




The Lorem Centre

Waterside Hospital, L'Derry

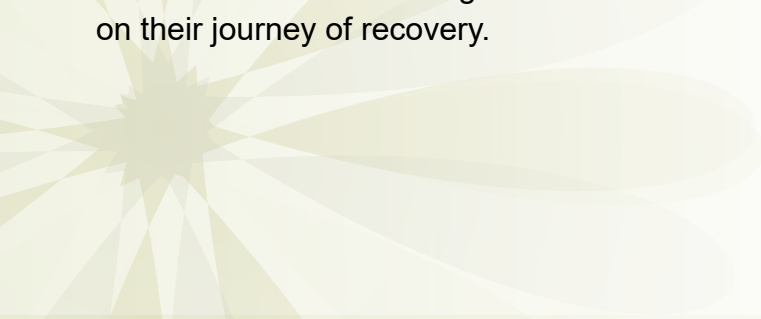


The older person's mental health service at the Waterside Hospital consists of a functional mental health assessment unit, known as ward 1, and a dementia assessment unit known as ward 2.

The Lorem Centre is a therapeutic hub, which is located between both wards, and boasts large activity rooms, relaxation room, activities of daily living kitchen, and an award winning garden.

The team in the Lorem centre consists of a therapeutic nurse specialist, a therapeutic assistant and a specialist occupational therapist

The ethos of the Lorem Centre is one of hope and recovery. There is a focus on building on the person's strengths, abilities and resources on assisting them to live well with their illness or on their journey of recovery.



Each patient can expect a full therapeutic programme designed to meet their needs. The programme may include individual and group sessions in a range of areas, such as:

Mental health education
Recovery & well-being
Relaxation & anxiety management
Reminiscence
Life Story work
Creative therapies
Cooking & baking
Gardening and many more.

There will also be opportunity for families and carers to visit the centre, and on occasion, participate in Carer's Education Groups and training.

If you would like to find out any more information about the Lorem Centre please watch our youtube video:

youtu.be/KmBpDul_gUA

Or contact the centre, ward 1/ward2 and ask to speak to one of the Lorem centre staff.

**The Lorem Centre
Waterside Hospital, Gransha Park
Clooney Road, BT47 6WH**

**Contact switchboard:
028 71860007
Ask for either
Ward 1: ext 217466,
Ward 2 ext 217403 or
The Lorem centre:
Ext 217645**