

Women at London Lighthouse : a centre for people facing the challenge of AIDS / London Lighthouse.

Contributors

London Lighthouse

Publication/Creation

1992.

Persistent URL

<https://wellcomecollection.org/works/utzhjj6g>

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>

Women

at London
Lighthouse



A centre for people facing the challenge of AIDS

**This leaflet has been put together
It gives a brief introduction to
Lighthouse. It also describes
offer just for women. Please**



London Lighthouse

The project is based in a specially designed building off Ladbroke Grove in west London.

It is committed to providing the best possible care, support and facilities so that people affected by AIDS can live their lives to the full. Lighthouse also gives support to partners, friends and families.

People affected by HIV and AIDS are involved at all levels of the organisation. Our main aims are to provide care and support, and to empower people affected by HIV and AIDS.

Anyone wishing to use Lighthouse services can refer themselves. Or they can be put in touch with Lighthouse by other agencies, GPs, health workers, hospitals, social services departments and so on. London Lighthouse has full access for people with mobility disabilities. Numbers for our minicom text phones are given at the end of this leaflet.

What services are provided?

London Lighthouse offers a wide range of support services which are available free to all men and women affected by HIV and AIDS. As well as outlining these very briefly in this leaflet, we also describe some of the services which have been set up specifically for women.

If you want to read more about the services we offer, please ask to see our publications: Introduction to London Lighthouse (basic information leaflet); At the Lighthouse (quarterly programme of support groups, creative and complementary therapies); and three leaflets which describe the drop-in centre, day care centre and residential service.

ether by women for women.
o the facilities available at
briefly what services we can
ask if you need to know more.

Centre support services

The drop-in centre offers a relaxed environment which aims to be welcoming and friendly. It provides a social and information centre, and informal emotional support for people affected by HIV and AIDS. A Support & Information Service is open from 9am till 9pm seven days a week, run by a team of trained volunteers. The volunteers offer information and an introduction to Lighthouse, as well as informal and confidential support.

- There will usually be two women at the reception desk to welcome you.
- Wednesday morning is women's morning with women-only therapeutic massage sessions. These sessions are run on a drop-in basis - first come first served - between 10am and 12pm. A playgroup for children is open and free transport is available. A woman hairdresser offers haircuts from 10am to 12pm; no appointment is needed. A female volunteer is here to meet women new to the centre, and a female welfare rights adviser is also available.
- Over half the volunteers in the Support & Information Service are women.



Playgroup and child care facilities are available on Wednesday mornings (10am to 12pm) and Friday mornings (10am to 12.30pm). We plan to increase these sessions to 20 hours a week; please ask at reception for the latest information.

Counselling

Lighthouse offers short and long-term counselling by appointment for individuals and for couples. The counselling team has several women, and is racially mixed.

- Women can ask for counselling by a female counsellor, if they wish.



Support groups

We offer a range of support groups. These are designed to provide a safe environment for people to look at the many issues and feelings which arise through living with HIV and AIDS. These include groups for people who

have just found out they have HIV infection; heterosexual men and women; partners of people with HIV and AIDS; families and friends; and people concerned about HIV and AIDS.

Complementary and creative therapies

Lighthouse provides a wide range of complementary and creative therapies.

As well as the many one-to-one treatments - such as massage, acupuncture, homoeopathy, hypnotherapy and



reflexology - we also offer group activities which include art, writing and drama.

● There are two therapeutic massage sessions a week for women with HIV and AIDS.

- Most therapies are offered by women therapists.
- For more details about the therapies and current waiting lists, please contact Wendy Peters at Lighthouse.

Day care

The day care centre aims to provide a service for people living with HIV infection who need nursing care or psychological support throughout the day. Complementary therapies and occupational therapy are offered. Free transport can be arranged.

- Women are welcome throughout the week, but Fridays are set aside for women only.
- Both your key worker and your volunteer can be female.
- Children are welcome in day care at any time. Child care facilities are available on Wednesday and Friday mornings.
- Several of the one-to-one complementary therapies can be offered by a female therapist.

Safer sex

Free condoms are always available in the drop-in area, as well as oral shields and information about safer sex.

Fact file

London Lighthouse looks regularly at the numbers of staff and volunteers involved with the project, and at who is using the services. You may like to know that, in summer 1992:

- Over half the paid staff at Lighthouse were women
- Half of our 350 volunteers were women
- Well over 1,500 people visited Lighthouse each week
- Of all centre support users, 25% were women
- Of all people using the counselling service and the day care service, 20% were women
- Of all residential service users and home support users, 15% were women

Residential Unit

The Residential Unit is for people who need temporary or regular respite care when their carers need a break; for shared care with the day care centre; for those who need convalescent care after acute illness and treatment; and for those who are terminally ill and need palliative care.

- Women can be nursed by female nursing staff, if requested.
- Women may choose to share a room with other women, or have a single room.
- If you want to have your children with you, under fives will be welcome, as long as they don't need medical or nursing care. Older children can stay overnight, by arrangement.
- If you wish, your volunteer can be female.

Community services

The Community Services Department provides a London-wide home support service through teams of trained volunteers, a welfare advisory service and pastoral care.

- Services include women-only home support, and a service to children.
- Both your key worker and your volunteer can be female.
- A pick-up service is available, run by women drivers.
- You can see a female welfare advice worker, if you prefer.

The garden at the back of the building has a fountain and scented plants.

It's a lovely place to sit, eat or meet friends when the weather is good.



Rights and obligations

So that we can provide a safe and comfortable environment - as free from stress as possible - there are some rules about using the centre. These apply to everyone involved with Lighthouse, including people who use any of our services, staff, volunteers and visitors.

- People have the right not to experience violence (physical or verbal), or racial or sexual abuse.
- There must be no theft or malicious damage.
- No use of street drugs.
- No drug dealing or sharing.
- Alcohol is not allowed without permission.
- You may smoke in designated areas only.
- Information about each other is strictly confidential.

If any of these rules are broken, a part or total ban on use of the centre may be imposed. You may of course appeal against any decision which you feel is unfair.



Café opening times:

- 9am to 7.30pm on Mondays to Fridays
- 12pm to 3.30pm at weekends

For customers who are HIV positive, and receiving benefits, reduced prices are available through the Positive Discounts scheme.

The food here is delicious and healthy. Vegetarian and vegan meals are always provided.

Special chairs for small children are available in the café and staff are always willing to heat up baby food.



ALL PHOTOS: TEHMINA BOMAN

Every Friday there is an open morning in the Ian McKellen Hall at London Lighthouse. Led by a team of paid and unpaid staff, this half day event offers a presentation which traces the project from its beginnings to the present day. Please let us know if you would like a booking form.

Access information

Entrance - All doors are at least 38 inches wide. The heavy front door has flat access onto Lancaster Road and it opens inwards. The inner door opens inwards and is on a security buzzer system. There is a steep ramp to the door from the car park. The door opens outwards and is not heavy. There is a slight ramp to the side door from the car park. This door also opens outwards and is not heavy.

Lift - The doors are automatic. The control panel is 44 inches from the floor.

Floors - The ground floor is covered in wood, tiles and carpet. The corridors to offices are carpeted.

Toilet - On each floor there is a toilet that is accessible to people in wheelchairs. These toilets have handrails, alarms and a low sink.

Heating and lighting - The building is warm and bright throughout.

Seating - There are padded sofas and chairs, office type seating and floor cushions.

Signers - We may be able to arrange signers if necessary: please contact us about this.

Consultative Forum

A women's subcommittee has been meeting regularly at London Lighthouse to look closely at the services we provide for women affected by HIV and AIDS. This leaflet is one result of our recommendations: to try and make sure that all our services can be used by women.

If you have any suggestions or comments on our services for women, the Consultative Forum will be pleased to hear from you. This is our formal consultative process, and has representatives from all groups at Lighthouse. Please contact Marilyn on 071-792 1200.

How to find us



Tube: the nearest tube station is Ladbroke Grove which is on the Hammersmith & City line

Buses: numbers 7, 15 (Sundays), 23, 52, 70, 295 and 302

Parking: private car park, controlled parking in street and free parking locally



© London Lighthouse 1992

London Lighthouse is committed to equality of opportunity and to challenging prejudice and oppression

London Lighthouse Ltd
111-117 Lancaster Road
London W11 1QT
Phone 071-792 1200 Fax 071-229 1258
Minicom: 071-792 2979 (Reception)
071-229 6062 (Residential Unit)

November 1992

Registered charity no 295171
VAT no 512 6796 38
Registered company no 2043745 Registered in England
Registered office as above

Printed on recycled paper by Calvert's Press

Cover design by Information Design Workshop
Cover illustration by Sophie Herxheimer