



Merlin

**Cornwall's Neuro
Therapy Centre**

Reg Charity No: 1093691

Therapy Timetable



Monday to Friday
8.30am to 5.30pm
01726 885530

hello@merlincentre.org.uk
www.merlincentre.org.uk

Physiotherapy, Hydrotherapy, Ayres Sensory Integration Therapy and Group Exercise Classes

We provide both one-to-one sessions and group classes, using a range of specialist equipment and expert guidance. The focus of therapy is dependent on the goals of the individual and a holistic approach to treatment is used to provide the optimum service and support for each client. Booking for all therapies is essential.

Therapy Gym	Monday	Tuesday	Wednesday	Thursday	Friday
Groups	10am 11am	11am Exercise to music	1.30pm Circuits	9am HITT 10am 11am 1.30pm Circuits	
Individual Sessions with Physiotherapist or Therapy Assistant	All Day	All Day	All Day	All Day	PM
Hydro	Monday	Tuesday	Wednesday	Thursday	Friday
Groups		8.15am Men's Group 9am Men's Group 1.30pm Circuits 2.15pm Aquafit 3pm 1.1 sessions		12pm Circuits 12.45 circuits	
Individual Sessions with Physiotherapist or Therapy Assistant		9.45-12.00pm	1.30-4.00pm	9.00-3.00pm	9.00-12.00 pm

Anyone accessing the pool will need to have an individual assessment with one of our physiotherapists first. All sessions are booked through the therapy team as part of clients bespoke therapy programme.

We run an 8 week Fibromyalgia Management Programme throughout the year, for more information please contact the therapy team on 01726 885530

Oxygen Therapy

By breathing in a pressurised chamber, elevated levels of oxygen can be absorbed into the bloodstream to help reduce inflammation and improve circulation, leading to repair and recovery, relieving symptoms associated with a range of health conditions.

Main Chamber Session	Monday	Tuesday	Wednesday	Thursday	Friday
	9.00	9.00	9.00	9.00	8.00
	11.00	11.00	11.00	11.00	10.00
	1.15	1.15	1.15	1.15	12.00
	3.00		3.00		
	4.45				

Secondary and Sub Chamber sessions start **15 minutes** after the main chamber sessions. Oxygen Only sessions vary and will be confirmed with clients by the Oxygen Team.

Please ensure you arrive 15 minutes before your session time.

Please be aware that if you do not arrive in time you may miss your session.

Other Services

Transport – We provide a fully accessible and affordable transport service to and from the Centre with our team of volunteer drivers. We do all we can to reach as many people as possible, but regret that if there is insufficient demand for a specific area it is not cost-effective to run a service. For more information about the transport service please call 01726 885530

Merlin Café - The café is currently open Monday-Friday 10am-3pm and offers a selection of freshly prepared lunches, cakes and hot and cold drinks and snacks.

Client Contributions for Therapies

Our charitable purpose is to support individuals living with neurological conditions and those who are neuro diverse. The contributions made by our clients are significantly lower than the actual cost to run the sessions. This shortfall is funded through various income generation activities – we receive no government funding. If you feel able to support the charity in anyway please speak to a member of the team.

Self Funded Contributions for Therapies

Group Exercise Classes £7 Hydrotherapy £10

Physiotherapy Assessment (60 minutes) £55

Individual Physiotherapy/Therapy Assistant (up to 60 minutes) £48/£33

Individual Hydrotherapy £48

Ayres Sensory Integration Therapy (ASI) £65 per session

ASI Assessment/Screening £70 per session

Oxygen Therapy Neuro Conditions Chamber and O2 Only £25

***Chronic Health Conditions Chamber and O2 Only £38**

***Acute Conditions Chamber and O2 Only £55** (inside chamber is more beneficial for injuries)

*Where we have spare capacity, we can offer oxygen therapy to those with long-term (chronic) and acute conditions. The level of client contribution is reflected in this.

Cancellation Policy

If individuals cancel their appointment without 24 hours notice, they will be charged a minimum of 50% of the therapy cost.

Failure to attend an appointment without any notice, will incur a full charge for the missed session.