

Information for drugs workers / London Lighthouse.

Contributors

London Lighthouse

Publication/Creation

[1991?]

Persistent URL

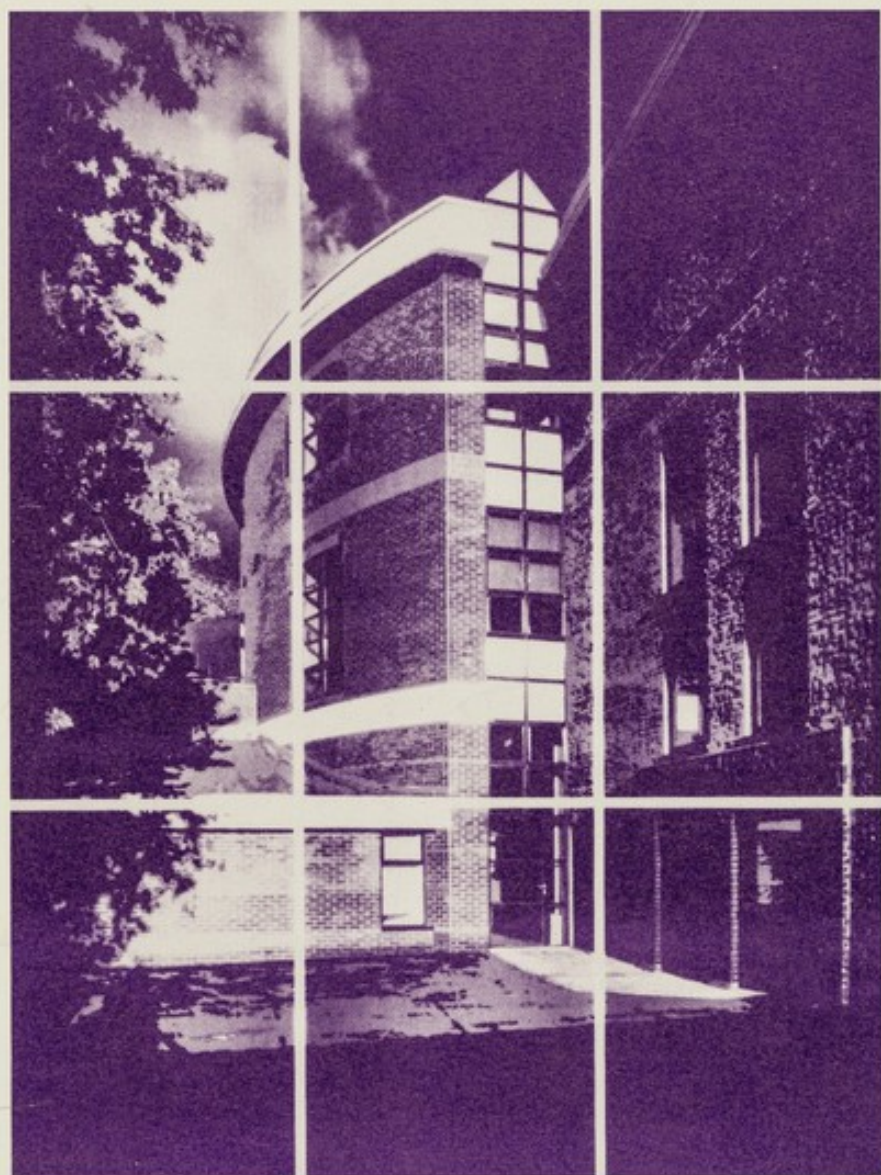
<https://wellcomecollection.org/works/cawba67u>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



INFORMATION FOR
DRUGS WORKERS



LONDON LIGHTHOUSE

London Lighthouse is a centre for men and women affected by HIV and AIDS. Based in a three-storey building at 111-117 Lancaster Road, London W11, the centre is within five minutes walk of Ladbroke Grove Tube station (Metropolitan Line) and the 15, 7, 52, 52A and 295 bus routes.

The Centre offers the following range of residential and non-residential services:

RESIDENTIAL NURSING SERVICES

The focus of Lighthouse's residential nursing services is on creating a safe and non-institutional environment where individuals are assisted to keep as much of the control as possible. The area has been designed to be domestic rather than clinical and emphasis is placed on comfort and informality. Meals are provided by Lighthouse's cafe. There is a choice of single and multi-bed accommodation and each room has its own bathroom with shower and toilet facilities. There are also two day rooms, an assisted bathroom, an assisted toilet and a small kitchen. Visitors are welcome 24 hours a day and limited facilities are available to enable people to stay overnight.

Decisions regarding admission are made daily by members of the multidisciplinary team and are based on need and priority.

People staying at Lighthouse are supported to participate in making decisions regarding their care: the service endeavours to provide the highest quality nursing and medical care aimed at symptom control and pain relief (dosage levels are tailor-made to the individual to ensure their comfort). If someone develops an illness during their stay which they wish to have treated, then staff will arrange for their transfer to hospital if this is a more appropriate setting. Visits from complementary health practitioners are arranged on request.

Although one of the aims is to provide a place where the terminally ill can live a painfree and dignified life up to the moment of death, it is just as much aimed at people who are needing respite care when their carers need a break; and convalescent care after episodes of acute illness and treatment.

Nursing Home Registration constrains Lighthouse's admissions policy to the extent that only those drug users who are on maintenance prescriptions can be admitted.

As a registered nursing home Lighthouse is able to welcome women who are pregnant as well as children who are well up to the age of 5. Children who are unwell would be referred to a more appropriate environment. The residential nursing service is not able to accommodate children aged from 5-16.

Unfortunately Lighthouse is also not in a position to offer long-term accommodation to people who are HIV or who have AIDS nor those who are not in need of nursing support. If someone is homeless the referring agency must ensure that the process of rehousing has been initiated with a forecasted completion date prior to admission.

The expertise which Lighthouse has developed is in the field of HIV and AIDS and though it is not possible to separate HIV and AIDS from drug use, the Project cannot claim to be a Specialist Drug Use Unit. We are not able to offer a de-toxification facility. Lighthouse is a sub acute facility and complements existing acute and Community Units.

DROP-IN

A large reception area provides a meeting place where people are welcome to read available newspapers and magazines or relax, and which offers printed information from other organisations working in the field and about welfare benefits. A smoking area is available and a Quiet Room provides a space for anyone wishing to meditate or get away from the bustle of the main areas.

The environment is relaxed and, hopefully, friendly and in order to maintain this, London Lighthouse has the following House Rules: Alcohol may only be consumed on specific occasions and smoking is permitted in designated areas only. There can be no use of non-prescribed drugs, no drug dealing or sharing, no sexual or racial abuse, no violence, no theft, no malicious damage and no breaching of confidentiality. If any of these rules is broken a total or partial ban may be imposed.

Legal Advice

Every Thursday evening free legal advice sessions are provided by Immunity and North Kensington Law Centre on an appointment basis.

Exercise Classes

A light aerobics exercise class takes place Monday to Friday from 5.45pm to 6.45pm (except bank holidays).

Information Service

An information office is open from Monday to Friday from 1.00pm to 7.00pm. Run by people with HIV or AIDS who use Lighthouse's services it can provide information about the Centre from the point of view of people who regularly use it.

Condoms

Free condoms are available at all times.

Women's Activities

Wednesday morning is women's morning with a massage class. On Fridays there is a second massage class, and on Sundays an art workshop is held. A playgroup for children operates during these activities.

Welfare Advice

A welfare Adviser is available and can assist with enquiries relating to welfare benefits, employment, housing and debt, by appointment.

Barber Service

Every Monday from 10.00am to 6.00pm a mobile barber shop is parked in Lighthouse's car park and offers free haircuts to anyone with HIV or AIDS.

Cafe

Now open seven days a week (Monday to Friday 8.30am to 2.00pm, 3.00pm to 7.00pm; Saturday and Sunday 12.30pm to 4.00pm), the cafe offers drinks, meals and snacks at reasonable prices. The Cafe is open to all.

Garden

A garden with a fountain to the rear of the building provides more seats for people who may wish to eat outside and can also provide a place to relax or sunbathe.

Social Activities

Each Wednesday and Friday afternoon, free tea parties at 3.00pm provide an opportunity to meet people. A playgroup for children operates during the parties.

DAY CARE

By the end of the year, Lighthouse hopes to be in a position to offer day care facilities for up to ten people at any one time. The service will work closely with both Residential Services and Community Services to tailor-make individual programmes using a range of Lighthouse's services for each person using the day care service.

One example of an individual care programme could be a week in our residential accommodation, followed by a fortnight at home with support from Community Services and including three days a week in day care.

The Service will offer a range of non-residential therapy programmes, nursing care and advice, as well as physiotherapy. At this stage it is not intended to offer a needle exchange facility as part of day care.

COMMUNITY SERVICES

Lighthouse's Community Services Department aims to provide flexible and reliable support so that people with HIV related illness can continue to live independent lives within their own accommodation without becoming isolated. The service can also help by being part of an alternative to residential nursing care by working closely with statutory bodies, district nursing services and home helps.

A network of trained volunteer teams organised on a geographical basis throughout Greater London are able to provide emotional and practical support. The work provided by each team is determined by the needs of the individual they are working with. In some cases when someone is unwell the groups will provide up to twelve or even twenty-four hour support on a rota basis. In others it may be a few hours a week.

If someone wishes to make use of this service they can self-refer or can be put in touch with Lighthouse by other agencies, GPs, health workers, drugs workers etc.

All volunteers have received basic training in drugs issues and are intended to provide non-judgemental support to IV drug users and ex-users. The Home Support Service is racially mixed and also provides teams of volunteers who are able to meet particular needs. These include a women-only service, a service to people in short term accommodation, psychiatric units and prisons, and a service for children affected by AIDS. The team also has experience of working with a number of ex-prisoners and hopes that it can respond effectively to their needs.

COUNSELLING

We now have five counsellors who are able to offer counselling by appointment. Currently the service is available during the following times: Monday and Wednesday 9.30am to 5.00pm, Tuesday 9.30am to 6.30pm, Thursday and Friday 9.30am to 5.30pm. The counselling team has experience of working with IV drug-users and ex-users.

GROUPS

Support Groups

Support groups offer a safe environment where people can look at the issues and emotions which can arise from living with HIV or AIDS. Currently groups are available for: people who have just found out that they have HIV infection, gay men, heterosexual men and women, families of people with HIV and AIDS, people who are concerned about HIV and AIDS, partners of people with HIV and AIDS and people who have been bereaved by AIDS.

Groups are usually facilitated by someone from the relevant group. For example, the heterosexual group is facilitated by someone with HIV who is heterosexual.

Over the last year groups have been offered for current and ex-IV drug users. Unfortunately these groups are not now available due to lack of facilitators. If you know anyone who would enjoy this challenging and rewarding work, please contact the counselling department on 071-792-1200. Facilitators receive supervision and are paid on a sessional basis.

Creative Groups

Creative knitting, Creative Drama, Creative Writing and Creative Art classes are on offer and provide an opportunity to explore the emotions and issues which can arise from living with HIV. On Thursdays Music Therapy is available both on an individual and group basis.

Complementary Therapy Groups

These groups offer various approaches to relaxation and healing. Each week Lighthouse offers a hypnotherapy group and a massage group. Every Wednesday a relaxation session is held from 3.00pm to 4.30pm.

COMPLEMENTARY THERAPIES

In order to help people decide which complementary therapies might suit them four one-to-one 'tasters' are offered - hypnotherapy, reflexology, acupuncture and therapeutic massage.

TRAINING & EDUCATION

A large range of training, counselling and education courses are on offer. There are always reduced fee places for people with HIV or AIDS on all courses.



London Lighthouse

111-117 Lancaster Road, London W11 1QT

Telephone: 071-792 1200

Fax: 071-229 1258