



Social Hubs

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Social Hubs: A Co-Produced Project

- Patients across Cygnet services now have access to homely environments – ‘social hubs’- away from the wards, after unused spaces in our hospitals were given a makeover in an effort to provide safe spaces where the people we support can relax and socialise together.
- The hubs have been designed and installed across 15 services so far.
- Service users give a ‘wish list’ of items and transformation takes place in just 24 hours with staff, service users and Experts by Experience working together.
- Social hubs typically include items such as TVs, immersive sound systems, PlayStations, inspirational artwork, comic figurines and posters, arcade machines, board games, bean bags and adjustable sensory lighting.



Churchill Social Hub



Person-centred to power recovery

- Being an inpatient in a psychiatric hospital can come with its challenges, often relating to dull environments - 'Noisy, smelly, bright'. The 'social hub' project was launched to create environments which promote wellbeing and support recovery. Our overall aim of the social hubs is to improve engagement.
- The idea behind social hubs is to transform these spaces into least restrictive, non-clinical, homely environments where service users can relax, engage in fun activities, and receive peer support.
- These shared spaces become vital therapeutic tools, facilitating healing journeys and empowering individuals to reclaim their lives beyond the confines of their illness.



Unwind, relax, revive: Feedback

- **Service user feedback:**

- “a place to go when the wards are getting a bit too much, to chill out and take your mind off things and just feel like you are at home instead of a hospital. This has helped me with mental health quite a lot.”
- ‘It sounded too good to be true; and the reality was even better than expected.
- “It’s such a relaxing contrast to being on the ward and the mood lighting immediately sets the scene for ‘chilled’ vibes.”
- “Will make hospital life better.’
- “The Social Hub is an amazing space to go to chill out, play some games and have a drink. It provides the opportunity for us to meet new people, mix and socialise. It really is a great space!”

- **Staff feedback:**

- “having a place that we can have fun with our service users brings a relaxed approach to building therapeutic relationships”
- “I never thought we could have such a ‘normal’ space in a locked mental health unit.”
- “It’s an amazing space, I had a lot of fun being there with the service users.”
- “It’s giving everyone the chance to interact socially with staff members and service users from other wards.”



Storthfield House



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