Individualised care & support for people with learning disabilities & complex mental health needs
At Lighthouse we put our service users and their needs above anything else.
Our ethos is built upon a shared belief that the person is central to everything we do

Lighthouse Healthcare supports individuals with complex needs including those with a learning disability, mental health problem or autistic spectrum condition. We provide this support in a range of specialist hospital and registered care services in England and Wales. All our services are registered with, and regulated by, the Care Quality Commission (CQC) in England and Healthcare Inspectorate Wales (HIW).

Our services focus on providing support for individuals through the core elements of person-centred planning, recovery and positive risk taking.

Providing support that offers opportunities

Our services provide small group living, active engagement in the community and the opportunity to develop new lifestyle choices. We employ a range of highly skilled and dedicated professionals to support individuals to develop their strengths and skills to be able to make these choices.

As a small organisation, our senior management team is always close to the patients and service users, staff teams and service managers. Our management team and clinicians are experienced, professional and committed to the on-going improvement of service delivery.
We are a discharge focused organisation and from the point of admission our goal is to ensure people in our care receive the high quality treatment and support they need to take control of their lives and progress to greater independence.
Our philosophy is one of empowerment and inclusion

We are passionate about delivering great outcomes for the individuals who use our services, and they are always at the heart of everything we do. We strive to provide the highest standards of care in quality environments, provided by a motivated and dedicated care team.

Our philosophy is one of empowerment and inclusion. Service users are involved in the care pathway and planning process and actively encouraged to exercise choice in the decisions that affect their lives.

Our person-centred plans of care and support are based on the assessed needs of each individual and promote the principles of ‘an ordinary life’, raising aspirations and the feeling of self-worth. Our focus is on rehabilitating people and we place a strong emphasis on community involvement, presence and participation.

Our clinical approach

Our services are staffed by a dedicated team of highly skilled and experienced staff that provide treatment and support 24 hours a day.

They are supported by an experienced multi-disciplinary team (MDT) of specialist clinical and professional staff including consultant psychiatrists, clinical psychologists and assistants, occupational therapy, social work, speech and language therapy and advocacy.

This multi-disciplinary approach ensures that every part of an individual’s care pathway is carefully planned and implemented.
Our Specialist Services

We offer a range of specialist hospital and registered care services to people with learning disabilities, autism, mental health problems and personality disorders. Lighthouse hospitals and care homes are designed to provide small group living and engagement in the community. Our highly experienced care team provides personalised treatment programmes tailored to the needs of each individual with the aim of maximising their potential and independence.

Our aim is to give individuals the opportunity to develop new lifestyle choices as a key part of recovery to better health and developing greater independence, self-esteem and confidence.

Our treatment plans focus on a holistic, psychological approach to care and are based upon:

• Implementation of a recovery model
• A multidisciplinary clinical approach to case formulation and interventions
• Positive risk taking
• Access to psychological therapies
• Developing community engagement
• Promoting social inclusion
• Focusing on person-centred care through the My Shared Pathway programme
• A strong emphasis on Safeguarding
• Delivering great outcomes
• Robust clinical governance
• Access to independent advocacy
• Care pathways
Learning Disability

We recognise that every person with a learning disability is a unique individual and our services are set up to respond to these individual needs in a meaningful, person-centred manner. The process begins with a comprehensive needs-led assessment prior to admission to Lighthouse services. This assessment involves the individual, their family/carers, current care provider and commissioner.

We provide learning disability services in a range of environments from low secure hospital services through to residential care services. The key elements in any of these services are:

- Small group living environments
- Engagement in the community
- A person-centred approach
- Understanding the needs of the individual
- Minimising lengths of stay
- A strong emphasis on safeguarding vulnerable people
- Access to independent advocacy services

Through our range of services we are often able to provide a complete care pathway that is able to support an individual from low secure care right through to community living in a residential service, all in preparation for the ultimate goal of being discharged from services into the person’s own tenancy in the community.

Lighthouse learning disability services are:

Registered Care Services

Our registered care services are designed for those individuals who require a high level of support and supervision in a community setting, often as part of a pathway when stepping down from secure or hospital care. The aim of these services is to prepare individuals for living more independently through a programme of active community engagement, developing meaningful social networks, managing risk and developing robust coping strategies.

Our registered care services are The Woodlands, Chesterfield House, Bradley Apartments and The Cottage which form key elements of the learning disability care pathway within Lighthouse Healthcare and offer a step-down service from units such as The Woodhouse, Healthlinc House and Bradley Woodlands.

Mental Health

Our specialist mental health services are designed to promote independence and integration into the community through the use of the recovery approach to mental health. We operate 2 gender specific hospital services; Phoenix House for men and Ballington House for women.

Our multi-disciplinary teams have access to a range of interventions, treatments and psychological therapies, with specialist care based upon an individual’s psychiatric, psychological, social and spiritual needs.

Working with relatives and carers is a key component of our mental health services and people are encouraged to access the hospital managers for information and to assist in the planning process, especially around discharge.
Autistic Spectrum Condition

Lighthouse provides specialised services to people with an Autistic Spectrum Condition (ASC), including Asperger’s syndrome at our Woodhouse hospital service in Staffordshire. There are three specialist units based within The Woodhouse hospital they are Whiston, Moneystone and Highcroft, which offer a unique bespoke internal pathway for adults with an ASC. These units are identified as an assessment stage (Whiston), an initial treatment stage (Moneystone) and a pre-transfer stage (Highcroft). These services provide flexible and creative solutions for individuals who have often struggled to cope in previous services.

Our unique three stage autism specific pathway offers a consistent and predictable environment. We provide a person centred model of care that aims to increase the individual’s independence and skills in communication, daily living and self-regulation.

The programmes on these units are supported by a team of specialist clinicians who are skilled in the assessment and treatment of individuals with complex presentations including a consultant psychiatrist, a consultant clinical psychologist, occupational therapist and speech & language therapist. Each programme identifies and supports the individual with their particular issues around communication, sensory difficulties, social interaction, physical healthcare and any behavioural difficulties.

Individuals with an ASC may also be supported in our other mental health and learning disability services, depending on their individual needs. These services are able to access our specialist clinicians for advice and support around ASC at any time.

Low Secure Services

Our low secure mental health services deliver intensive, comprehensive, multi-disciplinary rehabilitation treatment and care for adults with learning disabilities and co-morbid conditions such as mental health problems and challenging behaviour. Individuals may have had contact with the criminal justice system or be at risk of doing so.

Our low secure hospital also accepts patients from the Criminal Justice System where they have been transferred from a Psychiatric Intensive Care Unit (PICU) or an Assessment and Treatment Unit (ATU).

Each of our low secure hospital and learning disability registered care services provides a caring and safe environment that delivers specialist assessment, treatment and rehabilitation of individuals predominantly with forensic or offending backgrounds. The multi-disciplinary clinical team can provide inputs around:

- Sexual offender treatment programmes
- Anger management
- Cognitive skills development
- Sexuality & relationships
- Anxiety management
- Behaviour modification

By promoting an individual’s recovery and rehabilitation throughout their stay, we aim to reduce the risks posed so that ultimately they may leave our services to live independently or as independently as possible to meet their own needs.
A guide to our specialist services

Lincolnshire

Bradley Woodlands
Bradley Road, Bradley, Grimsby, Lincolnshire DN37 0AA | Tel: 01472 875800
- Purpose built low secure hospital for people with learning disabilities and complex needs
- Bespoke Pathway Step Down Service
- Set in own private grounds of almost five acres
- Gender specific apartment based accommodation

Bradley Apartments
Bradley Road, Bradley, Grimsby, Lincolnshire DN37 0AA | Tel: 01472 875800
- Specialist learning disability/mental health residential service with nursing
- Structured rehabilitation programme in place to help individuals develop new skills, promote independence and social integration
- Apartment based accommodation

Chesterfield House
411 Newark Road, North Hykeham, Lincolnshire LN6 9SP | Tel: 01522 692607
- Residential care service for people with learning disabilities
- Friendly, homely environment in the heart of the village
- Community based step down service from secure or hospital care

Healthlinc House
Cliff Road, Welton, Lincolnshire LN2 3JN | Tel: 01673 862000
- Rehabilitation hospital for people with learning disabilities and complex needs
- Set in own private grounds of almost four acres in the heart of the community
- Apartment based accommodation
- Gender specific apartment based accommodation

The Cottage
31 Norbeck Lane, Welton, Lincolnshire LN2 3JP | Tel: 01673 860119
- Registered care service for adults with learning disability, autistic spectrum condition and or co-morbid conditions such as mental health problems and challenging behaviour
- Intensive residential service
- Aim of the service to prepare individuals for living more independently through a programme of activities within the service and in the local community
Staffordshire

**Ballington House**  
**Ballington Gardens, Leek, Staffordshire ST13 5LW | Tel: 01538 399796**  
- Mental Health rehabilitation hospital for females over 18 years old  
- Apartment based living  
- Replicates a domestic living environment that enables people to experience having their own front door and be responsible for maintaining their own living space

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**The Woodlands**  
**20 Woodland Avenue, Wolstanton, Newcastle-under-Lyme, Staffordshire ST5 8AZ  
Tel: 01782 622089**  
- Residential care service for adult men over 18 years old with learning disabilities  
- Set in the heart of a quiet residential area  
- Community based step down service from secure or hospital care

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Wales

**Phoenix House**  
**Little Henfaes Drive, Welshpool, Powys SY21 7BG | Tel: 01938 552756**  
- Purpose built mental health rehabilitation hospital  
- Community based within walking distance of town centre  
- Gender specific service for males over 18 years old  
- Promotes independence and integration into the community through the use of the recovery approach

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**Derbyshire**

**Field House**  
**Chesterfield Road, Alfreton, Derbyshire DE55 7DT | Tel: 01773 838150**  
- Rehabilitation hospital for men with learning disabilities and complex needs and dementia  
- Within walking distance of a bustling market town  
- Assisted access environment  
- Management of longer term conditions both mental and physical

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**The Woodhouse**  
**Lockwood Road, Cheadle, Staffordshire ST10 4QU | Tel: 01538 755623**  
- Rehabilitation hospital for people with learning disabilities and complex needs  
- Low secure and non-secure accommodation across eight distinct residential units  
- Small, specialist unit for people with Autistic Spectrum Condition