sleep team on a 6-month secondment working alongside Tina (sleep therapist) continuing to deliver our sleep clinic that supports children & young people with their disruptive sleep patterns. Melissa is covering maternity leave for our lovely Belinda who is leaving us in April but will be back in early 2024. You will be missed Belinda and we are so excited for you and to meet our newest member of the Twinkle family.

We held a thank you event in February for donors to visit us and meet the staff. Thank you to everyone who came along, it was a lovely afternoon & we hope to do hold these events regularly in the coming year

Finally, I just want to say on behalf of us all at Twinkle House thank you for your continued support, as always it is much appreciated, and I hope you will enjoy reading about our current and our new offers.

Happy Easter and see you all soon.



What's On?

Monthly Tea/Coffee Mornings

Our coffee morning is proving very popular and are held on the last Wednesday of every month, 10.00am - 12 noon (*dependant on school holidays*). Please note that due to school holidays we will not be holding a coffee morning in April and the next Coffee Morning will be held on **Wednesday 24th May**. If you would like to come and share information regarding your service or organisation, then please contact us on services@twinklehouse.co.uk



Due to the limited space, you do need to book a place to attend a coffee morning. Please email services@twinklehouse.co.uk to do so.



Twinkle House

Spring Newsletter 2023

Calm Kids (6-8-year-olds), Chill Skills (9-11-year-olds)



These courses are designed to provide children/young people with coping strategies to alleviate their anxieties/worries and to create a better sense of 'wellbeing.' Both courses begin with a 30-minute taster session and then progress to four weekly sessions which last for one hour. Calm Kids and Chills

Skills are continuing to run regularly, and we have seen great results in the children that have participated in our courses. To book a place, please request a booking form from services@twinklehouse.co.uk

What's NEW in the coming months?

Parent/Carer Sensory Awareness Workshops

These 2-hour workshops aim to provide parents/carers with a better understanding of the impact that sensory processing has on their child/young person. After attending there will be an opportunity to book in a 1:1 sensory session with your child if required.

To book a place on this workshop, please request a booking form from services@twinklehouse.co.uk

4-week Beginners Yoga course - Thursday 27th April - 11.30am - 12.30pm

Join us for a gentle and rejuvenating yoga class, perfect for beginners looking to improve flexibility, reduce stress, and enhance overall well-being. Our experienced instructor Claire will guide you through simple poses and breathing techniques that will leave you feeling relaxed and energized. Come & experience the transformative power of yoga and take the first step towards a healthier, more balanced lifestyle.

To book a place, please email your name & contact number to services@twinklehouse.co.uk

.B for young teens is returning!!

We are delighted to confirm that .b will be commencing again in June for 5 weeks for young people between 12 and 15. .b focuses on building confidence and providing strategies to help reduce anxiety for young people. To book a place, please request a booking form from services@twinklehouse.co.uk



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Summer Club activities

Keep an eye out for Relax Kids and Kids Yoga events running for 4 weeks during the summer holidays - more details to follow...

Did you know Twinkle House host BIRTHDAY PARTIES!!!

Our wonderful centre is the ideal party venue. The Sensory Room, The Immersive Room and The Studio are all available to hire and we will ensure that your child/young person has the most amazing party in a warm and welcoming safe space.

To discuss our packages further please email admin@twinklehouse.co.uk for more details



Good Friday - 7th April
 Easter Monday - 10th April
 Bank Holiday - Monday 1st May
 Kings Coronation - Monday 8th May
 Bank Holiday - Monday 29th May

Saturday's will not be affected by **any** bank holiday weekends, and we will remain **OPEN** as normal on 8th April and 6th May.

Finally, and as always, a **HUGE** thank you to all of our fantastic clients, social media followers, friends, volunteers, colleague's, donors and fundraisers for your never-ending support.



If you like us, please follow us! Our Social Media pages can be found at:

Twitter: @twinklehouseNW
Facebook: nwthouse
Instagram: Twinklehousesnw



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