# Cygnet

## Social Hubs

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Improving lives together

### Social Hubs: A Co-Produced Project

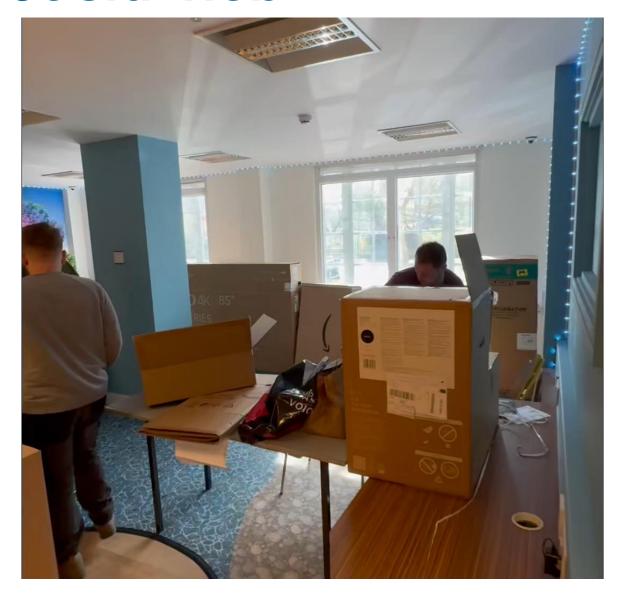
- Patients across Cygnet services now have access to homely environments – 'social hubs'- away from the wards, after unused spaces in our hospitals were given a makeover in an effort to provide safe spaces where the people we support can relax and socialise together.
- The hubs have been designed and 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**





## Thank you

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