

Information for women / London Lighthouse.

Contributors

London Lighthouse

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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 we are offering groups 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, partners of people with HIV and AIDS and people who have been bereaved by AIDS.

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 THERAPIES

Various approaches to relaxation and healing are offered in group sessions or on a one to one basis. Each week Lighthouse offers hypnotherapy and massage groups and one to one hypnotherapy, reflexology, acupuncture, and therapeutic massage.

ACCESS INFORMATION

If someone wishes to make use of Lighthouse's services they can self-refer or can be put in touch by other agencies, GPs, hospitals, health workers, drugs workers, or by anyone at all.

Parking: private car park and controlled parking in street.

Public Transport: Ladbroke Grove Underground; Buses - 7, 15, 52, 52A, 295. Within five minutes walk, all more than 50 yards away.

Entrance: all doors a minimum of 38 inches wide; front door onto Lancaster Road, opens inwards, heavy; inner door, kept open; door from car park, opens outwards; side door from car park, opens outwards.

Lift: doors automatic; control panel 44 inches from floor.

Floors: entrance hall wood; drop-in terracotta and carpet; corridors to offices etc. carpet.

Toilet: wheelchair accessible toilet on each floor; handrails and low sink.

Heating and lighting: building warm and bright throughout.

Seating: padded sofas and chairs; office type seating; floor cushions.

Smoking: only permitted in specified area on the ground floor.

Language: we may be able to arrange signers or translators if required; please phone and ask in advance.

OTHER AGENCIES FOR WOMEN AFFECTED BY HIV AND AIDS

Positively Women

Provides a range of free and confidential counselling and support services to women with HIV and AIDS.
5 Sebastian Street, London EC1V 0HE
Tel: 071 - 490 5515

Body Positive Women's Core Group

Provides a wide range of support and information services to women living with HIV.
51b Philbeach Gardens, Earls Court, London SW5 9EB
Tel: 071 - 373 9124 Ask for Tessa.

BIHAN (Black HIV/AIDS Network)

Offers a range of support, information, training and consultancy services to Black people affected by HIV and AIDS.
106-108 King Street, London W6
Tel: 071 - 792 1200

Landmark

A social centre and local base and resource for all people with HIV and AIDS, their carers, community workers and anyone concerned about HIV.
47a Tulse Hill, London SW2 2TN
Tel: 081 - 678 6687

Frontliners

A national service offering a range of advice and support services for and by people with ARC and AIDS.
National Office: Frontliners Centre, 55 Farringdon Road, London EC1M 3JB
Tel: 071 - 430 1199

Positive Partners and Positively Children

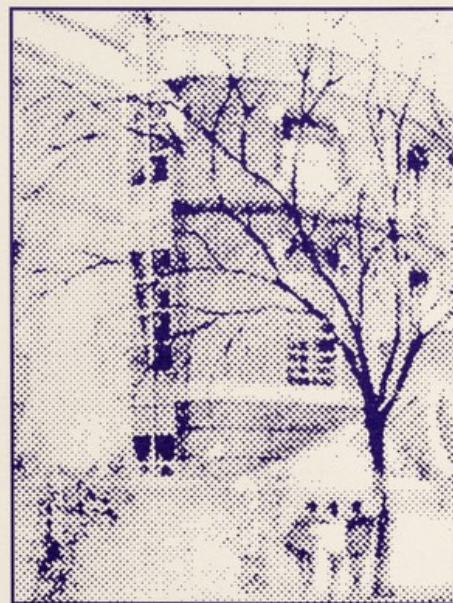
A support and self-help group for all people directly affected by HIV including people with HIV and AIDS their partners, friends, carers and family irrespective of status.
8 Manor Gardens, London N7 6LA
Tel: 071 - 249 6068

London Lighthouse

111-117 Lancaster Road, London W11 1QT

Telephone: 071-792 1200

Fax: 071-229 1258



INFORMATION FOR WOMEN



LONDON LIGHTHOUSE

London Lighthouse is a centre for women and men affected by HIV and AIDS. Based in a three-storey building at 111-117 Lancaster Road, London W11, the centre offers the following range of residential and non-residential services:

RESIDENTIAL NURSING SERVICES

Lighthouse's residential nursing unit offers care to people getting over an illness, whose carer needs a break, who need a place to bridge the gap between hospital and home or who are terminally ill and need palliative care.

The unit aims to create a safe and non-institutional environment where people are supported to make their own decisions regarding their care. It has been designed to be homely with emphasis placed on comfort and informality. There is a choice of single and multi-bed room, each with its own shower and toilet facility. There are also two day rooms, an assisted bathroom, an assisted toilet and a small kitchen.

The following services are available:

- 24 hour specialized nursing care
- 24 hour medical cover
- Complimentary therapies
- Good food
- 24 hour visiting hours
- Counselling
- Occupational therapy
- Physiotherapy
- The chance to meet other people facing the challenge of AIDS

As a registered nursing home we are 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. We are not able to accommodate children aged from 5-16.

DROP-IN

A large reception area provides a meeting place where people are welcome to read available newspapers, magazines and AIDS related information or relax. 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.

Women's Sessions

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.

Playgroup

A playgroup for children operates on Wednesday mornings and Friday and Sunday afternoons.

Legal Advice

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

Hair Cutting Service

Every Monday from 1.00pm to 6.00pm free haircuts are offered by appointment to anyone with HIV or AIDS.

Exercise Classes

A light aerobics exercise class takes place daily 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.

Welfare Service

A welfare adviser is available and can assist with enquiries relating to welfare benefits, employment, housing and debt, by appointment. Trained women volunteers are also at hand to give advice.

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 quiet spot away from the bustle of the main areas.

Social Activities

Each Wednesday and Friday afternoon, free tea parties at 3.00pm provide an opportunity to meet people.

DAY CARE

Day care facilities are available for up to ten people at any one time during Monday to Friday. The service works closely with both Residential Services and Community Services to tailor-make individual care using a range of Lighthouse's services. One example of an individual care programme could be a week in our residential unit, followed by a fortnight at home with support from Community Services and including three days a week in day care. Friday is women only day.

The following services are available:

- Nursing care and advice
- Medical care and advice
- Rehabilitation programmes
- Emotional support
- Group work activities
- Counselling
- Good food
- Occupational therapy
- Physiotherapy

COMMUNITY SERVICES

The Community Services Department provides emotional and practical support so that people with HIV related illness can live independent lives within their own home. The service provides an alternative to residential nursing care and works closely with statutory bodies, district nursing services and home helps.

Support is provided by trained volunteers working in locally based teams. 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.

The Home Support Service also provides teams of volunteers who are able to meet particular needs. These include:

- A women-only service
- A pick-up service run by women drivers
- A service to people in short term accommodation, psychiatric units and prisons
- 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.

TRAINING & EDUCATION

A large range of training, counselling, relaxation and education courses are on offer. There are always reduced fee places for people with HIV or AIDS on all courses. Specific seminars and training sessions are offered focusing on women.

COUNSELLING

We now have five counsellors who are able to offer counselling to anyone affected by HIV in any way. A drop-in service is available between 12.30pm and 2.30pm Monday, Tuesday, Wednesday and Friday. Appointments can be made for times between 9.30am and 5.00pm Monday and Wednesday, 9.30am and 6.30pm Tuesday, 9.30am and 5.30pm Thursday and Friday. The counselling team includes women and is racially mixed.