



The Lighthouse

Providing hope and support
for people and families
affected by dementia



Our Community
you matter, we care

The Lighthouse

The Lighthouse is a community resource centre for people with dementia and their loved ones. Based in the heart of West Bromwich, The Lighthouse has a range of resources that are open to the public 7 days a week, to support people to live well with dementia and stay independent for longer.

Specially designed to provide a calm and relaxing space, The Lighthouse has a café, hair salon, prayer room, social club and cinema where people can relax, enjoy themselves and be pampered. Visitors can find out about dementia and how to live positively with the illness thanks to the education resources on offer, including a show flat with practical tips on how to make your home dementia friendly.

Our friendly staff will welcome you and explain the facilities available.

The Lighthouse is free to visit and is open on weekdays from 9am to 7pm and from 10am to 4pm at weekends.



Exploring the Lighthouse

Freddy's Café – A light and friendly café serving hot and cold food and beverages. Freddy's also has a selection of soft meals for people with swallowing difficulties.



At Home with Dementia Area – Our show home demonstrates simple and affordable changes you can make to your home – such as labelling cupboards to remind you of the contents – that make living with dementia easier.



Garden – A calm space to relax. There's plenty of seating where you can sit down and enjoy some peace and quiet.



Lighthouse Shop – Selling fun and practical gifts and games specially designed for people with dementia.

Madeleine Carroll Room – Named after the West Bromwich born Hollywood actress, this room is where dementia support groups, meetings and training take place.

Social Club / Cinema - A multi-purpose space for celebrations, workshops, music and games.

The club has a small kitchen as well as a large wide screen to play films or console games on. It can be hired for small celebrations such as a patient's birthday.

Hair Salon - Offering a full hairdressing and barber service to women and men in a dementia friendly environment. The salon is competitively priced and offers cut and blow dry, hair styling, perms as well as Indian head massage.

Cultural Library – A creative space for people with dementia to communicate and interact using touch screen computers. Each computer has a database of movies and images, perfect for reminiscing and sharing memories with loved ones.

Multi-faith Prayer Room – A quiet space for prayer and reflection. It is open to people of any faith or of no faith.

Getting involved at The Lighthouse

Groups and activities

We run a variety of activities that are tailored to suit people's different cultural backgrounds and interests.

For example, our popular Football Memories Group brings football fans together to chat about past legends and highlights.

The Punjabi Cognitive Stimulation Therapy (CST) Group uses sound, taste, touch, smell and visual images to stimulate the senses and stir up memories.

Other groups run by local dementia support groups such as BUDS and the Alzheimer's Society take place on a regular basis. To find out more about these, speak to the member of staff on the Welcome Desk.



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You can phone our friendly staff to find out more on **0845 146 1800** or look at our website.

Getting here

Edward Street Hospital
Edward Street
West Bromwich, B70 8NL

By Bus

Nearest bus stop is on the High Street, close to the Town Hall.

Buses stopping here include: 41, 44, 47, 47A, 74, 75 and 79.

By Car

Drop off on hospital driveway. Closest car park is Edward Street Pay & Display opposite the hospital.

www.cometothelighthouse.co.uk

