



Lighthouse Lodge  
Superior Nursing and Residential Care

# Our home is where the heart is







# A warm welcome to Lighthouse Lodge

Lighthouse Lodge is a purpose-built residential and nursing care home offering compassionate, professional and friendly care in modern and comfortable surroundings.

Designed and equipped to meet a wide range of needs, the home's team of experienced nursing and care staff work closely with residents and their families to provide a truly person-centred service.

Whatever is important to our residents, is important to us too.



Lighthouse Lodge is a superior facility that provides a unique environment, which has been carefully created to meet the needs of residents over the age of 55.

Arranged over four levels using intelligent design, it offers a safe and responsive community of support and expertise.

The lodge also welcomes individuals and couples who have decided to live independently within a care home community.

Providing short and long term care, Lighthouse Lodge also offers respite care for people making the transition from hospital to home following medical treatment.



# An exceptional standard of care

Lighthouse Lodge offers exceptional standards of care to meet each person's individual requirements. Whether a resident is ageing well or has specific conditions such as dementia, we focus on getting to know them to provide a truly person-centred approach.



Images of Woodlands Lodge

## Essential Standards

- To be treated with respect, dignity and compassion
- To have privacy in all personal matters
- To be kept safe and fully informed about all aspects of care, treatment and support
- To live in pleasant, clean, comfortable and welcoming surroundings
- To be given opportunities, encouragement and support to live as full a life as possible
- To have personal records treated confidentially, kept safe and updated
- Access to an open and honest complaints procedure to raise concerns
- To be protected from abuse or the risk of abuse and to have human rights observed

## Care Philosophy

At Lighthouse Lodge we are trusted care facilitators, committed to meeting residents' individual needs whether they are ageing well or have specific medical requirements.

We realise that some of our residents have made a lifestyle decision to move into a care home community to receive the support and assistance for themselves or a spouse while others have specific needs as a result of living with conditions such as dementia.

Whatever each person's individual circumstances, we offer a community of care that looks at the individual as a whole and appreciates the lifetime of experience they have acquired.

## Care Team

Lighthouse Lodge employs people with a proven track record in care provision and invests heavily in training to ensure that the essential elements of respect and dignity are built into all care procedures and processes.

Staff are focused on providing compassionate, transparent and person-centred care to the highest standards.

Many members of staff are trained to NVQ Level 3 in Health and Social Care and Lighthouse Lodge also uses state of the art technology and on-site training facilities to provide staff with the latest qualifications.

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# Taking care of all your needs



## Care, Treatment and Support

Lighthouse Lodge works alongside health and social care commissioners and agencies to help provide the most appropriate care and support for people's health and well-being. Individuals' needs are assessed according to cultural background, language, gender, disability, age, sexuality, religion and beliefs.

At Lighthouse Lodge facilities are arranged over four floors to meet the varying needs of residents.

The two lower levels are designed for people with higher levels of dependency, requiring full assistance with daily life and personal care from specially trained staff. This includes residents who are living with dementia as a result of conditions such as Alzheimer's or Parkinson's disease.

The upper floors provide a hotel-style level of service for people who are ageing well with a relatively low level of dependency. This is ideal for individuals who have chosen to live in a care home community while continuing to enjoy a varied and busy life.



Image of Hesketh Park Lodge

## Food and Nutrition

Lighthouse Lodge has a team of chefs producing delicious home-cooked meals. Meals are balanced and nutritious in accordance with the needs of the individuals and any special dietary requirements.

Snacks and drinks are available throughout the day and family and friends are welcome to join residents for meals by prior arrangement.

### EXAMPLE DAILY MENU 1

#### Breakfast

- Toast & preserves, fruit or cinnamon porridge
- Breakfast cooked to order

#### Lunch

- Homemade cream of leek & potato soup with sandwiches, salad & coleslaw
- Atlantic prawn salad with marie rose sauce
- Selection of chilled desserts

#### Dinner

- Honey roast gammon
- Admiral pie
- Carrot, swede & broccoli florets, fondant potatoes
- Bramley apple crumble & custard

#### Snack

- Ham & cheese toasties, filled omelettes, jacket potatoes, fresh fruit & teacakes

### EXAMPLE DAILY MENU 2

#### Breakfast

- Cheesy crumpets, cereal & fresh fruit, yogurt
- Breakfast cooked to order

#### Lunch

- Homemade roast butternut squash soup with sandwiches, salad & coleslaw
- Chicken goujons, hand cut chips & salad
- Exotic fruit salad & ice cream

#### Dinner

- Roast lamb and mint sauce
- Lasagne with garlic bread
- Cauliflower cheese, parsnip puree & rosemary roast potatoes
- Lemon drizzle cake & chantilly cream

#### Snack

- Ham & cheese toasties, filled omelettes, jacket potatoes, fresh fruit & teacakes





### Outings and Activities

Lighthouse Lodge has a thriving and meaningful activity programme for residents including trips out and about in the local community and further afield.

There are regular visits to local parks, markets and shops in and around New Brighton as well as organised excursions to local places of interest.

Residents who enjoy activities within the community such as members of sports and community groups are encouraged to continue with their pastimes and interests. Care home staff also organise visits to favourite cafés and restaurants, and even former places of work.

Lighthouse Lodge also organises its own activity groups in the care home such as knitting, dancing, painting and exercises. There are also regular celebrations for landmark days and events.

Lighthouse Lodge has a thriving and meaningful activity programme for residents including trips out and about in the local community and further afield.



Image of Willow Park Lodge

### Visiting Services

Lighthouse Lodge welcomes a number of visiting professionals providing a range of services for the benefit and convenience of residents.

We work closely with local health and social care providers who visit the home on a regular basis or who make visits by prior arrangement.

These include local GPs, district nurses, an optician and chiropodist. Lighthouse Lodge is also equipped with its own hairdressing salon and a dedicated hairdresser is available for appointments.

#### Visiting services include:

- GP
- Optician
- Hairdresser
- Chiropodist
- Physiotherapist
- Speech and Language Therapists
- Community Mental Health Team
- Dietician

# Relaxing residential accommodation

Great care has gone into providing comfortable, stylish and high quality accommodation that has a truly 'home from home' feel.



## Bedrooms

Lighthouse Lodge has 80 bedrooms, all with a truly 'home from home' feel. High quality furnishings are blended with practical and easily accessible facilities to help residents support themselves and receive extra help should they need it.

The high quality fittings and fixtures are regularly maintained and additional facilities can be provided for couples.

### All bedrooms include:

- En-suite wet room
- Adjustable profile bed for ease of access and comfort
- Wireless call system
- Digital flat screen television
- Telephone and wireless internet connection

## Communal Rooms

Each floor at Lighthouse Lodge has communal areas including dining and sitting rooms. Residents will also have the use of the lodge's bistro cafe in reception.

Careful attention has been paid to make each area comfortable and distinctive with specially chosen fabrics and colours. Furniture is arranged in small groups just as it would be at home.

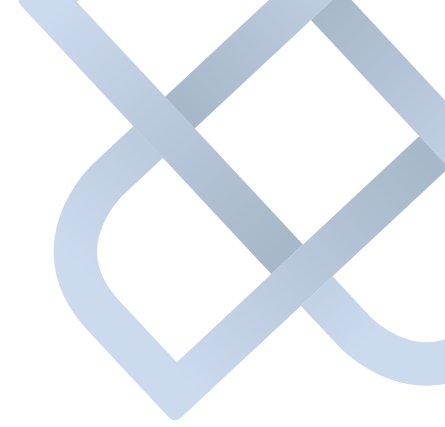
Intelligent design helps guide residents around the facilities and clever use of colour helps residents living with dementia manage spatial awareness.

### Facilities include:

- Communal dining, sitting, activities and reading rooms
- Residents' kitchens and Bistro Cafe
- Health and beauty facilities
- Sky TV
- Top floor balcony terrace with picturesque river views
- Each floor is equipped with additional bathroom facilities featuring a bath and hoist







## The Local Area

Lighthouse Lodge is situated in the heart of seaside resort, New Brighton.

Only a stone's throw to the stunning promenade and town centre, Lighthouse Lodge gives residents the opportunity to enjoy the town's shops and amenities with bus routes close by.

The lodge is in close proximity to New Brighton's train station, making it easy for residents' relatives to visit.

Forming part of Merseyside's Wallasey, New Brighton boasts beautiful sandy beaches as well as the UK's longest promenade.

## Visiting

Family and friends are warmly welcomed to Lighthouse Lodge.

We consider visiting an essential way of ensuring that the daily lives of our residents are as close to normal as possible. Visitors are welcome to share time with residents either in the spacious lounges or in the comfort and privacy of their own rooms.

There's always time for a simple chat over a cup of tea or coffee using our resident's kitchen facilities or with prior arrangement they can join residents for meal times.

There are also plenty of ways for residents to keep in touch with their family and friends with telephone and internet access available in all bedrooms.

# Types of care

Arranged over four floors, Lighthouse Lodge is uniquely placed to meet a wide range of needs for both short and long term care.



## Residential Care

Our two upper floors are designed for residents who are ageing well and have made the choice to live within a care home community. Rather than being isolated in their own homes, they benefit from a wide range of support and companionship.

From help with dressing and daily living activities to regular meals and easy access to visiting external professionals such as GPs, residents benefit from a safe, secure and welcoming environment.

Residents are encouraged to enjoy their lives exactly as they did when they lived at home through activities in the local community and within the care home.

As their requirements change and the level of need increases, Lighthouse Lodge can provide the next level of care offering a smooth transition for those in need of more support.



## Nursing Care

Lighthouse Lodge offers a safe, secure and responsive environment for people living with a variety of medical conditions.

Dedicated nursing staff and a designated nurses station will ensure all medical needs are met, providing peace of mind to residents and their families that medical conditions can be managed professionally and appropriately.

As well as in-house medical teams, Lighthouse Lodge welcomes visits from GPs and other professionals including physiotherapists, dieticians, opticians and chiropodists.

Lighthouse Lodge is fully designed for wheelchair and mobile bed access as well as operating high standards of cleanliness.



Image of Woodlands Lodge

## Dementia Care

Lighthouse Lodge provides a safe, secure and responsive environment for the effective care of people living with dementia.

As a purpose-built facility, the lower levels at Lighthouse Lodge are dedicated to residents who are living with cognitive impairment and special care has been taken to provide relaxing and harmonious decoration incorporating numerous special design features.

From simple touches such as colour specific designated areas and easy to identify signage, residents can familiarise themselves with their surroundings and feel safe and secure.

## Respite Care

Lighthouse Lodge offers respite care for people making the transition from hospital to home following medical treatment.

We offer 'home from home' style facilities for those returning from lengthy treatment sessions who require assistance in regaining their independence from our fully trained care team.

Respite care at Lighthouse Lodge can also be used as light relief for families caring for a loved one. It provides peace of mind that relatives are being cared for in a safe environment while also giving residents a mini break and a change of scenery.

Our facilities include bedrooms with en-suite wet room, assisted bathroom on each floor and kitchen facilities, providing a safe environment to adapt to an independent lifestyle.

Our care team will assess each person's needs and monitor their progress as they recover from an illness or adapt to new health conditions.

Lighthouse Lodge can provide the next level of care offering a smooth transition for those in need of more support. As people's needs change, we can change with them to provide a truly person-centred approach.



## Our People

We hand pick our staff to ensure they are trusted care facilitators, committed to meeting residents' individual needs whether they are ageing well or have specific medical requirements.

Whatever each person's individual circumstances, we pride ourselves on offering a community of care that looks closely at each individual person and appreciates their lifetime of experiences.



**Please contact us on  
0151 909 0000 to discuss your care  
needs or to arrange a meeting.  
Visit [www.lighthouse lodge.co.uk](http://www.lighthouse lodge.co.uk)  
to find out more.**

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