

# Suggestions of what to bring

**Flint House has a relaxed atmosphere however; you may wish to bring smarter casual wear for the evenings. Please bring –**

- Casual Sports clothing and footwear as appropriate
- Swimwear (goggles if preferred and flip-flops or slippers)
- Hairdryer
- All toiletries
- Any medication you may be taking
- Walking boots and wet weather gear if you wish to explore the local area
- If you bring your own bicycle please bring a suitable lock as there is only an outside shelter available.

## **What we provide**

- En-Suite Bedrooms
- Tea & Coffee making facilities in bedrooms and lounge areas
- All towels (bedroom, gym and pool)
- Full Board & hot drinks. Water dispensers in communal areas
- Additional Classes are available to complement your treatment
- Indoors we have a snooker table, pool table, 2 x Table Tennis tables, a quiet area for reading and books to borrow, Sky TV and BT sports. We also have a bar area with quiz nights twice weekly. Outdoors we have a putting green, boules, a bowling green & outdoor exercise area, woodland exercise trail and golf net as well as health walks
- Free Wi-Fi