



## **Press Release**

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**For Immediate Release**

### **Cygnet Bury Forestwood unveils new Social Hub**

**Children hospitalised with mental health struggles in Bury are benefitting from a new 'social hub' which features arcade machines, gaming areas and music stations.**

Cygnet Bury Forestwood, on Bolton Road, has become the latest Cygnet Health Care service to have a space transformed into a homely 'social hub' as part of a unique collaboration between service users, experts by experience and staff.

The Social Hubs have been designed and installed across nearly 20 Cygnet Health Care services so far and all have been co-produced between staff and patients. The ambition is for every Cygnet service to have a social hub in due course.

The idea is that the social hubs offer a non-clinical, homely space for service users to relax and engage in fun activities and peer support sessions, giving them a safe space away from the wards.

Cygnet Bury Forestwood provides a range of specialist Children and Adolescents Services across four wards that are focused on supporting young people aged between 12 and 18.

Working from a wish list of items provided by the young people, a team of staff and Experts by Experience (those with lived experience of inpatient settings) worked together to spend a day at the service, transforming an underused social space called 'Treetops' into a least restrictive gaming/social space.

Included in the Social Hub was an 80 inch TV, aromatherapy, a PS5, Pac Man and Fast and Furious arcade machines, bean bags, a massage chair, games, sensory lighting and a musical punch bag.

All of the items were picked by the young people on site prior to the build.

Thomas Beasley, one of the Cygnet Health Care Experts by Experience who helped kit out the social hub, said: "It was a pleasure to bring another social hub to one of our CAMHS services. The idea came about following feedback from our young people's council that the space on Treetops needed some more activities, and they would like more space to socialise between the wards at the service.

"The young people have been so excited to start utilising this space. In addition this will support building both peer on peer relationships, as well as fostering relationships with the staff as well."

Mia McGowan, another Expert by Experience who was involved on the day said: "The team at Forestwood have been amazing and it's lovely to see them take their steps as a team and positive risk take. It was lovely to be able to see all the young people's faces light up. I got them involved and they helped me in a little more decoration in the social hub by decorating the windows with stickers which brought the true meaning to a co-produced space.

Feedback from the young people at the service has been really positive. Comments include:

"I absolutely love it is so cool."

"This is sick, can I come up here all the time I need to get the highest scores on everything."

"I wish I could stay up here all the time this massage chair is so relaxing, I've not felt this relaxed in ages"

"There is so much exciting stuff I don't know what to do first."

Cheryl Wood, Hospital Manager, said: "The management team at Forestwood are really proud of the co-production project undertaken by the Experts by Experience and young people within the service to enhance patient experience. The launch of this social hub will support and enhance staff and patient engagement within the service."

The first social hub was installed at Cygnet Hospital Bierley, and its success paved the way for further installations at other Cygnet hospitals.